

## Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for health and leisure even more enjoyable. Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity, on most, preferably all days of the week.

Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland.



Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.



IRISH  
HEART  
FOUNDATION

Remember, for heart health benefits you should aim to walk 3km most days of the week.

## Let's Go Walking...

The Clane Slí na Sláinte is a 4.1km route, starting at the junction of Balnagappa and the Dublin Road. Continuing up the town towards Naas, passing the Prosperous Road junction, you will pass the Abbey Tower, the Stoneage Bullan stone, situated on the banks of the stream and the ruins of the Friary in the Graveyard.

Turning left at the roundabout continue through Abbeylands, passing Abbeylands House, and the



first kilometre post. At the next roundabout turn right, before turning left at the following roundabout, near the Clane Health Club.

Continue along for a short distance before turning right and following the small country road for over one kilometre along Capdoo Commons, passing the second kilometre post along the way. Emerging at the t-junction on College Road at Loughbollard, turn left, back in the direction of Clane village. Turn right into

Loughbollard estate (known as 'The Avenue') at the third kilometre post and continue towards the entrance to Hillview Green. Turn left and follow the path around the Green to the pedestrian entrance on the Balnagappa Road. Turn left again and continue in the direction of Clane, back to the starting point on the Dublin Road junction.