Let’s Go Walking...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you’re not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes a day.
- Drink a glass of water before and after your walk and don’t forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- Try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.

Physical Activity

- Reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

Help to maintain Slí na Sláinte
Please report any dangerous obstacles or missing/damaged signs to:
Clonakilty Town Council at 023 883 3380

The Irish Heart Foundation
4 Clyde Road, Ballsbridge, Dublin 4.
T. 01 668 5001  F. 01 668 5896
E. info@irishheart.ie
Heart and Stroke Helpline 1890 432 787
www.irishheart.ie   www.stroke.ie
Charity No: CHY5507
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Let’s Go Walking...

The Irish Heart Foundation
Fighting Heart Disease & Stroke

www.irishheart.ie
**Town Centre/Loop Walk 4.2 km**

The loop walk starts at the Post Office on Bridge Street. Following the route turn left at the top of O’Rahilly Street, on to Lamb Street Lower and following the route along the By-pass road until the 1km marker at the mouth of the Bay. Follow the route back through the centre of town passing the 2km and 3km markers joining the By-pass road at the Maxol roundabout. Continue your journey along the Mayor’s walk returning to Town and completing your walk at the Post Office.

**Inchydoney Island Road /Retreat Walk 2.8km**

Commencing the walk at the Waterfront Buildings, proceed along the road to Inchydoney Island passing the Model Railway Village, Wildflower Garden and the stunning views across Clonakilty Bay. Continue straight along, taking in the descriptive boards of local bird life which inhabit the bay on to the 1km marker following the loop around The Retreat returning back to the 2km marker, thereafter continuing your journey back to the Waterfront buildings.

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**Sli na Sláinte**

Sli na Sláinte stands for ‘path to health’. Developed by the Irish Heart Foundation — the national heart and stroke charity — it’s a sociable way to make walking far more enjoyable. Already, it’s capturing the attention of 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 minimum of thirty minutes of physical activity 5 days of the week. You’ll find Sli na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. 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.

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**The Irish Heart Foundation**

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

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**THE IRISH HEART FOUNDATION**

4 CLYDE ROAD
BALLSBRIDGE
DUBLIN 4

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW