

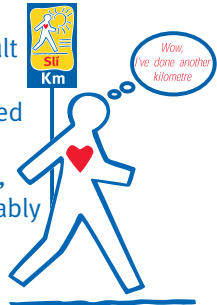
# Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health 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.



The 3.7Km Slí route in Newcastle West begins in the heart of the Square. Following the route down Bridge Street, it turns onto South Quay. Alongside the banks of the River Arra, you continue westwards until you turn right and eventually meet the pedestrian entrance to the Castle Demesne.

From here you can enjoy the peace and quiet of this beautiful park away from the traffic. You continue along the path through the Demesne over the Dooally River, and turn to take the path that passes the Water Tower. Passing the Graveyard you eventually leave the Demesne where you follow Church Street into the town to the original start point. Here you can feel proud for having completed the 3.7Km!

Recommended as a daytime walk

Sponsored by Limerick County Council

Let's Go Walking..

