

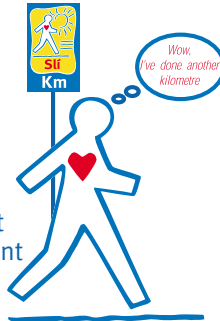
Slí na Sláinte



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



Emoclew Slí na Sláinte - 3km

The Emoclew Slí na Sláinte is 3km in length and starts at the roundabout at the top of Upper Main Street. The route continues along the Wexford Road for just under 1km and turns right onto the Emoclew Road. Passing the Arklow Town Soccer Field and the Cemetery, the route turns right at the t-junction onto Coolgreany Road. Follow the route back to the starting point at the roundabout to complete the 3km walk.

SUPPORTED BY:
ACE - ARKLOW HEALTHY TOWNS PROJECT,
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AND ARKLOW TOWN COUNCIL

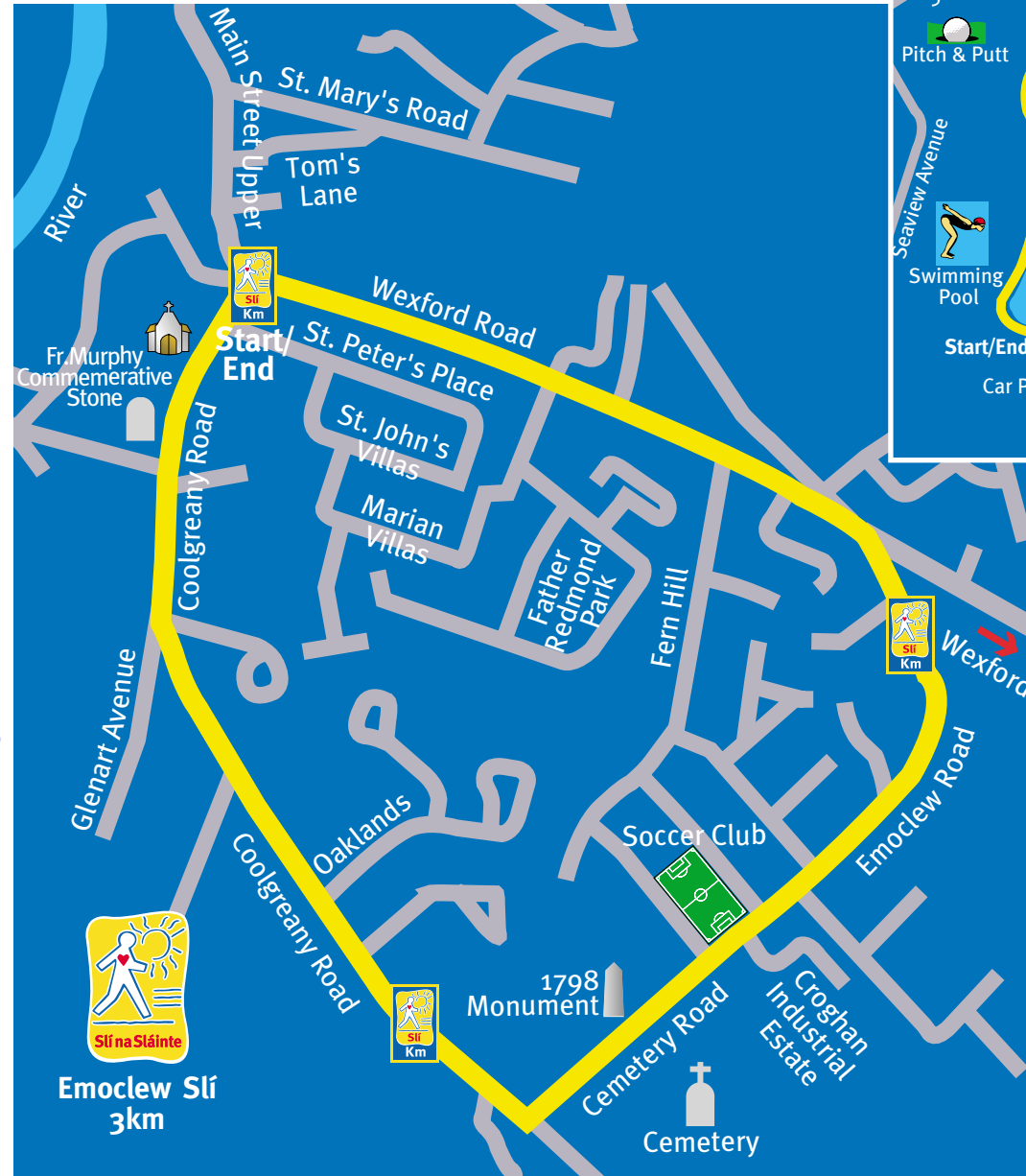


Emoclew Slí
3km

Howard's Way Slí - 1.2km

(This route is designated wheelchair accessible)

The Lake Slí starts at the Lake car park. Follow the paths around the lake to complete the 1.2km route.



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