

Let's Go
Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- 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 walking 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.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better.
- Why not 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...

Slí na Sláinte

Slí na Sláinte®

A regular programme of walking...



... keeps your heart strong



... improves muscle strength



... helps to manage your weight



... makes you feel good

BUT, ABOVE ALL - WALKING IS FUN

PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

For health benefits you need to walk at a hearty pace for at least 30 minutes most days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions

Slí na Sláinte®

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Let's Go
Walking...



IRISH
HEART
FOUNDATION

SUPPORTED BY
WICKLOW RURAL PARTNERSHIP LIMITED,
WICKLOW COUNTY COUNCIL AND
CARNEW ENTERPRISE CENTRE

Carnew, Co. Wicklow

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 far 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.

Let's Go Walking...



Bells Lane Slí na Sláinte 3.8km

The Bells Lane Slí is 3.8km in distance and starts at Woolgreen beside the Church of Ireland School. Proceed up Main Street with Carnew Castle on the right. Take the first turn right down Mill Lane and follow route for 1km. Take the first turn right and continue for a distance of 1km. Then take first country lane on your right, follow this lane crossing over a small bridge, onto Bells Lane. Continue uphill passing Beechmount Estate and the graveyard on the left. Turn right onto main road at the T-junction and follow route uphill back to your starting point at Woolgreen.

The Brook Slí na Sláinte 3.7km

The Brook Slí is 3.7km in distance and starts outside Carnew Graveyard, opposite the mart. Follow downhill on the Shillelagh Road crossing the Brook. Passing first right turn continue past 1km sign and take next right. Follow this road until you reach a junction. Keep right here and continue uphill until you reach a crossroads. Take a right and follow downhill until you reach the main road. Keep left uphill leading back to the starting point at the graveyard.



Suitable as daytime walks only. Route can be walked in either direction.

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