

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 Avondale Slí walk begins at Avondale House where you will see the map board and first Km post. The route is 2.8km in length and the beginning is a 270m walk from the carpark. The terrain is grass and forest track so comfortable, waterproof footwear is recommended.

Avondale, steeped in history witnessed the triumph and tragedy of one of the greatest political leaders of our nation: Charles Stewart Parnell. It is also the cradle of modern Irish Forestry, and much that has been learned in silviculture from the Avondale plantations has been applied in practice throughout the country. The forest Park covers 214 hectares and lies mainly on the west bank of the Avonmore River.

Beginning from Avondale House, you turn left across the grass onto the Great Ride, a beautiful treelined stretch covering your first km, that brings you to the Stone Cairn. At this point the stunning view of the Avonmore Valley can be seen.

Turning left onto the path, follow the Slí arrows until you reach your second km post. The route follows the track up the hill which brings Avondale House back into view. Take a right turn at this point to bring you past the annex and wooden owl carving back to your start point.

Routes can be walked in either direction. Recommended as a daytime walk.

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Let's Go Walking...

