

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 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, choose layers rather than thick, chunky clothes.
- 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 least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

Help to maintain Slí routes

Please report any dangerous obstacles or missing / damaged signs to:
Karen Woods, 01-2011187,
karen.woods@coillte.ie

Slí na Sláinte®

The Irish Heart Foundation.
4 Clyde Road, Ballsbridge, Dublin 4.
Tel: 01-668 5001 Fax: 01-668 5896

e mail: info@irishheart.ie • www.irishheart.ie • Helpline: 1890 432 787

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The Irish Sports Council



IRISH
HEART
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Slí na Sláinte

Let's Go Walking...

SUPPORTED BY COILLTE OUTDOORS AND
DUBLIN MOUNTAINS PARTNERSHIP

Cruagh Wood, County Dublin

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing 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 30 minutes of physical activity on most, or preferably all days of the week.

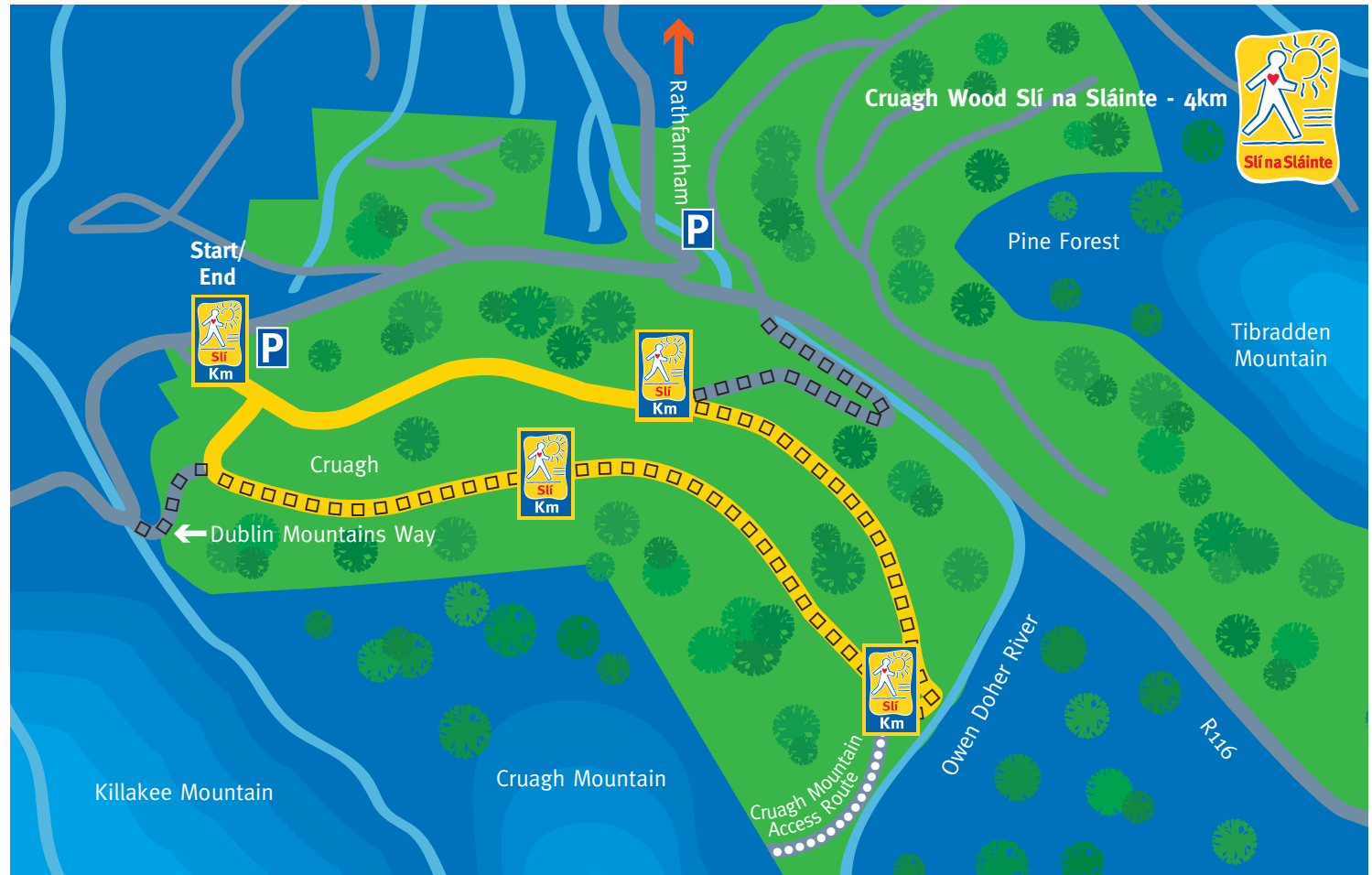
You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright, colourful signposts which are not numbered and are situated at 1 km intervals.



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.


Comhairle Contae
Átha Cliath Theas
South Dublin County Council
www.sdcc.ie

Let's Go Walking...



The Cruagh Wood Slí na Sláinte route is 4km in length and can be walked in either direction. It starts at the barrier beside the car park and follows the forest road through a beautiful stand of mature larch trees. Walking the loop in a clockwise direction, the road then passes through pole-stage Sitka spruce. There are views of Tibbradden Mountain through the trees up ahead. The road then climbs gradually uphill on past the first km mark. As one approaches the top of the hill there is young Sitka spruce on the right and to the left, wonderful views of Tibbradden Mountain and beyond to Fairy Castle. At the 2km mark, one passes the Cruagh Mountain Access Route bog bridge providing access to the open mountain. Again over to the right there are fantastic views of Dublin city, Dollymount strand and Howth head. The forest road gradually descends through the spruce forest and then through larch forest back to the car park.

Route can be walked in both directions and can be started and ended at any point.

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