

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.



There are two Slí routes to choose from in Naas.

Beginning from the Youth Services Centre, you turn into the main street, and continue into Sallins Road. Along this road you will pass by Oldtown Estate and the Gate Lodge. Following the flyover over the motorway you take the next left which takes you to the canal. Take another left and follow the length of the canal. Along this path you will pass by the Leinster Mills and Tandy's Bridge that leads to Mill Lane. Past the Old Gas Works you continue alongside the canal to return to the beginning point. **This route is 6.4km in length and is recommended as a daytime walk.**

The smaller route is 3km in length and can be started from the corner of Fair Green. The route then goes past the Hospital and Kildare County Council Offices. The route is circular and follows the road into Blessington Road, past the Old Station Yard into Corbans Lane. Continue your walk until you return to the corner where you began.

Each of these routes can be walked in either direction-enjoy!

Let's Go Walking..

