

# 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.

*Ciallaíonn Slí na Sláinte slí bheatha níos folláine. Sé Foras Chroí nahÉireann atá ina bhun agus bealach nualach é an tsíúlóid le haghaidh suaímhneas intinne agus dea-shláinte a dhéanamh níos taitneamhaí. Cheana féin, tá sé ag mealladh aird an óige agus an aosach, ní hé amháin in Éirinn ach san Eoraip agus i bpáirteanna eile den domhain chomh maith. Agus gan íonadh, mar is bealach spraoiúil agus sláintiúil é don gnáth dhuine fásta an 30 nóiméad d'aclaíocht fisiciúil a mholtar a dhéanamh, seacht lá na seachtaine más féidir.*

*Treormharcáilte le comharthaí geala, dathúla, gan uimhreacha atá suite 1km. óna chéile, tá bealaí Slí na Sláinte le fáil ar fud na hÉireann. Lean na comharthaí km. siúl ar do shuaímhneas agus gan mhoill aireoidh tú níos fearr agus níos aclaí. Aireoidh tú go bhfuil gaisce bainte amach agat chomh maith.*

**Let's Go Walking...**

Ar aghaidh linn ag siúlóid...



## Ceathrú Thaidhg Slí - 3km

The Ceathrú Thaidhg Slí na Sláinte is 3km. in length and affords stunning views over the landscape of County Mayo. Starting at the junction near the Seanscoil, the route continues westwards towards the village of Ceathrú an gCloch, past the National School, the Caochán sculpture and Teach Chonghóile, the local pub.

Turning left at the first junction, continue downhill taking in the panoramic views of Glengad, Broadhaven Bay, the Mullet Peninsula and Achill Island to the south west. At crossroads, turn left and follow the route for over 1 km, back to the starting point near the Seanscoil.

Recommended as a daytime walk and can be walked in either direction



## Ceathrú Thaidhg Slí - 3km

*Tugann Slí na Sláinte Ceathrú Thaidhg, atá 3km. ar fhad, radharcanna áilne duit ar thírdhreach Condae Mhaigh Eo. Ag tosnú ag an acomhal in aice na Seanscoile, leanann an slí siar i dtreo bhaile Ceathrú na gCloch, thar an Scoil Náisiúnta, an dealbh tíre Caochán agus thar Teach Chonghóile, an teach tabhairne áitiúil.*

*Ag casadh ar chlé ag an gcéad acomhal, lean ort síos le fána ag tógáil isteach radharcanna maorga Ghleann a' Ghad, Chuan an Inbhir Mhóir, Leithinis an Mhuirthid agus Oileán Acla siar ó dheas uait. Iompaigh ar chlé ag an gcrosbhóthar agus lean an slí ar feadh 1 km. ar ais chuig an áit ar thosaigh tú in aice na Seanscoile.*

*Molta mar shíúlóid lae agus is féidir é a shiúl an treo eile chomh maith.*

