

# 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 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.

#### Help to maintain Slí routes

Please report any dangerous obstacles or missing / damaged signs to:

Telephone: 061 407229 or  
Email: [engineer@limerickcity.ie](mailto:engineer@limerickcity.ie)

# Slí na Sláinte®

The Irish Heart Foundation.  
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Tel: 01-668 5001 Fax: 01-668 5896

e mail: [info@irishheart.ie](mailto:info@irishheart.ie) • [www.irishheart.ie](http://www.irishheart.ie) • Helpline: 1890 432 787

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The Irish Sports Council



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## Slí na Sláinte

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SUPPORTED BY  
LIMERICK CITY COUNCIL,  
LIMERICK CITY SPORTS PARTNERSHIP

Limerick City, County Limerick

# 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 and 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.

There are two Slí na Sláinte routes in Limerick city:

## Route No.1

**The Three Bridges Slí na Sláinte is a 3.6km route** which starts near the tourist information point on Arthurs Quay. The walk follows a stunning route along the banks of the River Shannon, crossing Matthew Bridge, passing St. Mary's Cathedral and the historic King John's Castle, before crossing Thomond Bridge, and passing the Treaty Stone on Clancy's Strand. The route continues for well over 1km along the waterfront, passing Sarsfield Bridge and onto O'Callaghan's Strand. Following the loop along the North Circular Road, the route takes a left turn and then crosses the Shannon Bridge. The route then returns to the starting point at Arthurs Quay via Bishop's Quay, Bedford Row and Henry Street.

## Route No.2

**The City Centre Slí na Sláinte is a 3.8km route** which takes in the heart of Limerick City. Starting on the corner of Bedford Row and O'Connell Street, the route continues through the city centre, taking in O'Connell Street, Glentworth Street, Pery Square and Barrington Street before joining O'Connell Avenue and onto New Street. Turning right at New Street the route continues for almost 2km back to the starting point along South Circular Road and Henry Street.

Suitable as daytime routes only and routes can be walked in either direction

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