

## Let's Go Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- 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, add light layers rather than thick, chunky clothes. It's much better.
- 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.

## Slí na Sláinte®

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## Slí na Sláinte

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SUPPORTED BY ROUNDWOOD AND  
DISTRICT COMMUNITY COUNCIL,  
DUBLIN CITY COUNCIL AND COILLTE

Roundwood, Co. Wicklow

# 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 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 funhealthy 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.

Recommended as daytime walks only and all walks can be walked in either direction



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## Walks in the Roundwood Area.

### Ballinastoe Slí na Sláinte - 5km

Located just over 5km from Roundwood village, the Ballinastoe Slí na Sláinte is a 5km looped route. From the carpark and picnic area, the route continues uphill along forestry tracks. The forest consists mainly of mixed conifers on the slopes of Djouce Mountain and provides a habitat for fox, badger, red squirrel and sika deer. Many species of birds, including grouse can also be seen. The clear-felled areas have opened up stunning views of the Sugarloaf Mountain to the north and the Varty valley and reservoir to the south.

### Lower Varty Reservoir Slí na Sláinte - 7.2 km.

The Lower Varty Reservoir Slí na Sláinte can be started from the Lower Dam, if coming by car, or by walking from the village to Waters Bridge. It follows the edge of Varty reservoir for 7.2km along lakeside paths and country roads. Flanked by trees with fantastic views across the water in all directions, this is a comfortable walk along the water's edge. The reservoir was developed in the 1860s to provide clean water for the people of Dublin.

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