

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

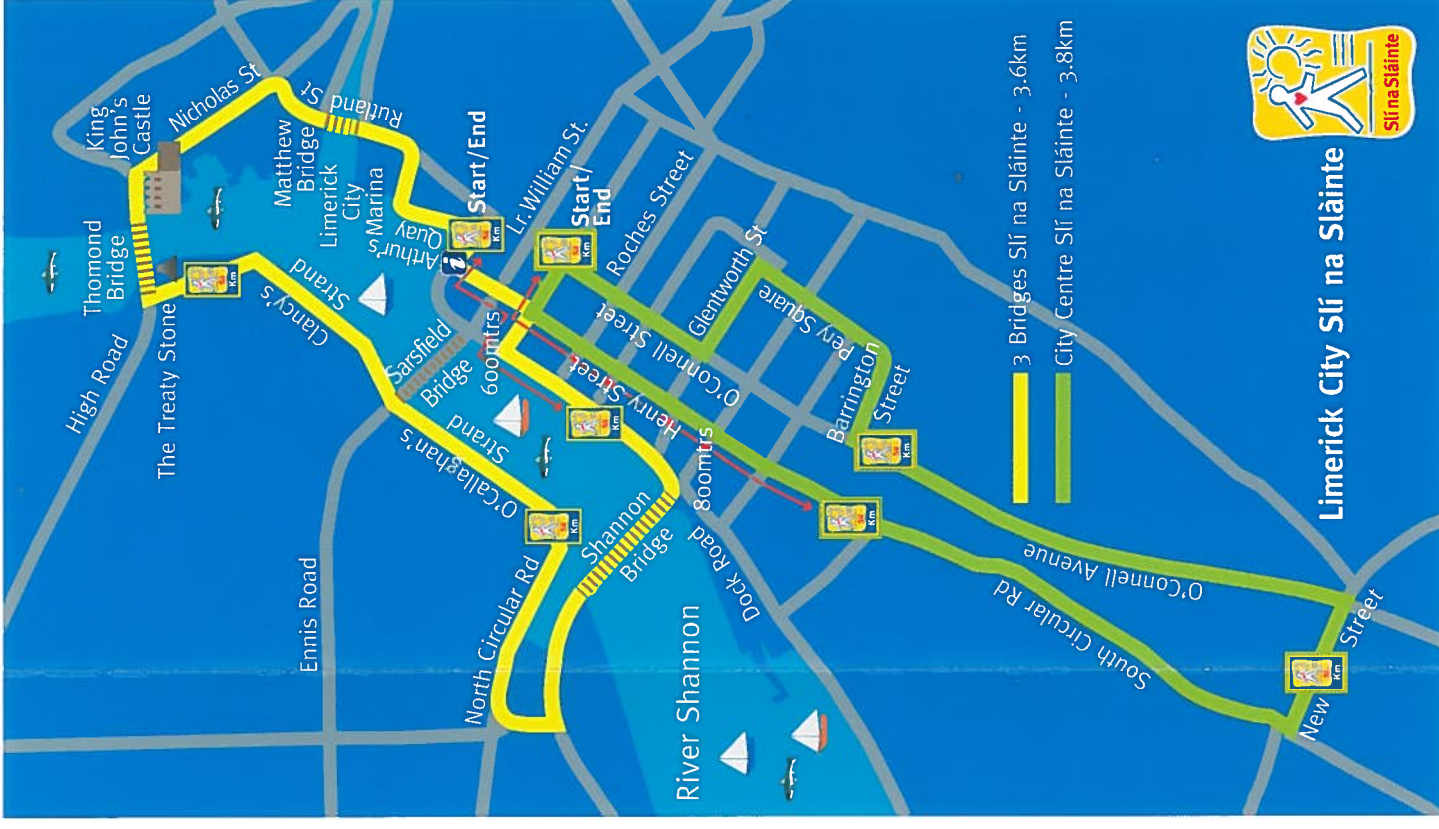
The Three Bridges Slí na Sláinte is a 3.6km route which starts near the tourist information point on Arthurs Quay. The walk follows a stunning route along the banks of the River Shannon, crossing the Matthew Bridge, passing St. Mary's Cathedral and the historic King John's Castle, before crossing Thomond 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

SUPPORTED BY
LIMERICK CITY COUNCIL,
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PARTNERSHIP



Limerick City Slí na Sláinte