

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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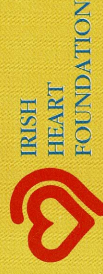
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Slí na Sláinte

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ASSOCIATION AND GALWAY COUNTY COUNCIL

Milltown, Co. Galway.

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.

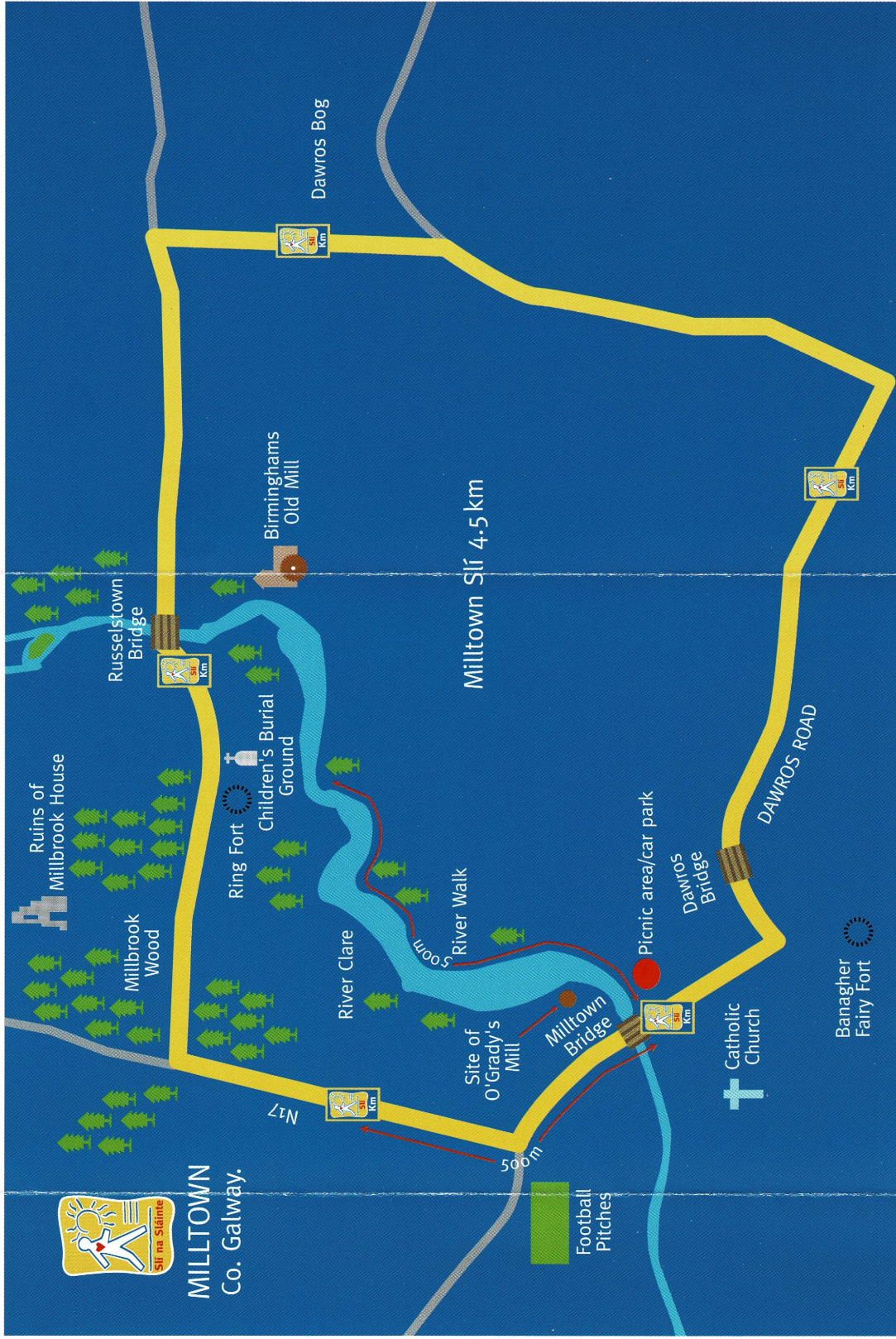
Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

Paddy Murphy

Chief Executive Irish Heart Foundation



IRISH HEART FOUNDATION



The Milltown Slí route is 4.5km in length. It traverses a scenic rural area that includes the River Clare, several historical sites and the tidy towns award winning village of Milltown. Beginning at the car park opposite the church, you take the footpath south on the Tuam Road to the Dawros Road junction for 200 meters and turn left across the River Dawros Bridge, where immediately you find yourself in a completely rural setting.

After passing the first km post, you turn left passed Dawros Bog and the second km post to the T-junction, where again you turn left on through Russelstown Village. It is a village interspersed with modern farmhouses and the ruins of old thatched houses long deserted, bringing you on to the Russelstown Bridge and the third km post. Here you get sight of the ruins of Millbrook House. On your left are the well preserved ruins of Birmingham's Corn and Tuck Mill. As you pass over the River Clare, a small-walled children's burial ground (lisheen) comes into view and some meters further on, Russelstown Ring Fort.

Walk on through Millbrook Wood and another left turn takes you on to the Dunmore Road past the fourth km post and the village is once more in sight. At the N17 junction, turn left through the village over Milltown Bridge and you are back in the Park, children's playground, rest and picnic area once more. Here you will feel refreshed and can be proud of having completed the 4-5 km Slí

An alternative walk continues over the stank bridge by the banks of the River Clare. Explore the 500 meters of the "wheelchair friendly" stank walk and savour some of the history of the parish written in stone for your added pleasure.

Route can be walked in either direction.
Recommended as a daytime walk.

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