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.

Canal Bank Alternative Sli 2km

The Canal Bank alternative Sli is 2km in length and begins at Shaw Bridge. From the banks of the canal there is a good view of St. Coca’s Church built in 1867 as well as the Presentation Convent circa 1880. The ZED chewing gum factory also comes into view. The route follows the bank for 1km to Allen Bridge and returns back to the starting point after a pleasant waterside ramble.

Let's Go Walking...