

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.



The Ballina Slí is 3.2 Km in length and covers a large catchment area including the town centre, the River Moy, Bunree Road and Abbey Street.

Beginning at the UDC offices on Tone Street, you continue until you cross the Upper Bridge across the River Moy. Head away from the town on Abbey Street and take a left onto Bunree Road until you join with the Sligo Road. Here you will have the option of walking to The Quay, which is 1.5 Km in length, or returning to Ballina Town.

Coming back to the original Slí route you will have the River Moy by your side as you return to the town centre. Crossing the Moy for the second time at the Lower Bridge, walk along Dillon Terrace and turn right towards the Humbert Monument. A left turn will bring you into Market Street where you will pass by your final Km marker. A short distance of 200m will bring you back to Ballina UDC. Here you can feel proud for having completed the 3.2 Km route.

Routes can be walked in either direction enjoy!

Let's Go Walking...



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Sli na Slainte Ballina