

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.



1. The Wicklow Way Map Park, Clonagal will be the starting point of your 7km Slí walk.
2. Clonogan House, once owned by Bishop Hopkins, whose ghost is said to walk up to Clonagal every seven years.
3. The Mill House, where there was a Corn Mill in the 19th Century.
4. Turn left at the Palm Trees, once the scene of cross road dancing. Also a meeting place of the United Irishmen in 1798.
5. Ballyredmond Wood. The wood was felled during the Second World War. It was also the site of the Charcoal Pits (Italian System) and later the system used in the Black Forest in Germany. It was also a great wood for bilberry picking in the late summer.
6. Knockcorrigan Hill where Mylie Doyle was buried on his own land. Killed in 1798, the Yeomanry wouldn't allow him to be buried in Clonagal.
7. A Gateway to the left was also a meeting place for United Irishmen because if surprised, they could hide in Ballyredmond Wood.
8. Turn left into Brook Road, crossing a bridge built at the ford in 1950. The brook divides Ballyredmond Wood from Clonogan Wood and used to power the Corn Mill at number 3 above.
9. The Tullow Road, called the New Line, was built in the early part of the 20th century.
10. Jolly's Lane links this road with the Old Tullow Road and is very scenic. A smaller circular route from here to the Village is 1.5 km.
11. St Fiacc's Church stands on an ancient ringfort. Rebuilt in 1819, it is a Board of First Fruit's Church.
12. Wesleyan Chapel, built in the 1830's.

Recommended as a day time walk.

Let's GO Walking...

