

Let's Go Walking...



Here are a few useful tips to enjoy your walk and keep your heart healthy.

- 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, choose layers rather than thick, chunky clothes.
- 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.

For health benefits you need to walk at a hearty pace for at least 30 minutes most days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

Help to maintain Slí routes

Please report any dangerous obstacles or missing / damaged signs to:
Donegal County Council: 074 9373700
Culdaff Community Association:
074 9379832

Slí na Sláinte®

The Irish Heart Foundation.
4 Clyde Road, Ballsbridge, Dublin 4.
Tel: 01-668 5001 Fax: 01-668 5896
e mail: info@irishheart.ie • www.irishheart.ie • Helpline: 1890 432 787
© Irish Heart Foundation - 2008

Supported by the Department of Health and Children and
The Irish Sports Council



IRISH
HEART
FOUNDATION



Slí na Sláinte

Let's Go Walking...

SUPPORTED BY
DONEGAL COUNTY COUNCIL,
DONEGAL SPORTS PARTNERSHIP
AND CULDAFF COMMUNITY ASSOCIATION

Culdaff, Inishowen, Co. Donegal

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 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.



The Culdaff Slí na Sláinte is a 3.4km route, which starts at the Wee Hall in the village centre. The route continues for 1.7km along a well-maintained path towards Culdaff beach, car park and children's playground. To complete the route, walk back to the starting point at the Wee Hall.

The Long Strand is an optional circuit which takes in a walk along the shore of Culdaff Bay and the estuary of the Culdaff River. There is no path and the route is on occasion not possible due to high tides. When tides are high, a shorter alternative is possible by leaving the beach at the western car park before reaching the turn along the estuary.

Routes can be walked in either direction

SPONSORED BY DONEGAL COUNTY COUNCIL, DONEGAL SPORTS PARTNERSHIP AND CULDAFF COMMUNITY ASSOCIATION