

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.

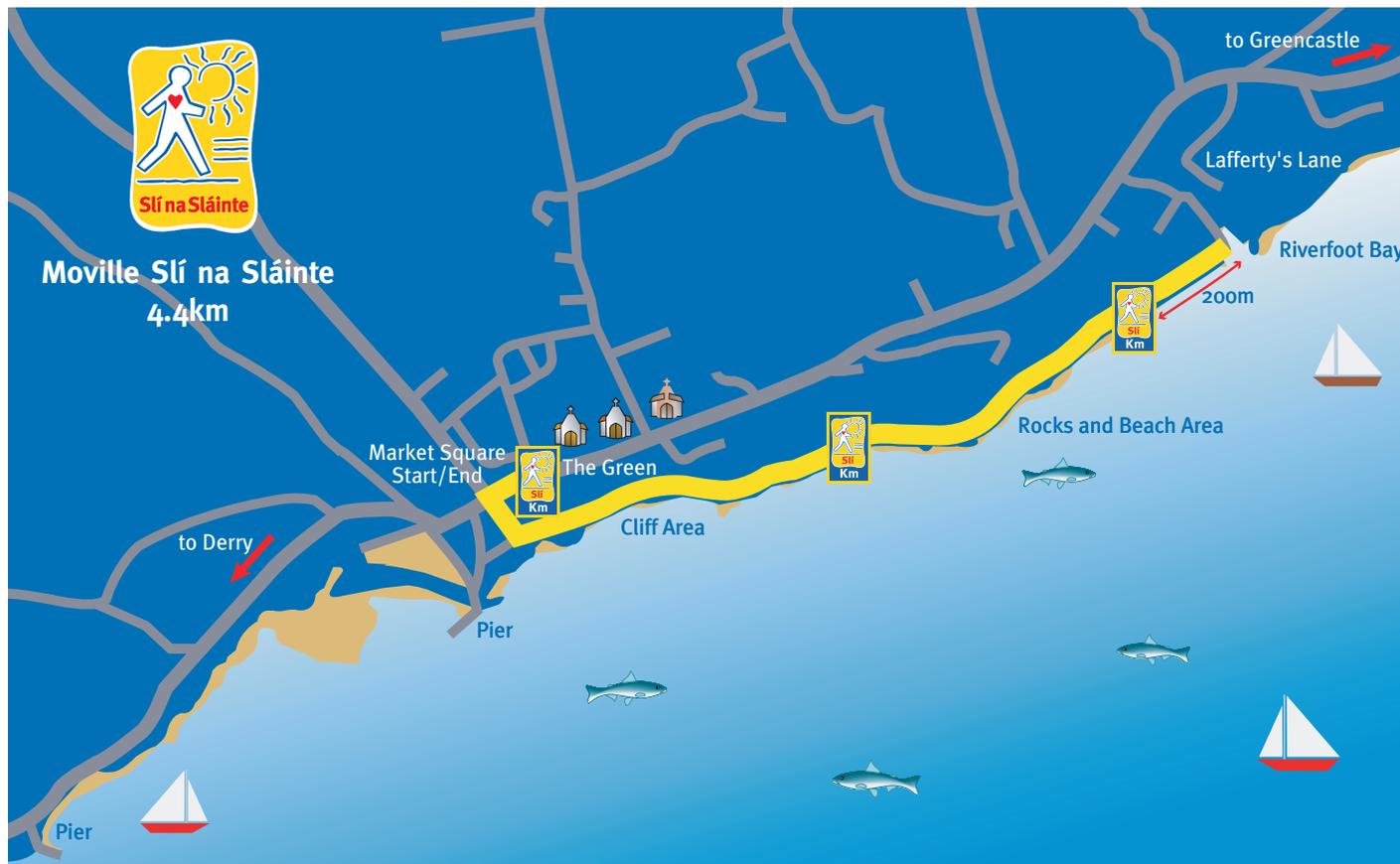
Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity, on most, preferably all days of the week.



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.

Irish Heart Foundation



Moville Slí na Sláinte - 4.4km

The Moville Slí na Sláinte is a 4.4km route which follows a picturesque 2.2km path along the River Foyle before returning back to Moville.

The route starts at the Market Square, just off the Main Street and turns onto James's Street and down towards The Green (a 10 acre site donated by the Montgomery Family, ancestors of Field Marshal Montgomery the 2nd World War hero), where it follows the bottom path along the River Foyle towards Greencastle. This picturesque path overlooks the hills of Co. Derry and the Antrim coast.

The Slí trails along the rugged cliff hugging path, and sandy coves, eventually turning back to Moville just before Riverfoot Bay, at Lafferty's Lane. On returning to the Market Square you will feel proud to have completed the 4.4km Slí na Sláinte route.

Suitable as a daytime walk only.

SUPPORTED BY DONEGAL COUNTY COUNCIL,
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Let's Go
Walking...

