

# WALK IN TYMON PARK

Each Saturday at 10.30 am

Meeting point Wellington Lane car park ( Start/End Red Route)

## 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 beautiful Tymon Park forms a greenbelt of 130 hectares (over 300 acres) between the established residential areas of Tallaght and Templeogue and is divided in two by the M50 motorway with pedestrian bridges linking the eastern and western sections of the park.

There are two Slí na Sláinte routes within Tymon Park:

1. The yellow Slí route is 2.5km on the Tallaght side of the park which starts at the Tymon North Road entrance and follows a rustic path along the historic Tymon Lane and around the park.
2. The 3km red Slí route starts just inside the Wellington Lane entrance to the park and continues around the park taking in wildflower meadows, tree-lined avenues and wildfowl lakes and wetlands.

Daytime routes only and routes can be walked in either direction

