



# Slí na Sláinte

## Ballymun Virtual Slí na Sláinte - 1.5km



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.

You should be able to walk 3kms in 30-40 minutes depending on your pace.

The Ballymun Virtual Slí is an unmarked route and can be started at any point.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.