





# Slí na Sláinte

## Westport Slí na Sláinte - 3km



 This Slí is also suitable for cycling

 Westport Slí na Sláinte - 3km

 You are Here



For health benefits you need to walk at a hearty pace for at least 30 minutes 5 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.

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

