

AVONDALE SLÍ NA SLÁINTE

Slí Na Sláinte, meaning "Path to Health", is a simple innovative scheme developed by the Irish Heart Foundation to encourage people of all ages and abilities to walk for leisure and good health. The Avondale Slí starts in front of the main house and takes you onto the Great Ride - the beautiful tree lined lawn which leads you to the cairn at the southern end of the estate. The route then returns through the forests to Avondale House.

This is a loop walk and can be walked in either direction.

Grade: Easy, the route is marked with Slí signs

Distance: 2.8km

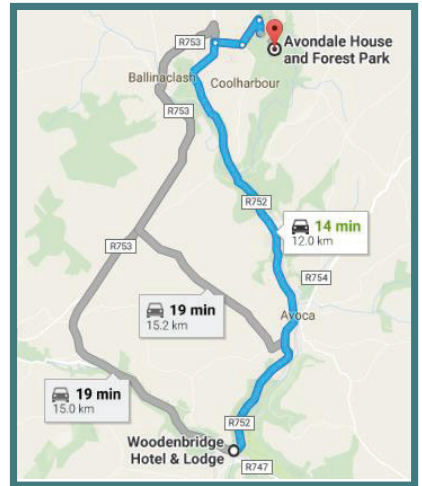
Estimated time: 1hr

Total height climbed: 130m

Highest point: 120m

Terrain underfoot: Grass Path & Forest Road

Suitable for: All ages.



AVONDALE EXOTIC TREE TRAIL

Having been a training and research centre for foresters in Ireland for over 100 years Avondale boasts a diverse range of tree species. Some of the trees date back further with the giant Beech on the grounds that is over 200 years old. This trail lets you explore these exotic trees which include species from all over the world; Western Red Cedars, Giant Sequoia, Silver Fir, Monkey Puzzle Hornbeam to name but a few. This is a loop trail and can be followed in either direction.

Grade: Easy, the route is marked with Red markings. The trail starts in the play area.

Distance: 2.3km

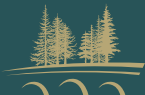
Estimated time: 1hrs

Total height climbed: 100m

Highest point: 120m

Terrain underfoot: Track

Suitable for: All ages



WOODENBRIDGE
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