

DCU/Albert College Park/Hampstead Park Slí na Sláinte



ACTIVE DCU—Slí na Sláinte route 1.7 Km

This route is 1.7km in distance and will take approximately 25 minutes to complete walking at a brisk pace. Participants will walk this route in one direction starting from the Helix and will walk around the Henry Grattan Building by the University Founding Stone, passing the Garden of Remembrance and the Albert College. The route will pass the Hub, the Sports Complex, College Park Residences and the John and Aileen O'Reilly Library before approaching the Mall. The route will pass the Rose Bowl sculpture and the Four Seasons mosaic before finishing at the Helix.

Albert College/Hampstead Park—Slí na Sláinte route 1.8 Km

The name Hampstead Park is from Hampstead House, which was shown on the Ballymun Road on a map of Dublin from 1760 by John Rocque, with fields around it which are the park today. It was named Hampstead because its position towards Dublin was similar to that of Hampstead Heath towards London – each is situated on high ground to the north commanding an extensive view of the city.

The Albert College began as 'The Glasnevin Institution', based at Cuilín House, in 1838 and became known as 'The Model Farm' for agricultural teaching. After a visit by Prince Albert, Queen Victoria's consort, in 1853, it was re-named the Albert College. By 1900, it was a national centre of excellence in agricultural education, the 'Albert National Training Institution'.

By 1926, it was an important centre of University College Dublin (UCD). UCD departed the Albert College facilities (now Dublin City University) in 1978 for the new Belfield campus, and Dublin City Council (DCC) developed the remaining parkland into Albert College Park/Hampstead Park with new planting and recreational grounds. The grounds of the Park contain many fine specimen trees which date from that era. Many local residents recall the extensive orchards once there. The Park is a quiet, sheltered oasis on the busy Ballymun Road. It is the headquarters for DCC Parks staff serving the North West Area, situated in the former cottages, stables and classrooms. It is 15 hectares in area and the route can be walked in either direction.



The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

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 a sociable 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 minimum of thirty minutes of physical activity five 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 1km 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.

DCU Sports Development Service

DCU Sports Development Service 'develops sport for students and develops students through sport'. We provide sporting opportunities for all from the recreational sports person, members of DCU sports clubs, to talented athletes who wish to perform and compete at the highest level. We recognise the important role that sport plays in a student's overall health and fitness, enhancing the university experience, promoting learning outside the classroom, and developing well-rounded graduate that can embrace the ever-changing demands of the world they enter after graduation. The ACTIVE DCU Programme gets students involved in sport and physical activity for fun and fitness, and promotes an active and healthy lifestyle as a key component of the student experience. Slí na Sláinte presents DCU with an excellent opportunity to encourage students, staff, and also members of the local community to build physical activity into their daily lives. For more information on the Sports Development Service and the ACTIVE DCU programme contact:

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PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION
50 RINGSEND ROAD
DUBLIN 4