



Midland  
Regional  
Hospital  
Tullamore

# MRHT SPORT, RECREATION & ACTIVITY BOOKLET



2025

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# An introduction to the booklet...

## MRHT Healthy Ireland Committee



The MRHT Healthy Ireland Committee have produced this booklet to encourage MRHT staff to become physically active by listing the local walking trails, gyms & leisure centres and sports clubs & organizations available for staff to avail of or join.

## Importance of being active

A workforce that is regularly active is a workforce with a lowered risk of chronic conditions such as heart attack, stroke and diabetes. Exercise has also been shown to improve mood and sleeping patterns.

Many workers in Ireland are engaged in work that involves mostly sitting so it's important to encourage your staff to get involved in physical activities outside of work. Being active often leads to meeting new people and making new friends.

## What this booklet contains?

This booklet includes many ways you can participate in physical activities:

- Joining local sports organizations
- Availing of local gyms and leisure centres
- Going on walks on nearby walking routes

# FIND AN ACTIVITY THAT SUITS YOU

There are many different activities that you can take part in areas outside MRHT, these have been categorized into the following sections

## Trails to explore



## Places to get active



## Clubs & Groups to join





# LOCAL WALKING TRAILS/PARKS

Healthy Ireland – A Framework for Improved Health and Wellbeing (2013–2025) identifies increased physical activity as one of the key requirements to improve the health of the population.

The health benefits of walking as a low-cost form of physical activity for all age-groups are clear.

The National Physical Activity guidelines for Ireland recommend that adults are moderately active for at least 30 minutes a day on 5 days a week (or 150 minutes a week). Adults are required to walk 10,000 steps a day to maintain a healthy lifestyle.

## Walking Trails/Parks

### Lloyd Town Park (Free Entry)

**Address:** 7, 9 Cormac St, Spollanstown, Tullamore, Co. Offaly

Lloyd Town Park is an area of 5 hectares that has been rejuvenated throughout the years providing sports and recreation facilities including a playground, skate park and basketball court and a place to walk, run and exercise including adult gym equipment and a tranquil and beautiful area to relax and socialize for the wider community



### Grand Canal Greenway Tullamore (Free Entry)

**Address:** Rahan Road, Srah, Tullamore, Co. Offaly

The Offaly section of the Grand Canal Greenway is dotted along 71 km route of towns/villages such as Daingean, Ballycommon, **Tullamore**, Rahan, Pollagh and Belmont offering accommodation to walkers, cyclists and boating enthusiasts.

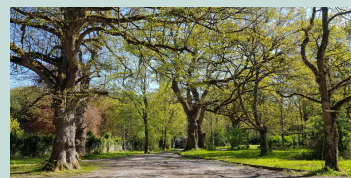
The Grand Canal Bank Walk loop trail Tullamore is approximately 5.2km and takes an average of 1 hour to complete. This route can be navigated using [komoot.com](http://komoot.com) or [alltrails.com](http://alltrails.com).



### Charleville Forest (Free Entry)

**Address:** Charleville Demesne, Tullamore, Co. Offaly

This trail, which starts in Tullamore, leads visitors to Charleville Castle and the surrounding areas through the Charleville forest. This area is suitable for walking/running. Visit [alltrails.com](http://alltrails.com) to access the loop trail which is approximately 4.2km and take an average 1 hour to complete.



# LOCAL WALKING TRAILS/PARKS



## Tullamore Slí na Sláinte Route (Free)

Slí na Sláinte routes are mapped, signposted walking routes in the heart of the community suitable for all ages and abilities.

The attractive signage aims to encourage people to incorporate more walking into their lifestyle.

The Tullamore Slí na Sláinte route is approximately 5.4km route that passes by MRHT and O'Connor Park. For more information about this route please visit the following link or scan the QR code:

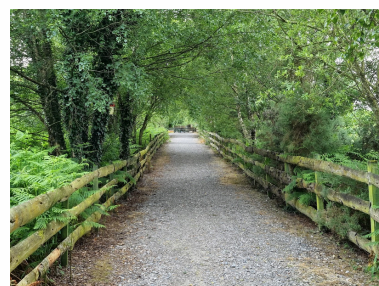
<https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/>



## Kilmurry Bog Walk & Nature Trail (Free Entry)

**Address:** 551, Derrygrogan Little, Co. Offaly, R35 KW27

Kilmurry Bog Walk and Nature Trail is located near Derrygrogan, Co. Offaly and is only a 10 minute drive from Tullamore. This woodland trail is approximately 1km and is a much-loved walkway and nature trail which children, and adults, alike adore.



## Lough Boora Discovery Park (Free Entry)

**Address:** Boora, Lea Beg, Tullamore, Co. Offaly

Situated approximately a 23 minute drive from Tullamore, Lough Boora Discovery offers five routes for all ages, abilities and interests. These trails range from a short stroll to longer treks to take you through many diverse amenities. All routes start and end at the new Visitor Centre, with a level walking landscape that can be enjoyed by all age groups



# LOCAL GYMS & LEISURE CENTRES

Another way to become more active can be by joining a local gym or leisure centre. Going to the gym offers a wide range of benefits including improved physical health, increased energy levels, improved mental health and enhancing overall quality of life.

## **Aura Tullamore Gym & Leisure Centre** (Membership fee)

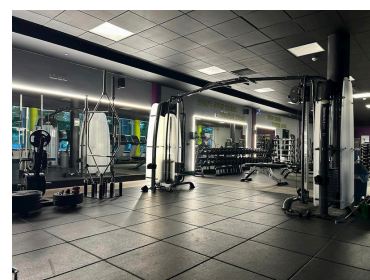
**Address:** Hop Hill Ave, Cloncollog, Tullamore, Co. Offaly

Aura Tullamore Gym and Leisure Centre offers a wide range of sports facilities such as a swimming pool, gym equipment and personal training depending on personal goals and fitness level.

The leisure centre is open Monday to Sunday, 7.00–21.00 during weekdays and 09.00–18.00 on the weekend.

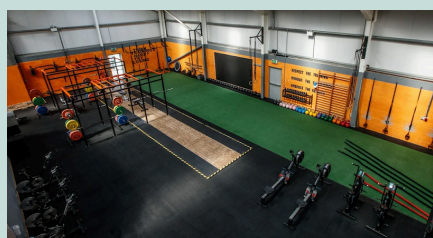
Monthly membership starts at €50 per month.

Contact number: (057) 932 9398



## **The Strength and Conditioning Centre Tullamore** (Membership fee)

**Address:** Unit A, Cloncollig Industrial Estate, Tullamore, Co. Offaly, R35 XK24



The Strength and Conditioning Centre Tullamore offers a large variety of classes and training opportunities including small or large group personal training, open gym, personal training and hot yoga. Hot yoga membership €80 per month or 10 sessions for €120

Opening hours: Mon – Fri: 06:30 – 22:00

Sat: 08:00 – 18:00      Sun: 09:00 – 16:00

Contact number: (057) 934 1657

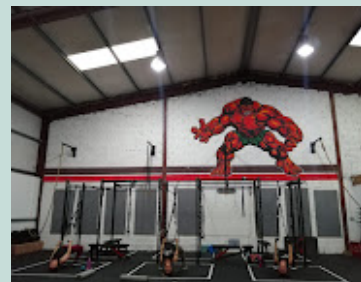


# LOCAL GYMS & LEISURE CENTRES

## **GET FIT Tullamore** (Membership fee)

**Address:** Unit A, Nure House, Cloncollig Industrial Estate, Tullamore, Co Offaly

GET FIT Tullamore offers class based training which includes activities such as boxercise, circuit training, crosstraining, kettlebell/ HIIT training, suspension training, step aerobic and also private training. First class is FREE for anyone looking to try out a class at GET FIT Tullamore, simply book in and send a message to let them know you are a new member.



Opening hours: Mon – Fri: 06:00 – 21:00 Sat: 12:00 – 13:00 Sun: Closed

Contact number: 085 858 9655

## **The Sweat Box Tullamore** (Membership fee)

**Address:** Arden Rd, Ardan, Tullamore, Co. Offaly, R35 WK53

The Sweat Box Tullamore offers a variety of services such as aerobics, nutrition consulting, personal training, youth classes, zumba, metcon, body pump and online step aerobics classes. The gym is open Monday – Saturday and offers a variety of classes spread over different times during the week. Monthly membership starts at €60 per month.



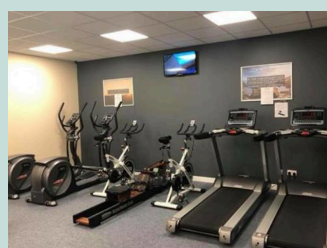
Contact number: 087 439 3398



## **Oasis Fitness Studio Tullamore** (Membership fee)

**Address:** Unit 15 Block C Cluster 1 Axis Business Park, Clara Road, Tullamore, Co. Offaly

Oasis Fitness Studio Tullamore offers something unique to the fitness industry in Tullamore including a fully equipped private gym and fitness studio complete with individual changing & shower cubicles split over two floors. The easy to use booking system only allows a small number into the gym at any one time and the gym is open from Monday to Sunday 06:00 – 22:00. Monthly membership starts at €50 per month.



Contact number: 087 633 4090



# LOCAL SPORTS CLUBS & GROUPS

Joining a sports club or organization offers the additional opportunity to become more active while also creating opportunities to socialize and meet new individuals.

There are many different sports clubs in the area, including the following:

## **Tullamore Harriers Athletics Club** (Membership fee)

**Address:** Spollanstown, Tullamore, Co. Offaly, R35 CK22

Tullamore Harriers Athletics Club offers premium athletics facilities such as an Olympic standard tartan track, fully equipped indoor training area, changing facilities with showers and also a grass and tarmac running track, complete with a press box, boardroom and much more.

Annual Membership Fee:

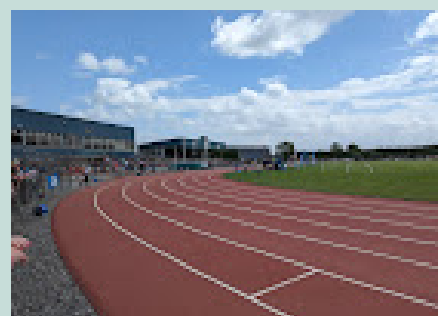
€130

Training Times are as follow:

Tuesday & Thursday 18:30–20:00pm

Sunday 08:30am

Contact number: (057) 932 8864



## **Tullamore GAA Centre** (Membership fee)

**Address:** Tullamore GAA Centre, Puttaghan, Tullamore, Co. Offaly

Tullamore GAA Centre provides a wide range of sports activities for everyone, offering hurling, camogie, Gaelic football and ladies Gaelic football for all age groups. This is a fantastic hub for the community to enjoy and participate in sport. Facilities include a

Annual Membership Fee:

€130 Adult Playing Membership

Contact number: 089 410 7915

# LOCAL SPORTS CLUBS & GROUPS

## **Tullamore Squash Club** (Membership fee)

**Address:** Tullamore Squash Club, Puttaghan, Tullamore, Co. Offaly

Tullamore Squash Club formed in 1976, has upwards of 75 members with facilities including 3 heated squash courts. Squash is a racket sport that is played in a four-walled court between two players, or four in doubles competition. It is similar in many ways to racquetball.

Contact number: 087 991 0908



## **Tullamore Tennis Club** (Membership fee)

**Address:** Tullamore GAA Centre, Puttaghan, Tullamore, Co. Offaly

Tullamore Tennis Club offers a wide range of facilities including 3 all weather courts with floodlights, a practice court and a nice club house for social gatherings and meetings.

For adults, there are open club social nights on Mondays and Thursdays at 19.30pm. These evenings are a good opportunity for new or potential members to turn up and try out facilities and meet people.

Contact number: 087 776 8383



## **Tullamore Town Football Club** (Membership fee)

**Address:** Clara Rd, Ballyduff, Tullamore, Co. Offaly

Tullamore Town FC currently have 5 senior teams, 3 Senior Men's, 1 Senior Women's and 1 Veterans Men's. The club offers high quality facilities such as their three sand based grass pitches and a full sized all-weather pitch. The development also has a state of the art clubhouse with four dressing rooms.

Contact number: (057) 932 3037



# FURTHER INFORMATION

## Additional sports clubs & organisations in Tullamore:

- TULLAMORE BASKETBALL CLUB
- TULLAMORE RUGBY CLUB
- TULLAMORE BOXING CLUB
- TULLAMORE & DISTRICT ANGLING CLUB
- TULLAMORE PITCH & PUTT CLUB
- TULLAMORE HOCKEY CLUB
- PHOENIX TULLAMORE BADMINTON CLUB
- TULLAMORE TRIATHLON CLUB
- TULLAMORE CANOE CLUB
- TULLAMORE CYCLING CLUB



Éirigh Gníomhach in Éirinn  
Get Ireland Active



Clubs



Trails



Activity Locations

For more information on clubs, trails and locations in an area near you go to

<https://www.getirelandactive.ie/>

Get Ireland Active



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



Comhairle Chontae Uíbh Fhailí  
Offaly County Council

Offaly Sports Partnership is a multi-sectoral subcommittee of Offaly County Council core funded by Sport Ireland.

Its aim is to increase participation in sport and physical activity throughout Offaly.

The website provides a clubs directory, an events calendar, details of programmes being rolled out through the sports partnership, details of funding available to clubs, local news, publications of interest and useful links.

For more information scan the QR code or visit:

<https://www.offalysports.ie/>

Offaly Sports



## Additional Gyms in Tullamore & surrounding areas:

- FIT FACTORY KILBEGGAN
- ÉIRE GRAPPLE & CROSSFIT TULLAMORE
- RAHAN FITNESS
- ASPIRE GYM (CLARA)
- ALPHA FITNESS CLARA
- HOUSE FITNESS BIRR/ATHLONE
- BIRR LEISURE CENTRE
- POWERHOUSE GYM (PORTARLINGTON)
- THE GYM MONASTEREVIN
- PRIORITY FITNESS (MOUNTMELICK)
- CLUB ACTIVE MULLINGAR
- ENERGIE FITNESS MULLINGAR

# FURTHER INFORMATION

## Staying Safe while being physically active

There are a number of things to be taken into consideration when being physically active. The following information includes tips on how to stay safe when exercising.

**1. Warm Up & Stretch.** Warm up to prepare for exercise, e.g. run in place for a few minutes, breathe slowly and deeply, or gently rehearse the exercise to follow. Warming up increases your heart and blood flow rates and loosens up other muscles, tendons, ligaments, and joints. Begin stretches slowly/carefully until reaching a point of muscle tension. Hold for 10-20 seconds and carefully release. Inhale before each stretch & exhale as you release. Never stretch to the point of pain, always maintain control, and never bounce on a muscle that is fully stretched.

**2. Stay Hydrated.** Drink enough water to prevent dehydration and heat injury like heatstroke. Drink 1 pint of water 15 minutes before you start exercising and another pint after you cool down. Have a drink of water while you exercise.

**3. Wear Reflective Clothing to Prevent Accidents.** When it comes to personal safety, areas with low visibility can be prone to accidents. Reflective clothing allows traffic to see you as you walk along. A flashlight or headlight can also help drivers see you if there are dark stretches of road on your route.

**4. Plan your route carefully.** Make sure you plan your route ahead of time. This can help keep you from getting lost. Plan walking routes in areas that are well-lit and populated. Avoid empty streets and walkways with thick shrubbery. Don't go without telling someone, even if you are just walking home from nearby. If you fall and hurt yourself or run into trouble, and someone knows where you are, they can send help if you don't arrive at your destination on time. Always carry your phone with you in case you get lost or need help.

**5. Rest.** Schedule regular days off from exercise and rest when tired. Fatigue, significant muscle soreness, and pain are good reasons to not exercise.



# Tullamore Slí na Sláinte Route



## Slí na Sláinte

Tullamore Slí na Sláinte - 5.4km



**Tullamore Slí na Sláinte - 5.4km**

**Town Park Unmarked Route**

**You Are Here**

 **IRISH  
HEART  
FOUNDATION**  
[www.irishheart.ie](http://www.irishheart.ie)

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.

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

**Tullamore Town Council**  
**HSE Dublin Mid-Leinster**

