

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even more enjoyable.

Already, it's capturing the attention of the 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 30 minutes of physical activity, on most, preferably all days of the week.



Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland.

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.



The Slí na Sláinte Map Board is located in the small park of Doonbeg Village. Your 8.6Km walk begins down the Kilrush Road.

On your left is the 16th century Doonbeg Castle, overlooking the Doonbeg River. Turning right onto Poll á Cheoil Road you enter the bog area. Discover evidence of ancient forestry where the peat has been removed.

At the crossover on the main road, to your right is the local GAA Grounds with the Shanahan-McNamara Memorial. Across from this is the Doonmore Protestant Graveyard.

Continuing up the hill on the right is a quarry. Chambers Fort and Corry's Fort are in this area. At the T-junction, turn right. This stretch of road affords you a good view of the countryside and seascape.

At the next T-junction, you may deviate from the Slí route by turning left to visit the ruins of the Killard Church and graveyard built about 1000AD. Continue on to the swimming beach at the White Strand.

Remaining on the marked Slí route, the ruins of the 16th century Doonmore Castle and Doonbeg Pier are on your left and you will have reached the mouth of Doonbeg River.

You can see Doughbeg Beach which is a well kept Sanctuary for waterfowl. Turn left at Doonbeg Church and return to your starting point.

We hope you have enjoyed your 8.6 Km walk. You have only touched on the beauty of the area. Please ask locally about other walks.

Recommended as a daytime walk only.

Remember that all routes can be walked in either direction - enjoy!

Let's Go Walking...



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