

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.



IRISH
HEART
FOUNDATION

The Kilbrittain Slí begins at Deasy's bridge, which is a beautifully built 2 arched stone bridge. Nearby is also Kilbrittain Castle, erected by the de Courceys in the 13th century on the site of an earlier fortress which was constructed about 1035. At the bridge you will see a mapboard which illustrates the route.

Crossing the bridge, continue along the lane until you reach your first km point. Shortly after the first km point you take a left turn. To your right you have Glanduff townlands or Gleann Dubh meaning Dark Glen. At the east was a corn mill while at the west is Barnyareigh Crossroads - Bearna hEirghe (gap in the rising ground).

To your left you will see the Tidal Mudflats, dotted with salt marsh islands, which are ideal for roosting waders and wildfowl at high tide. The salt marshes are a habitat of saltwater plants including Glasswort, annual Seabhte and Salt Marsh Grass (Puccinellia).

Walking along the Slí route to your right is Garranfeen townland. The South side is known as Harbour View.

At the beginning of the causeway you will see the second Km point. Return by the same route to bring the distance covered to 4km.

Recommended as a daytime walk.

**SPONSORED BY CORK COUNTY COUNCIL
AND KILBRITTAIN TIDY TOWNS**

