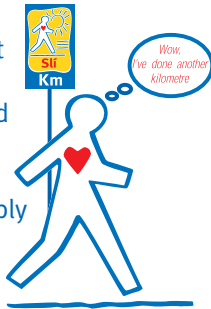


# Slí na Sláinte



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.



Kilworth has two Slí na Sláinte routes; V-Cross Slí - 4.2km and Kilally-Graigue Slí - 3.1km. There is also a smaller alternative route of 1.5km (Village Pound Lane).

**V-Cross Slí - 4.2km.**  
 This route starts at the V-Cross and continues with the Kilworth Mountains and the Military Camp on your left. You take a right turn near Flagstaff hill, proceed over to another junction in full view of the Kilworth Mountains. You will now have the Kilworth Forest on your left and the mountains on your right hand side. This will bring you back to the start point at the V-Cross.

**Kilally-Graigue Slí 3.1km**  
 From the village square, you walk out the Avondhu Way where you will come to the Little Bridge. Proceed into Graigue which is a lovely tree-lined area with an old stone house. This route will bring you to Glensheskin Bridge where you turn into Graigue Boreen with the forest on your right. The Boreen brings you to Kilally Cross Roads where you turn left onto St Anthony's Road. This will bring you back to the Village Square.

Routes can be walked in either direction. Recommended as a daytime walk.

Let's Go Walking...

