

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.



KINSALE

The Kinsale Slí route is 4km in length: 2km to the end of the Scilly walk and back again.

Your Slí route begins at the Km sign opposite the Perryville Hotel, here you will find a mapsign which illustrates the route. Follow Long Quay away from the town. The road turns to the right into River road and continues to the historic village of Scilly, where you will find a tourist office. Follow

the directional arrows straight on, to bring you to the beginning of the Scilly walk.

Follow the Scilly walk, know locally as the Salmon Walk, taking in the beautiful views of Kinsale and the harbour. On reaching the end of the Scilly walk, you can walk another 600m to Charles Fort or return along the 2km route to bring you back to Kinsale town.

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

Let's Go Walking...



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