

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.



Killimer Slí

The Killimer Slí na Sláinte, which starts at the Colleen Bawn memorial is approximately 5km in length. The route boasts some spectacular views over the Shannon Estuary as well as the counties of Limerick and Kerry.

Leaving the Colleen Bawn memorial behind, take the first left down a quiet country lane, where honeysuckle, wild strawberries and blackberries are abundant during the summer and autumn months.

Turning at the next left into the Townland of Tiervarna, features include a ring fort and Donail House on the right. The route passes the GAA grounds and the Mushroom Tunnels; note the sign for St Senan's Well and birthplace, well worth a visit.

Turning left at the crossroads, the route passes Donogrogue Castle, (Dun na Curróg = Fort of the Parsnips) a 17th Century two story house, which incorporates an ancient castle in its structure.

Finally, turn left onto the main road (N67) passing the gates of the 18th Century Bessborough House and the entrance to the Killimer-Tarbert Car Ferry to finish back again at the Colleen Bawn memorial.

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Let's Go Walking...

