

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.



Glengarriff Slí na Sláinte 6.3km

The Glengarriff Slí na Sláinte is located in one of the most beautiful areas of the country. Beginning at the village junction the route follows the Kenmare Road and turns left into the nature reserve at the gate lodge. Veer right at the footbridge and follow the path, which runs along beside the river. Passing the picnic area on the left, turn left once the tarred road is reached. The route passes over a charming stone bridge, (take notice of the nearby waterfall) and then turns left onto a forest trail at the next Km marker. Follow the path to the right, cross the river at the wooden footbridge and continue along the riverbank. This will open out into a large field known locally as the 'Big Meadow', which soon rejoins the woodland trail. Continue along the path, turning left onto the tarred road at the wooden gate. Follow the road back towards the village, turning left at the end of the road to reach the starting point in the village once more.

'Around the Lookout' Slí 3.1km

Follow the Glengarriff Slí past the gate lodge into the nature reserve. Cross the footbridge instead of veering right and continue along the path for a short time. Turn left upon reaching the tarred road and follow the Glengarriff Slí once more, back to the starting point.

SUPPORTED BY CORK COUNTY COUNCIL AND
GLENGARRIFF TOURISM AND DEVELOPMENT ASSOCIATION



Let's Go Walking...