



**THE IRISH HEART FOUNDATION**  
**4 CLYDE ROAD**  
**BALLSBRIDGE**  
**DUBLIN 4**

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

## The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

## Slí na Sláinte

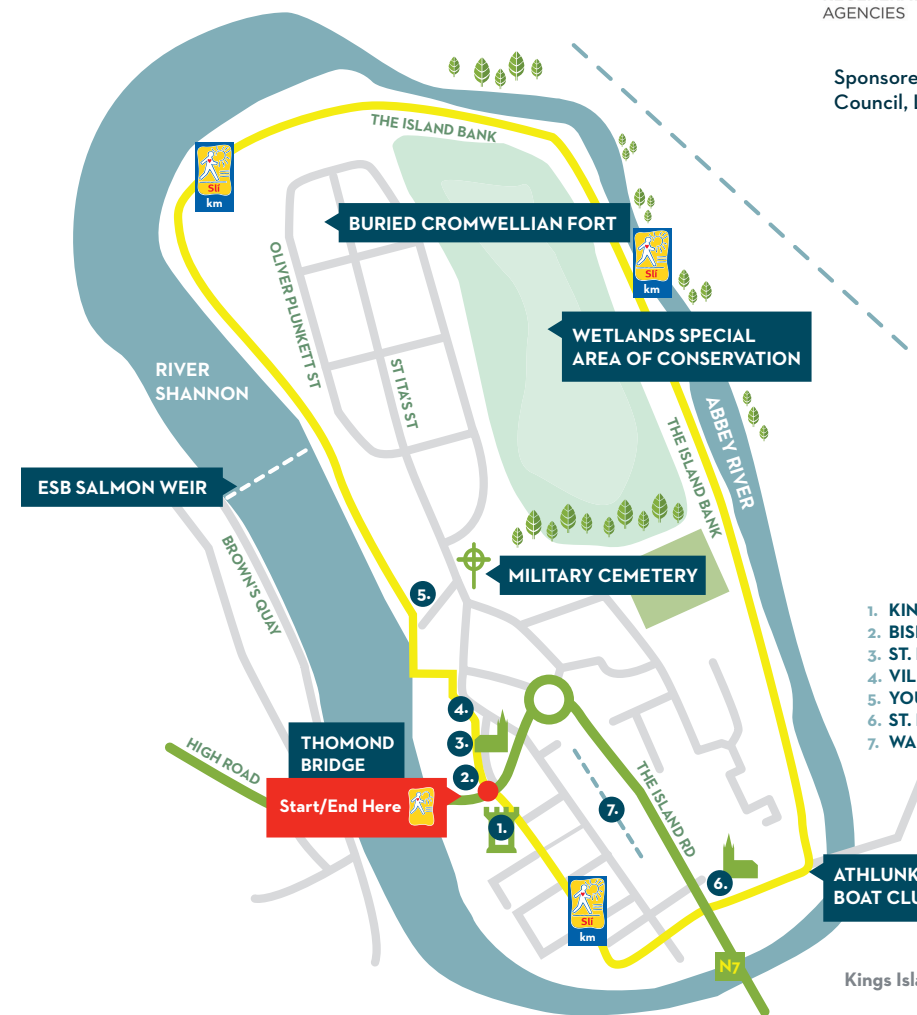
Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended minimum of 30 minutes of physical activity 5 days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. 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.

**PLEASE NOTE:**

This Slí na Sláinte is only suitable for day time walking.

*Let's Go Walking...*

## King's Island Slí na Sláinte – 3.3km



Sponsored by Limerick Regeneration Agencies, Limerick City Council, Limerick Sports Partnership and Limerick Civic Trust

1. KING JOHN'S CASTLE
2. BISHOP'S PALACE – LIMERICK CIVIC TRUST
3. ST. MUNCHIN'S CHURCH – OLD PROTESTANT
4. VILLIER'S ALMSHOUSES
5. YOUTH & COMMUNITY CENTRE/CAFÉ
6. ST. MARY'S CHURCH
7. WALLS OF LIMERICK

King's Island Slí na Sláinte is a 3.3km route which starts in the heart of medieval Limerick. King John's Castle. The walk passes by the faithfully restored Bishop's Palace (now Civic Trust), St Munchin's Church and Villier's Almshouses. Walking towards King's Island Community Centre & Café, stunning views of Thomond Bridge and the River Shannon mark the start of the traffic-free King's Island Walkway. The riverside trail passes the ESB salmon weir and continues through

a large wetlands Special Area of Conservation. A buried Cromwellian Fort points to the rich history of King's Island. An old Military Cemetery can be seen to one side at 2km mark with the Abbey River to the other. At O'Dwyer Bridge, Athlunkard Boat Club sits beside the river. The trail turns onto Athlunkard St and passes St Mary's RC Church. Turn right to walk alongside the old Walls of Limerick on the Island Road and return to the starting point at the historic Castle.