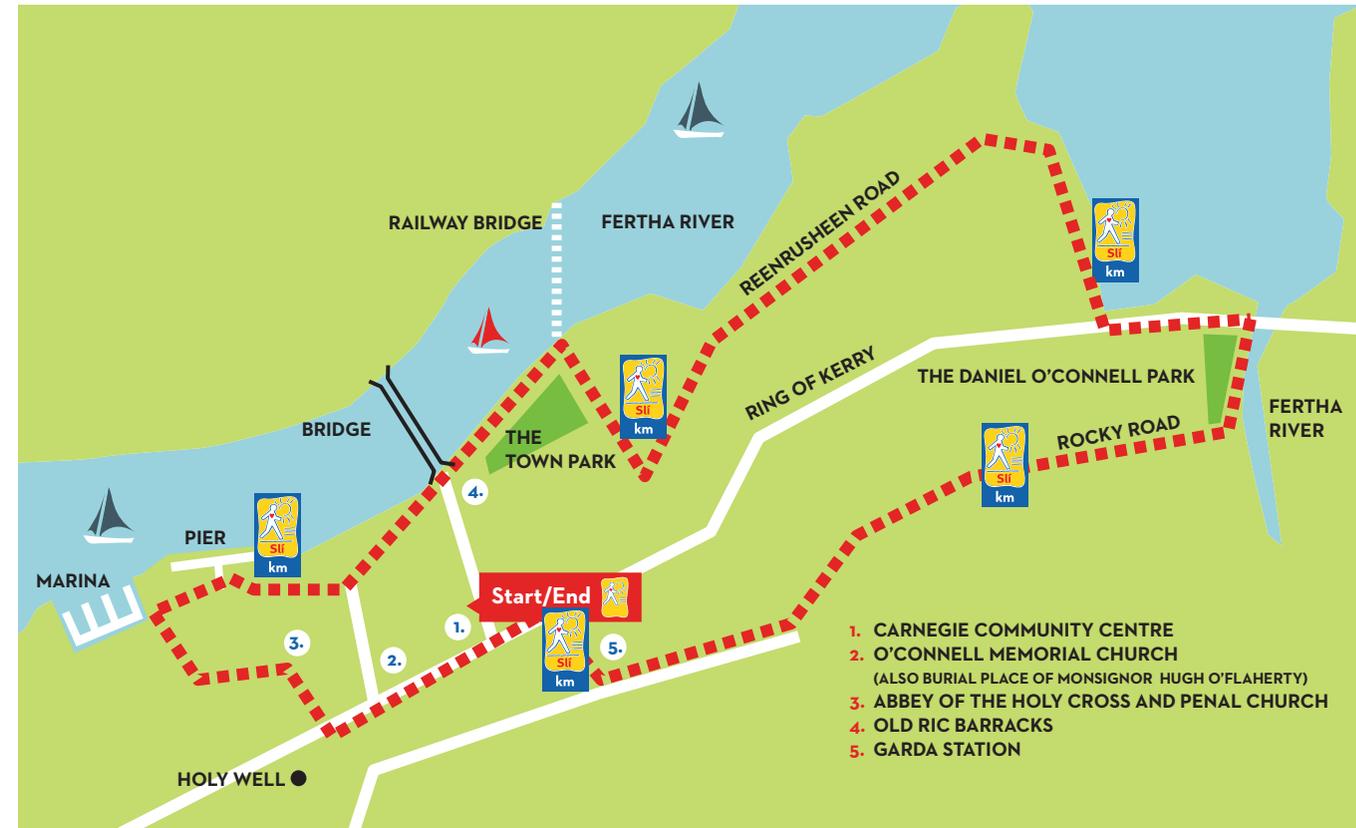




## Cahersiveen Slí na Sláinte 5Km



Co-funded under the Rural Development (LEADER) Programme administered in this area by South Kerry Development Partnership Ltd. Privately sponsored by Cahersiveen Tidy Towns (Supported by local traders and the Community).



### Cahersiveen Slí na Sláinte

The name Cahersiveen is derived from 'Cathair Saidhbhín', the stone fort of Little Sive. The Slí na Sláinte route begins at the Carnegie Community Centre. Head back past the O'Connell Memorial Church (named after 'The Liberator', Daniel O'Connell).

Continue on back the town taking the 2nd right down by the Abbey of the Holy Cross and Penal Church towards the Marina and Pier. From there walk towards the Old RIC Barracks and through the town park with the Great Southern and Western Railway (GS&WR) Iron Bridge on your left.

As you leave the park, look out for the Old Hospital Building on your right. Go past the Fire Station and left down Reenrusheen. Crossing the main Ring of Kerry road, go through the Daniel O'Connell Park overlooking O'Connell's birthplace. To complete the walk, turn right up the Rocky Road taking in the stunning vistas of the town and River Fertha as you head back towards the Community Centre.

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

THE IRISH HEART FOUNDATION  
50 RINGSEND ROAD  
DUBLIN 4