

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.



The walk begins at the junction east side of Sullivan's pub, Ballinakilla, and continues towards Rerrin Village, passing the Gallán standing stone on the right, and the Martello Tower on Ardagh Hill on the left. Travel east along this road to a junction where you continue to the left and take in the breathtaking views of Bere Island across to Sheep's Head. Again you take a left for about 2.5km, taking in the spectacular scenery of Hungry Hill, Berehaven Harbour and Castletownbere, before making a short climb back to the starting point.

Recommended as a daytime route and can be walked in either direction.

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Let's Go Walking...

