

APP00246

Personal Details

NAME:

ADDRESS:

EMAIL:

PHONE:

MOBILE:

[illegible]

€10 ☐ **€15** ☐ **€18** ☐ **€21*** ☒ **OTHER €** **PER MONTH**

Bank Name:

Address:

Account Name:

Sort Code: Account Number:

Signature: Date:

Preferences Do you need a postal receipt?: ☐ Yes ☐ No (saves us \$4c)

I am happy to receive communications by: ☐ Email ☐ Phone ☐ Post



Co-funded under the Rural Development (LEADER) Programme,
administered in this area by the South Kerry Development Partnership Limited.

Portmagee Slí na Sláinte



Portmagee Slí na Sláinte 8.5km

The Portmagee Slí na Sláinte consists of two routes which can be walked separately or together to give a total walking distance of 8.5km. The starting point for both walks is at the community centre car park and both routes can be walked in either direction.

Doora Slí na Sláinte 3.9km

The Doora Slí route heads along the seafront through the village turning left at the pier. The route continues on past the school and onto the Baintin Road. At the junction after the GAA pitch, keep left and remain on this quiet country road until you reach Lative Cross at the R565. This will take you towards the Coast Road and back to the village.

Old Bog Road 4.6km

The Old Bog Road Slí route is the same as the Doora route as far as the GAA pitch. Keep right at the junction and follow the Bog Road to Doora Cross where you join the R565 back to the village keeping left to pass the school on the outskirts of the village. Take a right at the pier to bring you back to the starting point.

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