

# 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.



## Kilmihil Slí

The Kilmihil Slí na Sláinte is 4.6km in length and starts at Newtown Junction. The route travels through a very diverse and scenic landscape with exceptional views over the countryside.

To follow the route, veer left at Newtown Junction and walk downhill for over 1km. Turn right at Bessy's Cross onto a bog road and walk towards the next junction, Lisbawn Cross, which is over 1km away. Turn right and walk uphill, continuing along a quiet road for 1.6km until you reach your starting point once again in Kilmihil village.

Recommended as a daytime walk and can be walked in either direction

Let's GO Walking...

