

## 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 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.

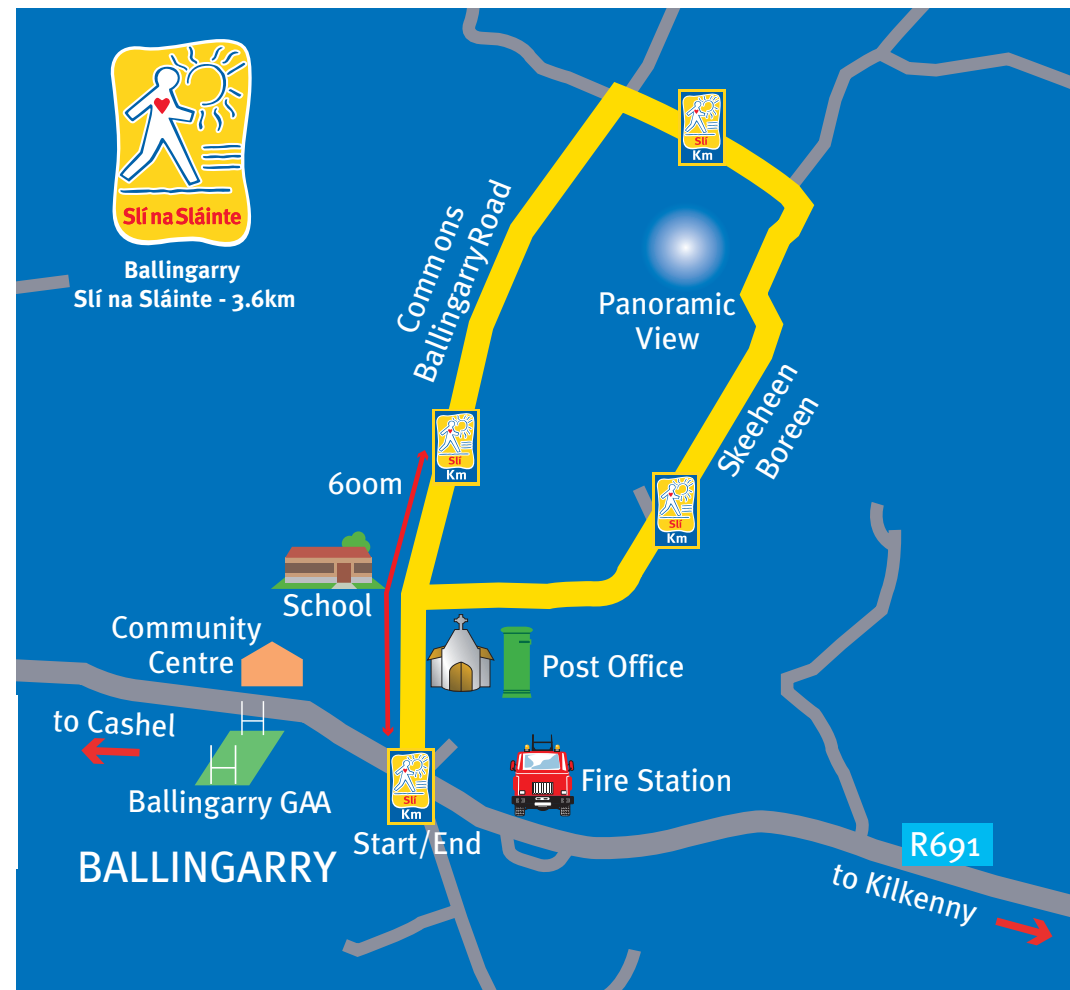


Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

*Let's Go Walking...*

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

SUPPORTED BY  
SOUTH TIPPERARY  
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### Ballingarry Slí na Sláinte 3.6km

The Ballingarry Slí na Sláinte is 3.6km in length and begins at the Village Crossroads. Following the route uphill past the post office and the church (built in the 1880's using stone from a nearby medieval church and castle), turn right opposite the primary school onto Skeeheen Boreen.

Continue uphill along this road for over 1km before turning left, heading in the direction of 'The Warehouse' (where Young Irelanders in 1848 under Smith-O'Brien, Dillon and Meagher fought the British and raised the Tricolour for the first time in Ireland).

Take time to notice the stunning scenery; the lowlands of Co. Kilkenny and the Black Mountains to the east, the Slieveragh Hills to the northwest and Slievenamon to the south. The route is also surrounded by numerous Stone Age and Norman ring forts or 'fairy-forts' (moated sites), preserved for centuries through respect of local tradition. At the bottom of the hill, turn left onto the Commons/Ballingarry Road and continue for 1km back towards the village to complete the 3.6km route.