

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 Blarney Slí covers three Km's but can be walked in a variety of directions to lengthen the distance and enjoyment of your walk. You will find a start point near the Tourist Information Office. Walking away from the village will bring you to the Clogheenmilcon Sanctuary. Here you can walk along a lovely path taking you away from the traffic to a nature reserve where you can catch a glimpse of the local wildlife.

Walk back along the same path and veer to the left, following the direction of the arrows. This route will bring you back to Blarney Village once again from a different direction.

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

Let's Go Walking...

