



Walks Series in Limerick City and County- 5 Slí na Sláinte Walk Loops selected to promote walking throughout Limerick. Launch event took place in Castletroy in conjunction with RTE's Operation Transformation on January 14<sup>th</sup>. Local leader Kayleigh Yeoman led over 750 people of all ages on the Slí following registration at the University Arena.

A further 4 walks on subsequent fortnightly Saturday mornings take place on Slí routes. Routes were developed in communities with the help of the Irish Heart Foundation. The main aim is to bring people together to walk for heart health, to keep in shape and to establish a lifelong health-giving walking routine.

Registration for all walks is free and open to all ages and fitness levels. Beginners encouraged to join Kayleigh in walking regularly.

Further walks also take place on Wednesday evenings in February at 7pm sharp- meet at the Argos/Next entrance to Crescent Shopping Centre for a 6km loop.

Contact Limerick City Sports Partnership on 061-468542 for further information on Walking Leader training in association with the Irish Heart Foundation or on setting up a local walking club or Slí in your community.

When?	Where?	Distances	Registration Details
Saturday – January 14 <sup>th</sup> 12pm	Castletroy Slí	4km, 6km and 8km route options	Register from 11.15am at University Arena
Saturday – January 28 <sup>th</sup> 12pm	King's Island Slí	3.3km plus 3.8km option on adjoining Three Bridges Slí	Register from 11.30am at King's Island Community Centre/Café
Saturday – February 11 <sup>th</sup> 12pm	Rathkeale Slí	3.1km	Register from 11.30am at Rathkeale Community Centre
Saturday – February 25 <sup>th</sup> 12pm	Castleconnell Slí	3.8km	Register from 11.30am at village playground & carpark
Saturday – March 10 <sup>th</sup> 12pm	Newcastle West Slí	3.7km	Register from 11.30am outside Community Centre in the Demesne