



## OUTER LOOP WALK

**Distance: 2 KMs**

**Time: 30 Mins**

**No. of Steps: 2,500**

### Directions

1. Start at the main hospital door.
2. Walk out the main gate of the hospital.
3. Turn right towards Shantalla.
4. Take the next right on to Costello Road, just before the traffic lights.
5. Pass by the entrance to the Clinical Science Institute and the Shantalla Community Centre.
6. Continue walking, take the next right, walking past the entrance to the West City Centre Retail Park (Aldi).
7. Walk past the Petrol Garage.
8. Turn into GUH grounds using the back gate at the Westside Roundabout.
9. Walk past the Diabetes and Endocrinology buildings (keep these on your left).
10. Walk past the mortuary (on your right).
11. Continue past A&E and finish at the main hospital door.