



## TOWN PARK LOOP

<b>2 LOOPS</b>	<b>Distance: 1.8 KMs</b>	<b>Time: 20 Mins</b>	<b>No. of Steps: 2,362</b>
<b>4 LOOPS</b>	<b>Distance: 2.8 KMs</b>	<b>Time: 35 Mins</b>	<b>No. of Steps: 3,674</b>
<b>6 LOOPS</b>	<b>Distance: 3.8 KMs</b>	<b>Time: 55 Mins</b>	<b>No. of Steps: 4,986</b>

Distance can only be achieved when one has walked a minimum of a double loop of the town park

### Directions

1. Start at the main door to the hospital, turn left.
2. Walk up towards 'Old Outpatients Department' and turn right.
3. Cross the road safely and enter St Conal's grounds.
4. Turn right and walk towards 'The Vestry'.
5. Enter the park at the entrance to 'The Vestry' and commence the loop walk.
6. Complete 2 loops and return to the main door of the hospital.