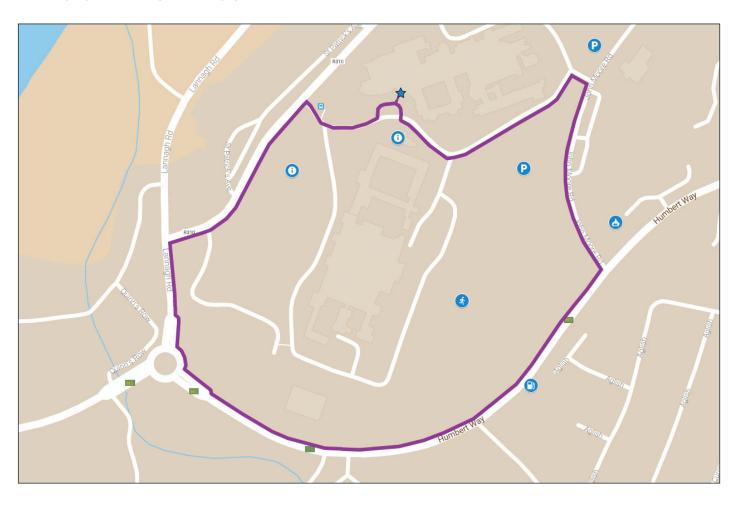


MAYO UNIVERSITY HOSPITAL



HUMBERT WAY LOOP

Distance: 1.8 KMs Time: 20 Mins No. of Steps: 3,100

Directions

- 1. Start at the main door of the Hospital.
- 2. Turn right and walk down to the main entrance.
- 3. Turn left onto St. Patrick's Avenue, passing the 'Occupational Health' building on the left.
- 4. Follow the footpath to Lough Lannagh Tjunction.
- 5. Turn left, follow the footpath towards the Westport Road roundabout.
- 6. Take the first left at the roundabout onto 'Humbert Way.'
- 7. Keep the Topaz Garage on your right.
- 8. Take the next left at the fire station.
- 9. Instead of turning left at staff car park, continue walking towards the 'Mall.'

- 10. Follow the footpath around to the left keeping Mayo County Council offices on your left.
- 11. Turn left at the traffic lights.
- 12. Walk up the hill, keep the old post office and the TF hotel on your right.
- 13. Walk along St. Patricks Avenue, parallel to the main hospital building.
- 14. Continue to main entrance to the hospital/ GMIT and walk back to the main door of the hospital.









