



THE MALL LOOP

Distance: 2.55 KMs **Time: 30 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 T-junction.
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.