



### THE TRACK WALK

**Distance: 1,496 Ms**

**Time: 17 Mins**

**No. of Steps: 1,963**

#### Directions

1. Start off at the main door of the hospital, turn left and walk along the path towards the water tower.
2. Turn right at the back of St. Mary's and walk down the path towards the running track.
3. Walk to the steps at the right hand side of the tracks.
4. Walk around the track twice and then return to the steps. Walk back up towards the water tower and then continue walking back to the main door of the hospital.