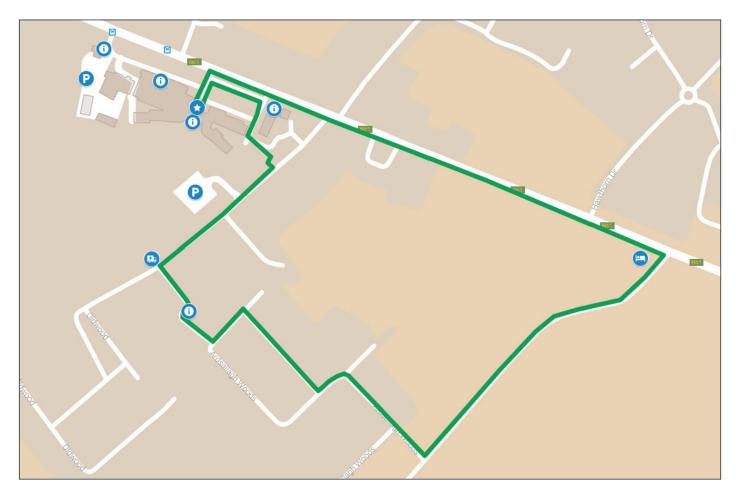
HOSPIT WALKS www.hospitalwalks.com

ROSCOMMON UNIVERSITY HOSPITAL



ARDSALLAGH WOODS WALK

Distance: 1.8 KMs

Time: 20 Mins

No. of Steps: 2,362

Directions

- 1. Start at the main door of the hospital.
- 2. Walk out the main hospital entrance and take an immediate right.
- 3. Walk straight on and take the next right at the 'Outpatients Department' .
- 4. Continue walking towards the ramp.
- 5. Walk down the ramp.
- 6. Continue walking until you come to a gap in the wall.
- 7. Walk out this gap and take a right.
- 8. Walk down along this road.
- 9. Cross over to the footpath when it is safe to do so.
- 10. Take a left at the Ambulance Base or at the bungalow.
- 11. Walk down this road.
- 12. Take a right at the bollards at the bottom of the road.
- 13. Follow the path into the Ardsallaght Woods housing estate.







- 14. Take an immediate left and follow the path for 100 metres.
- 15. Turn right now, walking on the footpath.
- 16. Take a left at the junction.
- 17. Walk along the path and then take the first right.
- 18. Continue walking down the path to the main entrance to the housing estate.
- 19. At the main entrance to Ardsallaght Woods housing estate take a left here, bringing you out onto the road.
- 20. Walk safely along the roadside up to Hannon's Hotel.
- 21. Take a left at the Hotel junction.
- 22. Walk safely along the main road back to the main hospital entrance.
- 23. Take a left at the main hospital entrance.
- 24. Walk back to the main door of the hospital.



