



### 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 Ardsallagh 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 Ardsallagh 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.