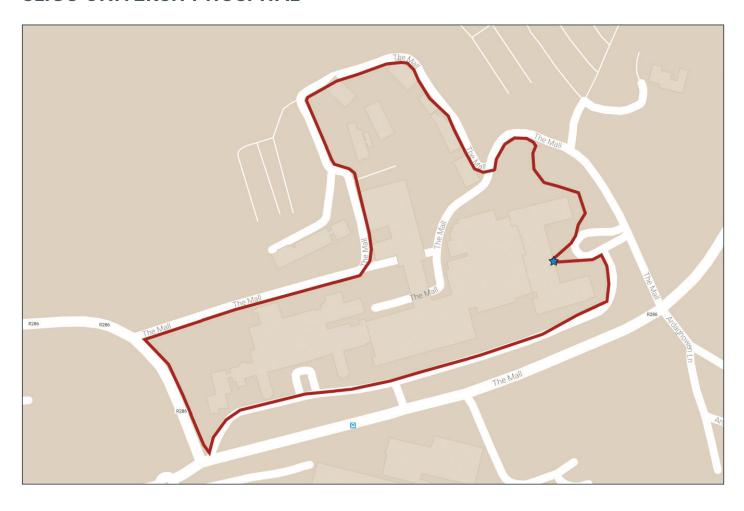


SLIGO UNIVERSITY HOSPITAL



INTERNAL LOOP WALK

Time: 15 Mins No. of Steps: 1,640 Distance: 1.25 KMs

Directions

- 1. Start at the main door of the hospital.
- 2. Take a right turn walking towards the car park.
- 3. Walk through the hospital car park.
- 4. Continue walking through the car park, keeping the main hospital building on your
- 5. Continue walking through the car park.
- 6. Exit the hospital grounds at the 'North West Hospice Entrance'.
- 7. Take an immediate right.
- 8. Walk up towards the small roundabout and then take a right here.
- 9. Walk up the hill.
- 10. Take a right here at the top of the hill, re-entering SUH grounds.

- 11. Continue walking straight on towards the Public car park.
- 12. Continue along this path.
- 13. Continue walking down the path keeping the car parks on your right and left.
- 14. Walk down towards the small roundabout.
- 15. Walk up the hill into the public car park.
- 16. Walk across the car park.
- 17. Follow the path back to the main door of the hospital.









