



INTERNAL LOOP WALK

Distance: 1.25 KMs

Time: 15 Mins

No. of Steps: 1,640

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 right.
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.