



### OUTER LOOP WALK

**Distance: 1 KMs**

**Time: 15 Mins**

**No. of Steps: 1,250**

#### Directions

1. Start at the main door of the hospital door.
2. Take a left turn and follow the path to the car park.
3. Follow the path into the car park.
4. Walk to the hospital car park.
5. Walk through the hospital car park.
6. Continue walking down to the small roundabout.
7. Walk to the Ash Road Lane Junction.
8. Take an immediate right turn at the Ash Lane junction
9. Walk along the Ash Lane road, keeping Sligo IT on your left.
10. Walk up to the junction.
11. Turn immediately right when you reach the junction and walk up the hill.
12. Follow the footpath up the hill.
13. Continue walking until you reach Sligo University Hospital main entrance on your right.
14. Turn right here and walk back to the main door of the hospital.