



SLIGO IT WALK

Distance: 2.2 KMs

Time: 20 Mins

No. of Steps: 2,887

Directions

1. Start at the main door of the hospital.
2. Take a right and walk out towards the main entrance.
3. Walk out the main entrance and take an immediate left, walking on to 'The Mall'.
4. Walk down the hill to the junction.
5. Cross the road safely at the lights.
6. Once across the road take an immediate left, walking on Ash Road Lane.
7. Take the first right in through the main Sligo IT entrance.
8. Cross over onto the footpath at the pedestrian crossing.
9. Stay on the path, veer left.
10. Take the next left down the narrow path.
11. Continue straight on, following the path around the perimeter of the grounds.
12. Continue walking up towards the 'exercise stations'.
13. Take a right at the exercise stations, keeping the GAA pitch on your right.
14. Turn right at the car park, keeping the GAA pitch on your right.
15. Follow the road around to your right.
16. Take an immediate left at the junction.
17. Take the next right up the hill.
18. Walk out the side entrance to Sligo IT.
19. Take an immediate right onto Manorhamilton Road, walk down to the lights.
20. Continue walking, cross over the road safely.
21. Follow the footpath up the hill.
22. Continue walking until you reach Sligo University Hospital main entrance on your right.
23. Turn right here and walk back to the main door of the hospital.