

Slí na hAbhann Riverside Route



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY

Siúil nó rith le cois bhruacha Abhainn na Gaillimhe agus thart timpeall champas Ollscoil na Gaillimhe

5
km

Walk or run along the banks of the River Corrib and around the University of Galway campus

Slí na hAbhann, Ollscoil na Gaillimhe

Bealach speisialta 5k do choisithe agus do reathaithe is ea Slí na hAbhann, Ollscoil na Gaillimhe. Spreagann aclaíocht ag aon leibhéal meon níos fearr, níos mó fuinnimh agus dea-bhraistint folláine agus tá súil againn go dtiocfaidh feabhas ar shláinte fhisiciúil agus mheabhrach gach duine a úsáideann an bealach seo. Agus muid ag cloí le héiteas Ollscoil na Gaillimhe maidir le gníomhaíochtaí caithimh aimsire, bímis gníomhach agus beoga!

Roinnt noda simplí le cuimhneamh othu:

- Cuimhnigh éadach oiriúnach a chaitheamh i gcónaí agus siúil nó rith le duine eile más féidir
- Sí n i gcónaí sula dtosaíonn tú agus téigh ar do luas féin
- Coinnigh ar an taobh clé den chosán
- Ná fág bruscar ar an gcósán
- Má bhíonn aon aiseolas agat déan teagmháil le greencampus@universityofgalway.ie

Ba mhaith linn buíochas a ghlacadh le Club Lúthchleasaíochta Ollscoil na Gaillimhe as na blianta atá caite acu ag cothú cultúr aclaíochta agus ag spreagadh mic léinn, cibé cumas atá acu, chun tairbhe a bhaint as an aclaíocht.

Míle buíochas freisin le foireann Oifig na bhFoirgneamh agus na nEastát as a ndearna siad chun go mbeadh Slí na hAbhann againn.

University of Galway Riverside Route

The University of Galway Riverside Route is a dedicated 5k route for walkers and runners. Exercise at any level encourages a lighter mood, more energy and a better general sense of well-being and we hope that everyone who uses this route will find it beneficial to their physical and mental health. And in keeping with the ethos of University of Galway recreational activity, let's get active and get off the couch!

Just some simple tips to keep in mind:

- Remember to always wear suitable clothing and walk or run in twos if you can
- Always stretch before you start and go at your own pace
- Keep to the left side of the path
- Please keep the route litter free
- If you have any feedback please contact greencampus@universityofgalway.ie

We would like to thank the University of Galway Athletics Club for their many years of hard work in establishing a culture of activity and encouraging students, whatever their ability, to enjoy the benefits of exercise.

Thanks also to Buildings & Estates for making the route possible.

