

Slí na hAbhann Riverside Route

Siúil nó rith le cois bhruacha Abhainn na Gaillimhe agus thart timpeall Champas OÉ Gaillimh

Walk or run along the banks of the River Corrib and around the NUI Galway Campus

5 km

OÉ Gaillimh Slí na hAbhann

Bealach speisialta 5k do choisithe agus do reathaithe is ea Slí na hAbhann, OÉ Gaillimh. Spreagann aclaíocht ag aon leibhéal meon níos fearr, níos mó fuinnimh agus dea-bhraistint 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 OÉ Gaillimh maidir le gníomhaíochtaí caithimh aimsire, bímis gníomhach agus beoga!

Roinnt noda simplí le cuimhneamh othu:

- Cuimhnigh éadach oiriúnach a chaitheamh i gcónaí agus siúl nó rith le duine eile más féidir
- Síneadh i gcónaí sula dtosaíonn tú agus téigh ag do luas féin

- Coinnigh ar an taobh clé den chosán
- Ná fág bruscar ar an gcosán
- Má bhíonn aon aiseolas agat déan teagmháil le greencampus@nuigalway.ie

Ba mhaith linn buíochas a ghlacadh le Club Lúthchleasaíochta OÉG 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 hOifig na bhFoirgneamh as an mbealach seo.

NUI Galway Riverside Route

The NUI 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 NUI 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@nuigalway.ie

We would like to thank the NUIG 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 the Buildings Office for making the route possible.

