

# Walking Routes

## EASTERN SHORE MEMORIAL HOSPITAL (ESMH)

Contributed by Ron Russell

### 23 minutes

Depart Hospital, down entrance/exit drive to main road, turn left continue east to the top of hill adjacent to Fire Hall. Cross street return to Hospital.

This route walked briskly will take approx. 23 minutes, leisurely approx. 30-35 minutes.

### 21-23 minutes

Depart Hospital, down entrance/exit drive to main road, turn left continue east to Hartling Road, proceed up roadway until pavement ends, turn and return to hospital.

This route walked briskly will take approx. 21-23 minutes, leisurely approx. 30 minutes

### 30 minutes

Depart Hospital, down entrance/exit drive to main road, turn right travel west to Pine Falls Road, turn up Pine Falls Road, continue up to Elizabeth Drive, turn around and return to hospital.

This route walked briskly will take approx 30 minutes, leisurely approx. 40-45 minutes.

### Extended walking time

This route is for extended walking time. It can be adjusted to any distance and time availability to the walker.

Depart Hospital, down entrance/exit drive to main road, turn left continue east to Church Point Road, by the Lions Park. Turn onto road and continue as far as desired. The road is a loop which will eventually bring the walker back unto the main street and return to the hospital.

This route takes the walker along the Harbour, around to the Wharf, up past the Public Schools and back unto the main roadway. Turn left and return to hospital. Depending on the pace and determination of the walker this route may be completed within one hour.

### 40 minutes

Depart Hospital, down entrance/exit drive to main road, turn right travel west through the Village to Elmhurst Drive, down the drive straight to the metal walking bridge crossing the Falls, continue up to the main road, turn right and return to hospital across the highway bridge over falls and back through village.

This route walked briskly will take approx. 40 minutes. Leisurely 50-60 minutes. This route can be altered by not crossing the walking bridge but turning right at the falls and traversing the wooden walkway back up along the riverway to the main road and returning to the hospital.

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