

3 DOUGLAS RIVER WALK

Cassan Awin Ghoolish



ROUTE (FROM THE NSC SWIMMING POOL CAR PARK)

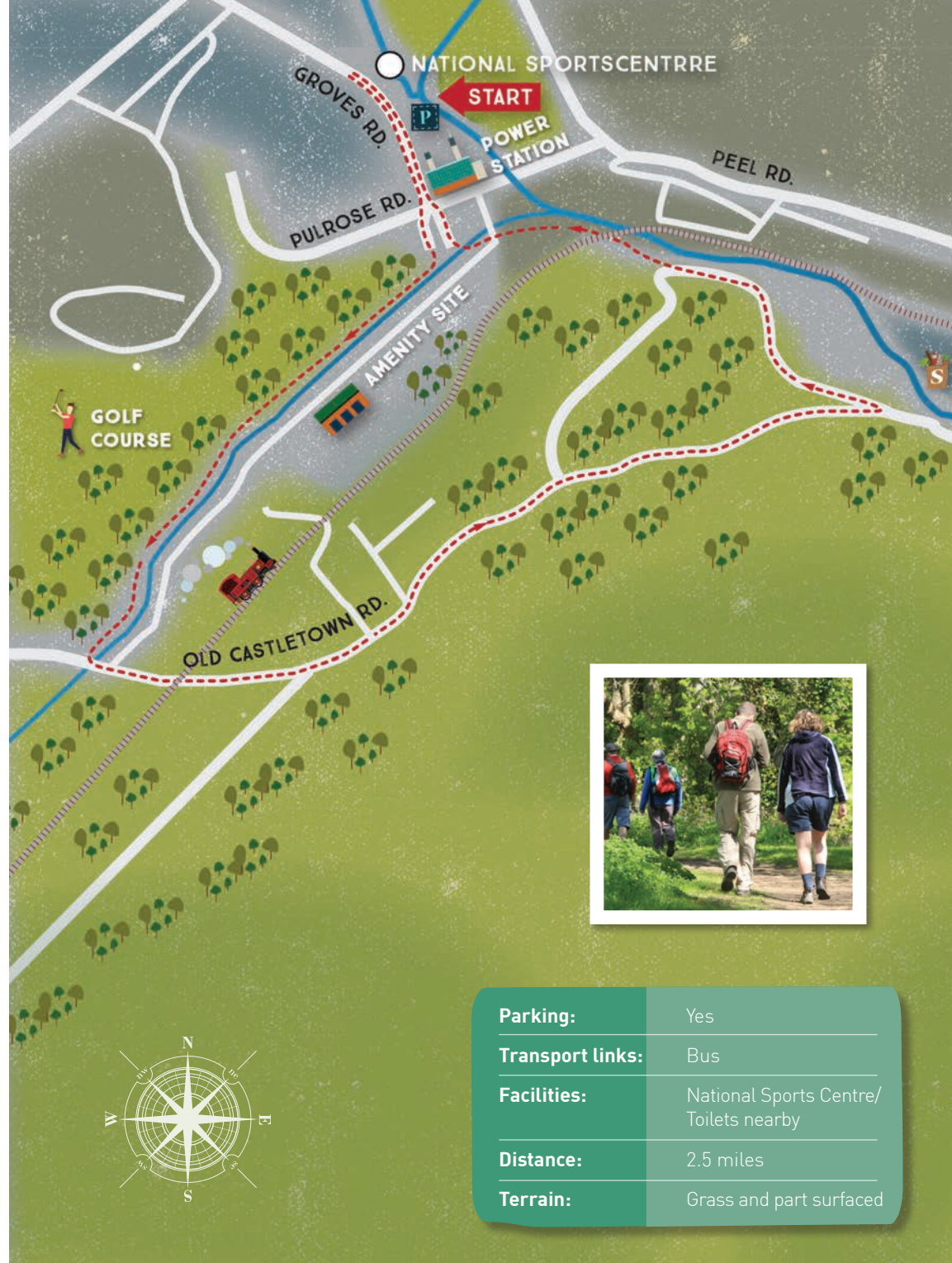
- Exit the car park onto Groves Road and turn left towards Douglas Golf Club.
- Cross the road and follow the lane that runs behind the Golf Clubhouse towards the river. Here you will join a well-established footpath.
- Turn right onto this footpath and follow it south west, until you reach a gate taking you onto the main road.
- Turn left here onto the old Castletown road and follow this back towards Douglas.
- Pass the first UCM Nunnery Campus entrance (marked by a gatehouse), then join the public right of way behind the second entrance to the Nunnery. (There is a Public Right of Way sign against the wall marking the entrance to this).
- When you reach the river cross the road where there is a bridge that takes you back to Douglas Golf Club. Follow your original route back to the car park.

ACTIVITIES

- Can you spot any fish in the river?
- Did you uncover any misplaced golf balls from the nearby course?
- Why not play 'Hi-Lo', Explain to your group that when you call out 'Hi-Lo!' that they should first look up for a count of five, then squat down for a count of five. After doing this, have everyone name two things that they noticed which they wouldn't have otherwise seen.

DID YOU KNOW?

- Despite popular belief that the River Glass gets its name from the Manx word Green (although glass does mean grey/greenish) when talking about rivers it comes from an early celtic word (in old Irish glaiss) which means water or river.



Parking:	Yes
Transport links:	Bus
Facilities:	National Sports Centre/ Toilets nearby
Distance:	2.5 miles
Terrain:	Grass and part surfaced

