

Walking Map for Ipswich Hospital Area



Walking

Walking to work is a great way to start your day!

It gives you time and space to plan your day and you arrive at work feeling energised.

Walking is the easiest way for most people to build more activity into their day, benefiting their physical and mental health.

Walking for 20 minutes
can burn up to
100 calories!



Practical tips!

If you are coming to Ipswich Hospital, there are several entrances to the hospital.

The Main hospital entrance is on Heath Road. The entrance on Pearson Road is the nearest one for those walking from Derby Road Station.

We have marked a 10-minute walking zone to help you plan your route.

Breaktime leg-stretchers

On the map there are three circular walks starting from the main entrance on Heath Road.

Walking increases blood flow to the brain and improves your mood.

Paths can be muddy during part of the year – wear sensible footwear and always cross the roads at designated crossings.

Lunchtime walk A 22 minutes

Lunchtime walk B 19 minutes

Lunchtime walk C 15 minutes

Hippocrates:
"Walking is
man's best
medicine"

It's nearer by foot than you think

The walking zone on the map gives an approximate idea of how far you can walk in 10 minutes.

All these locations are within easy reach:

- Tesco Express, Foxhall Road 20 mins
- Bixley Heath Nature Reserve 25 mins
- Derby Road Rail Station 25 mins
- Mill Stream Nature Reserve 30 mins

10 minutes of
walking =
1,000 steps

Cycling

Cycling to work is an easy way to build physical activity into your working day. It can save money, time, reduce stress levels and improve fitness!

The National Cycle Network Route 1 runs past Ipswich Hospital and is shown on the map, and routes 41 and 51 are not too far away. Some of these routes are traffic-free.

Colleagues can take advantage of cycle schemes which help spread the cost of purchasing a new bicycle, clothing and safety equipment. Contact the Trust's Travel Plan Coordinator at:

travel.plan@esneft.nhs.uk

Reasons to walk or cycle

- Helps reduce congestion and pollution
- Makes me healthier and fitter
- Improves the safety of the local area
- Saves money on fuel costs
- Lets me find out more about my local area
- Helps reduce stress and lets me unwind at the end of a busy day

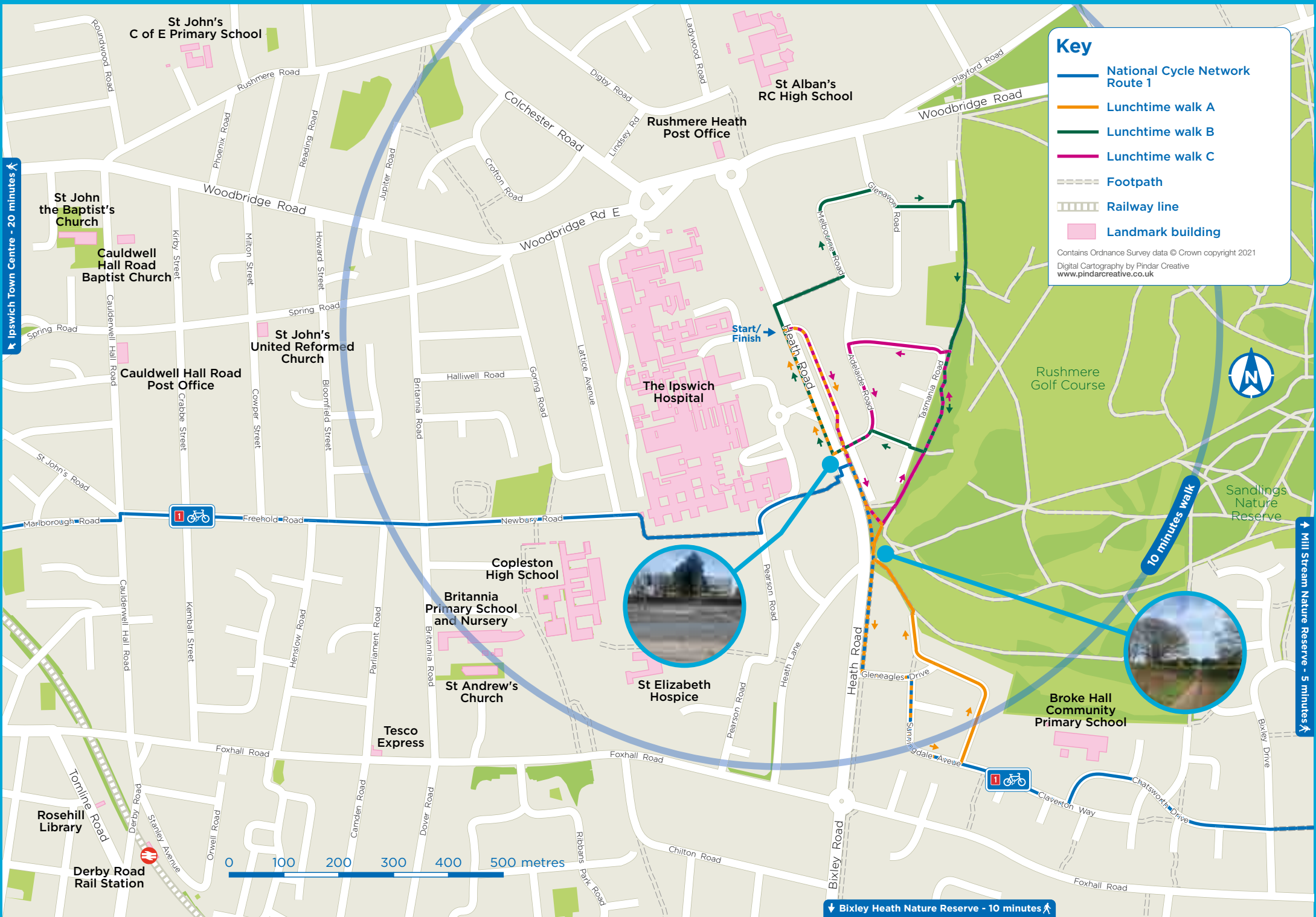
Suffolk County Council supports walking and cycling to help people reduce their dependency on the car for everyday journeys. This ensures we are reducing the negative impact of congestion and poor air quality for everyone, creating healthier communities in which we are all able to enjoy the benefits of being physically active.

Visit the intranet homepage and click on the 'Your Wellbeing Hub' button and then the 'Health and Wellbeing' section.

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Key

- National Cycle Network Route 1
- Lunchtime walk A
- Lunchtime walk B
- Lunchtime walk C
- - - Footpath
- Railway line
- Landmark building

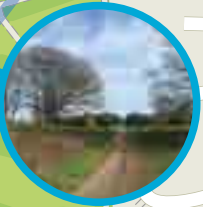
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Ipswich Town Centre - 20 minutes

Mill Stream Nature Reserve - 5 minutes

10 minutes walk

Bixley Heath Nature Reserve - 10 minutes



Derby Road Rail Station

St John the Baptist's Church
Cauldwell Hall Road Baptist Church

St John's United Reformed Church
Cauldwell Hall Road Post Office

Rushmere Heath Post Office

The Ipswich Hospital

Copleston High School
Britannia Primary School and Nursery
St Andrew's Church

Tesco Express

St Elizabeth Hospice

Broke Hall Community Primary School

Rushmere Golf Course

Sandlings Nature Reserve

St John's C of E Primary School

St Alban's RC High School

Rosehill Library

St John the Baptist's Church

Cauldwell Hall Road Baptist Church

Cauldwell Hall Road Post Office

Marlborough Road

Tomline Road

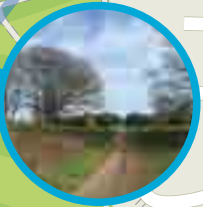
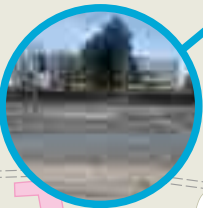
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