



East Suffolk and North Essex  
NHS Foundation Trust

## Walking Map for Ipswich Hospital Area



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.

### 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.

### 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](mailto: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

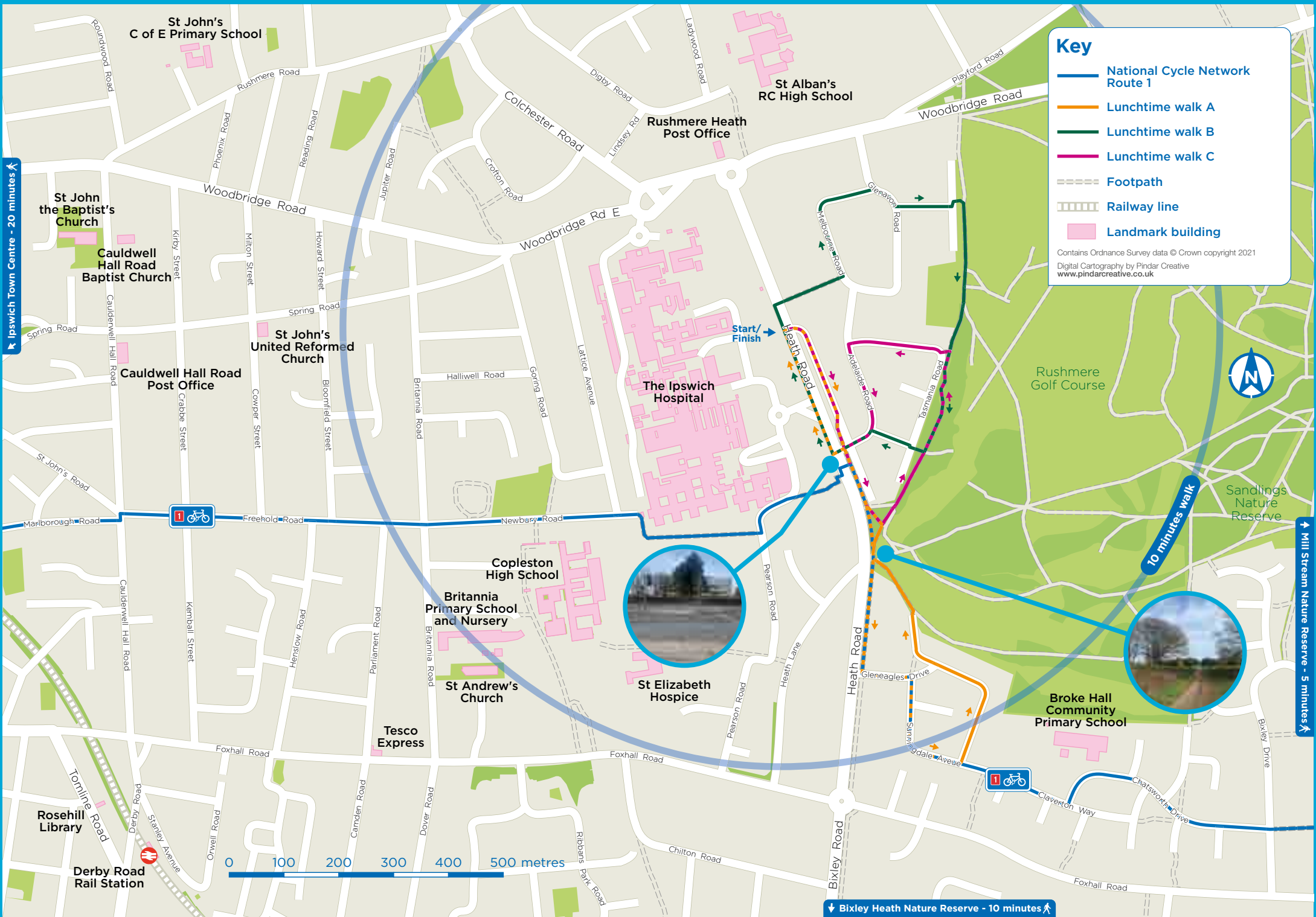
Suffolk County Council supports walking and cycling to help people reduce their dependency on the car for everyday journeys. This ensures we are reducing the negative impact of congestion and poor air quality for everyone, creating healthier communities in which we are all able to enjoy the benefits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

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

Funded by



Registered Charity No. 1048827



**Key**

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

Contains Ordnance Survey data © Crown copyright 2021  
 Digital Cartography by Pindar Creative  
[www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)

Ipswich Town Centre - 20 minutes

10 minutes walk

Mill Stream Nature Reserve - 5 minutes

Bixley Heath Nature Reserve - 10 minutes

0 100 200 300 400 500 metres

