

KEY

- 30 MINUTES
- 20 MINUTES
- 15 MINUTES
- BENCHES

LITTLE FRANCE PARK

One walk runs through part of Little France Park, with species-rich grasses and scrub supporting insect life and migratory birds.

CRAIGMILLAR CASTLE PARK

HAWKHILL WOOD

LITTLE FRANCE PARK

The Queen's Medical Research Institute

Chancellor's Building

Department of Clinical Neurosciences

Royal Infirmary of Edinburgh

Royal Hospital for Children & Young People

WELLBEING COURTYARD

OLD DALKEITH ROAD (A7)

LITTLE FRANCE DRIVE

BURDIEHOUSE BURN

THE BURDIEHOUSE BURN

This walk runs alongside the burn as it flows from its source in the Pentland Hills out to the sea at Joppa.

STAFF WELLBEING COURTYARD

With secluded seating, shelter and beautiful plants this space can be accessed by staff, day and night. Access via the OPD6 Corridor.

Wellbeing Walks.....

As little as ten minutes outside can help lower stress levels, boost immunity and increase focus. This map highlights walks to help you to get out into greenspaces.

Royal Infirmary of Edinburgh

Institute for Regeneration and Repair South

Institute for Regeneration and Repair North

BURDIEHOUSE BAURN

LITTLE FRANCE DRIVE

LINK ROAD

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- BENCHES

LITTLE FRANCE DRIVE

Usher Building

NINE

BioCube 1

BioCube 2

FAIRFIELD WALK

LITTLE FRANCE ROAD

OLD DALKEITH ROAD (A7)

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