

Southmead Hospital Explorer Map

So much to explore

Southmead Hospital offers many ways to enjoy the outdoors. Try our walking and running routes to add exercise to your routine. Explore our amazing wildlife areas. Join our allotment volunteers. Or try a circuit on the outdoor gym.

Feel better outdoors

It's a fact: even 5 minutes spent in nature gives a boost to our mental health and sense of wellbeing. This map shows you nearby green spaces and benches that could bring a natural uplift into your day.

A stroll among trees or sitting on a quiet bench outside is a proven way to de-stress.

What's here for staff?

Shortcuts and meeting spots

Our map shows special green exits and local spaces across the site to give staff choices for a short break or some exercise outdoors.

Walking routes, the green gym and wildlife spaces are easy to reach so staff can enjoy fresh air as part of their daily routine.

Our green spaces are open to all staff to explore and enjoy. Use this map to get started!

These signs show you the doors that will help you reach a green space quickly.



This helps you see possible spots for an outdoor meeting – or why not walk and talk instead?



Explore local paths, shortcuts and quiet spaces during shifts.



Our allotment welcomes all staff for a visit and needs volunteers to help



Southmead Hospital Explorer Map



100 metres
About 1½ minutes wheeled or walking.

- Public exit
- Staff exit
- Benches
- Meeting place
- Café
- Garden
- Wildflowers
- Sculpture
- Insect hotel
- Special trees
- Birdsong
- Wildlife info



Allotment
Explore our growing beds and orchard.

Green Gym
Take a turn on our outdoor exercise machines.



Outdoor routes for fresh air

20-25 minutes each: ideal for a break or a meeting on the move.

- 1 Southmead Stroll**
Scenic wander to quiet spots, allotment and orchard. Some steps beyond allotment.
- 2 Monks Park Meander**
Refreshers round our nearest park.
- 3 Horfield Hike**
Quiet route to the common and back.
- 4 Perimeter Plod**
Off-road walk or run to playing fields.
- 5 Peaceful Promenade**
A mini-breather to and from the staff car parks.

R2R Routes to Recovery
Indoor and outdoor options to build strength and stamina.

Sculpture Trail
Find a route between our five sculptures.

Wildlife area
Wildflowers, insects, invertebrates, reptiles and mammals thrive among our anti-flooding ponds.

Running
Combine routes 1-2-3-4 for a 2-mile circuit or create your own.



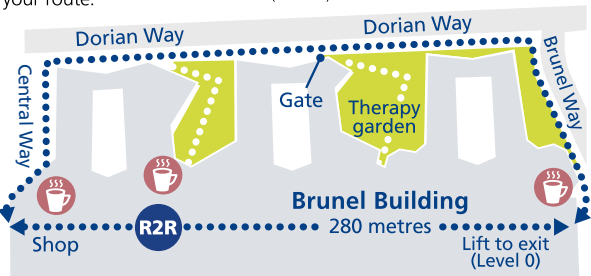
Routes to Recovery **R2R**

An important part of wellbeing for many patients is to regain mobility after surgery or increase health and stamina before treatment.

The Brunel building has an indoor-outdoor circuit where you can build confidence, gain independence and measure progress. We can show you where to start your route.

Follow this indoor-outdoor path to health and mobility.

Main entrance



Begin indoors: count your steps and increase distance. From one end of the building to the other takes two minutes in a wheelchair. There and back is a third of a mile (560m)!

Gain confidence outside: use kerbs and ramps in the Therapy Garden and the long flat pavement on Dorian Way. A full circuit inside and out is half a mile (800m).

Our green treasures

Sculpture Trail
Five bronze animals are favourite landmarks in our grounds. They show injuries that brought artist Laura Ford to hospital with her own children.

Lime Tree Park
This beautiful lawned space with benches, trees, sculptures and wildflowers opened in 2019 for staff and the local community to enjoy.

Small gardens
Formal gardens and little pockets of planting are found across the site, usually with a bench for a break or to hold an outdoor meeting.

Special trees
We're an official NHS Forest site with a collection of more than 700 trees and our very own orchard. A walk under the boughs is a great refresher.

Explore our 19 acres of green space, ideal for quick breaks, walking and running routes and for finding quiet corners which offer space to relax.

Enjoy the allotment, green gym, wildflower meadows and ponds. Seek out benches for meetings and shared lunches. Or follow our sculpture trail to Lime Tree Park.

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