



East Suffolk and North Essex
NHS Foundation Trust

Walking Map for the Colchester 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.

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

Walking for 20 minutes can burn up to 100 calories!



Practical tips!

If you are coming to Colchester Hospital, there are several entrances to the hospital. The main hospital entrance is on Turner Road. The pedestrian entrance on Northern Approach is best for Park & Ride buses, and for those coming from Colchester 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 Turner Road, opposite the junction with Lufkin 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 17 minutes

Lunchtime walk B 16 minutes

Lunchtime walk C 27 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:

- Turner Rise Retail Park 15 minutes
- Colchester Rail Station 17 minutes
- Highwoods Tesco Extra 20 minutes
- Colchester Park & Ride 30 minutes

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 is shown on the map and routes 13 and 51 are not far away, providing easy access to the hospital by bike. 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

Colchester Park & Pedal

The Park & Ride facility just off J28 on the A12 offers easy and value for money parking with the option to continue your journey by bus, bike or on foot.

Bike racks and secure cycle lockers are available for those wanting to leave their bike overnight.

The hospital is just a 10-minute ride away, or a 30-minute walk.



Colchester Borough Council supports walking and cycling to reduce car use, reduce traffic congestion, enable healthier lifestyles, improve air quality in the town and support our Climate Emergency commitment.

The Colchester Orbital is a 13-mile circular walking and cycling route around the borough, taking in some of the best and most important green spaces, and following off-road pathway networks as much as possible.

Funded by

Colchester & Ipswich
**Hospitals
Charity**

Registered Charity No. 1048827

Colchester Park & Ride - 15 minutes

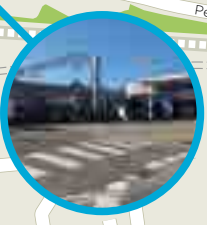
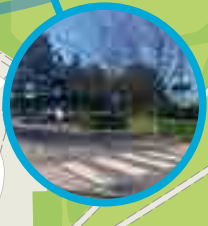
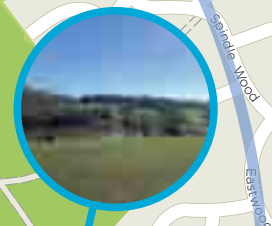
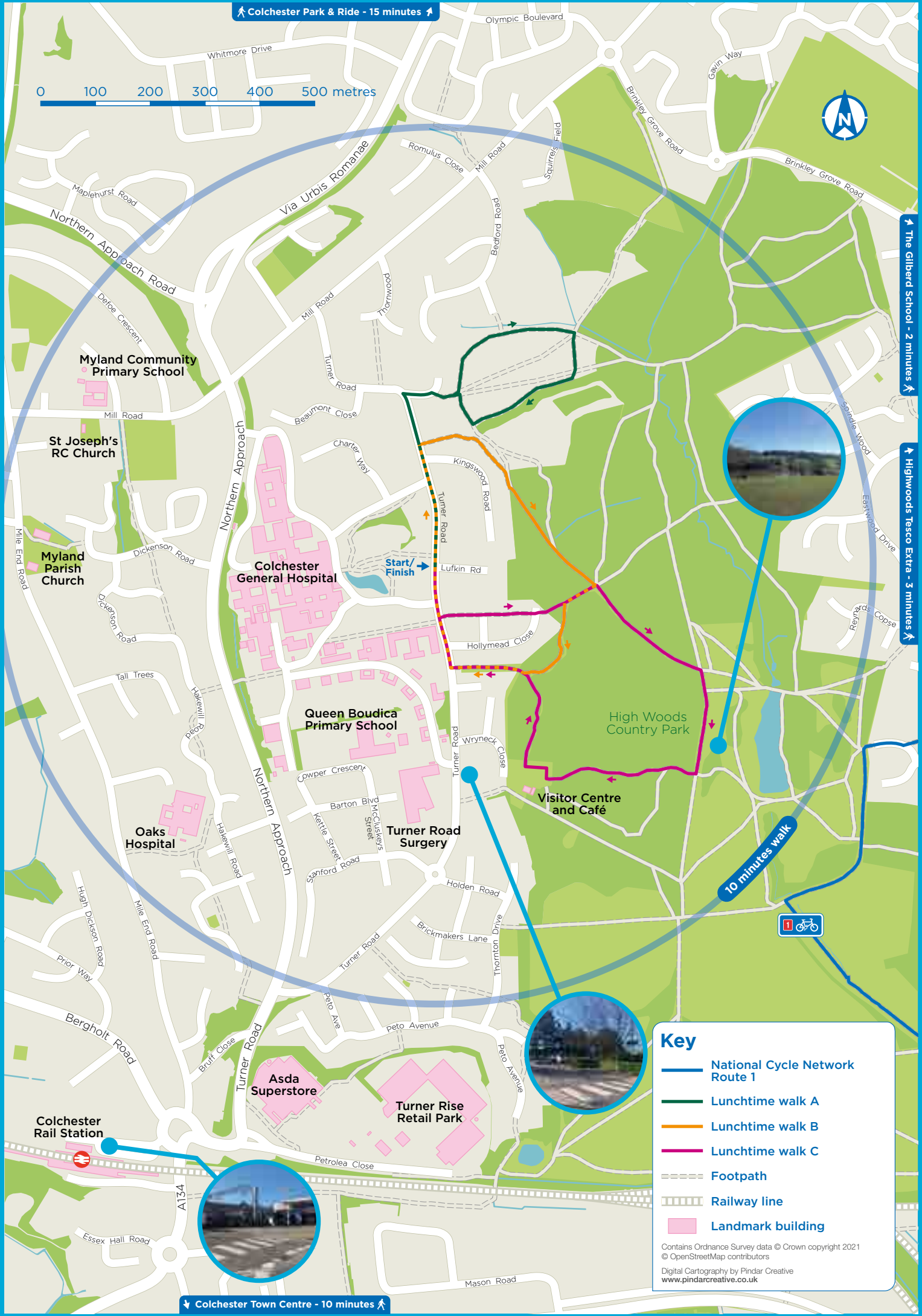
0 100 200 300 400 500 metres



The Gilbert School - 2 minutes

Highwoods Tesco Extra - 3 minutes

Colchester Town Centre - 10 minutes



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
© OpenStreetMap contributors
Digital Cartography by Pindar Creative
www.pindarcreative.co.uk