



well  work

Walking maps

A selection of walking routes
near our hospital sites.

April 2022



Take notice

of nature to help stay productive, avoid stress and enjoy quality time.



Take care of yourself

Step outside for a few minutes, to somewhere you can see the sky and some greenery.



Switch off

From your phone, avoid using it when you're outside.



Be in touch

With nature and yourself. Feel your feet on the ground and take some deep breaths.

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Victoria Hospital



Route one (25 mins)

On Hayfield Road, cross at pedestrian crossing at Octavia Lodge. Follow the footpath to Dunnikier. This takes you through a 5 minute woodland walk. Come to the main road (Dunnikier Way), turn right along Dunnikier Way until reaching Whyteman's Brae. Turn right down Whyteman's Brae and return to Hayfield Road.

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Route two (40 mins)

On Hayfield Road, cross at pedestrian crossing at Octavia Lodge. Follow the footpath to Dunnikier. This takes you through a 5 minute woodland walk. Come to the main road (Dunnikier Way), cross over and turn right. Follow path until you come to the first set of traffic lights. Take the footpath on the left which leads you up to Dunnikier House Hotel. At the top of the path turn left. This will lead you past the hotel you will come to a fork in the road, take the left and head towards the main drive of the hotel. Follow the drive back down to the main road (Dunnikier Way). Head back down the woodland walk to Hayfield Road.

Queen Margaret Hospital



Route one (20 mins)

Head out main entrance and cross Whitefield Road into Queen Margaret Faulds, follow road (about 5 mins) turn right into wide tarmac path – look for the street lights. Follow path to its end at the yellow grit box, turn right here you have the option to continue back to the hospital or for a longer walk take Route two.



Route two (40 mins)

From the end of Route 1 on Queen Margaret faults, turn left into Hill of St Margaret (also signposted for the station). As you head into the start of the car park you will see a path on the right. Follow this path and this will lead you to the pelican crossing. You know that you are in the right place if you see a sign advertising North Sea Cycle (www.northsea-cycle.com). Cross the road and you will see a further sign pointing to Oakley and Alloa. Follow the path – after the 4 lamp posts look to the right go down the steps and follow the rough short path which leads to car park 5. Turn left for phase 1 and right to the main entrance.

Queen Margaret Hospital



Route three (10 mins)

Leaving from the staff dining room – rear door. Head up to Robertson Road, turn left and cross road. Follow path at the side of Laurieston Nursery and follow path around park. Cross road and head along path which is straight ahead. Follow path until you come to an open green space. You will see 2 brown buildings on the right which are beside the hospital overflow car park. Options are walk across grass behind the brown buildings or in a diagonal for a shorter walk. You can follow the path in a loop back to the dining room for a longer option.

Cameron Hospital



Route one (10–20 mins)

There are four different walks to explore around the Cameron site. Both the red loop and blue loop walks take around 20 minutes to complete, whilst the orange and purple loops take around 10 minutes if you have less time.

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