



# WALK AT WORK



*Exercising in green space can help improve your mental health. It can help you to cope with stress and anxiety and also help you to sleep better.*

**Walk it and NHS Borders would like to help you to safely make use of the walks around the BGH estates during COVID-19. Please find information on the benefits of walking and guidance around using our BGH Estate routes.**

Walking between 15 & 30 minutes can help you physically, emotionally and socially, so take the time out & re-charge your batteries. You could walk outside before or after work, or during your break.

Benefits include:

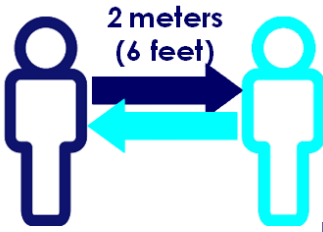
- More energy
- Able to cope better
- Feel fitter
- Fresh Air
- Re-connect with nature
- No special equipment required

Use the BGH Walking Hub & Walk the Walk. Challenge yourself & a colleague or friend to 'give it a go'.

## **Link to Paths Around Series.**

You can find out more about walks in your local town/area at [www.scotborders.gov.uk/pathsaround](http://www.scotborders.gov.uk/pathsaround)





## Stay Safe

- Walk on your own or follow the latest guidelines for meeting with others.
- Keep 2m distance from anyone you meet during your walk.
- Avoid touching gates, fences etc. If you do, wash your hands as soon as possible.
- Stay safe, and do not walk anywhere that you could get in to trouble and require the emergency services.

## Easy Walk

### **Borders General Hospital - A short walk to the cricket club practice field (distance 820km- 15 mins)**

Exit the main BGH entrance and turn left. Take the path along the left hand side of the building. Continue straight on towards the cricket green and follow the signs towards Melbourne Lodge. Follow the path up the hill following the Lodge on the left. At the fork in the foot path take the path off to the left towards the car park. Pass the car park and the Cricket Club hut. Just after take the foot path to the right. Follow the path up the hill, following the lodge on your left. At the fork in the foot path, take the path off to the right towards the car park. Pass the car park and the Cricket Club hut. Just after take the foot path to the right. Follow the path as it turns right to the little bridge. At the bridge turn right and around the education centre. This will bring you out to the main car park. Follow the path back to the starting point.

## Moderate Walk

### **Borders General Hospital - Darnick Circular (distance 1.8km – 30 mins)**

Exit the main hospital entrance and turn left. Follow the path alongside the hospital loop road. At the bottom turn left and head towards the main entrance to the hospital grounds.



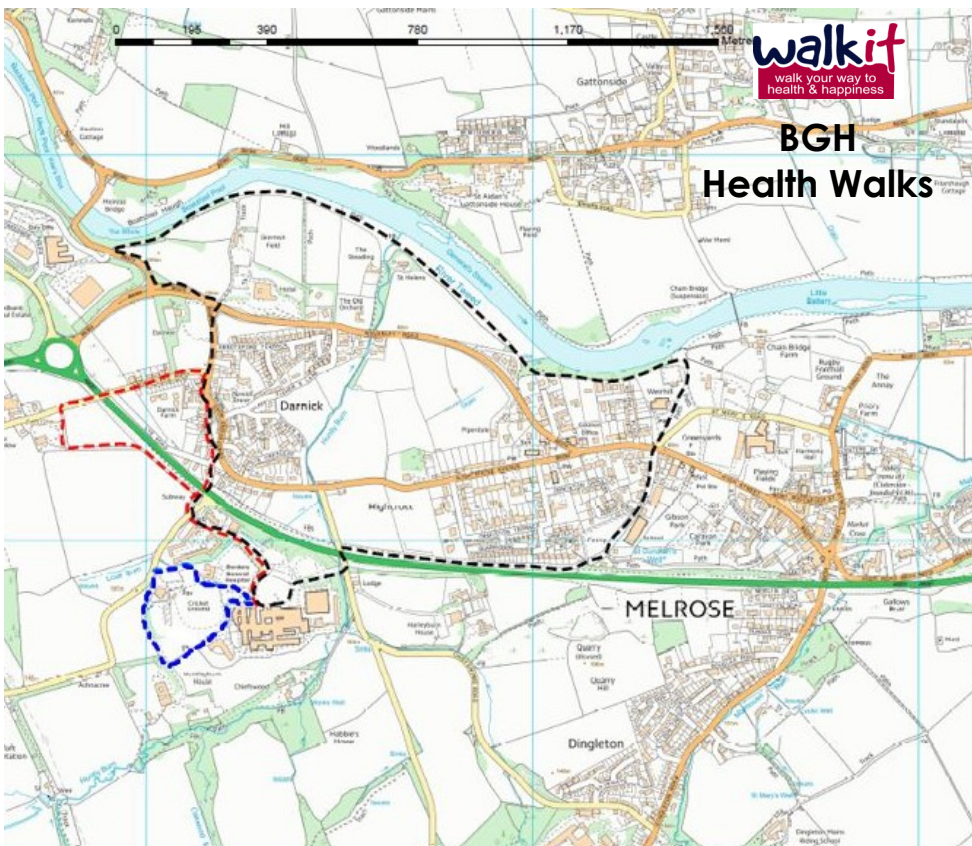
## Moderate Walk cont...

At the main entrance cross over the road and turn right heading to the underpass. After the tunnel continue straight on and then take a left along Smith's Road. At the end of this road, turn left and follow the road until you reach Boomlees Road. Turn left along Broomlees Road. Continue straight on along the dual carriage way. Just after Cricket Hut turn left down the foot path. Follow this foot path to the main entrance of the hospital grounds and retrace your steps back to your starting point.

## Longer Walk

### **Borders General Hospital - A Walk along the River Tweed (distance 4.5km – 60 mins)**

Follow the Moderate walk but instead of turning left along Broomlees Road continue straight to the end of the road. When you reach the T junction – turn left for Galashiels Cross over at the sign for the foot path and cycle way. On the other side, turn left and follow the road as it bears round to the right. Turn right to enter the footpath signposted for the Southern Upland Way. Follow the path alongside the River Tweed. This path is a well-trodden route and may be muddy in wet conditions. The path will come to a natural end at the road. Go through the kissing gates and turn left at the road. Go through the next set of kissing gates shortly along the road. Follow this path for some time which has superb views of the river Tweed and surrounding landscape. Go down the steps and take the path to the right signposted Melrose Town Centre. At the fork in the foot path take the route to the right through the park area and with Melrose Parish Church on your right. At the road cross straight over onto Huntly Road. Follow the road past the school and the graveyard. Turn left when you reach the road and go under the bridge. Take the first right and follow the path back to the Borders General Hospital.



**walkit**  
walk your way to  
health & happiness

## BGH Health Walks

Scale: 1:7,753

This map has been produced by the Countryside Access Ranger Service of Scottish Borders Council. For further details contact [outdooraccess@scotborders.gov.uk](mailto:outdooraccess@scotborders.gov.uk) 01835 825070. Reproduced by permission of Ordnance survey on behalf of HMSO© Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence Number 100023423.

**Easy** - A short walk around the cricket field — — — — —

**Moderate** - Darnick Circular — — — — —

**Longer** - Circular past the River Tweed — — — — —



For more information and ideas about how to look after your mental wellbeing visit our website

[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)