

Ward J82 walking route – Medium (12–16 minutes | 800 m) Gledhow Gauntlet Loop



Not as strenuous as it sounds, especially when you can reward yourself with a hot drink and snack from M&S or Costa halfway round, along with a nice view. This route goes in a circuit, first indoors to Gledhow wing, then outside the hospital back to the ward. If you would prefer to spend more time outside use walk 4c to go there and back via an outdoor route. If you would prefer to remain inside at all times use walk 4b.

Accessibility

This route involves going up and down a long ramp that you may struggle with, though it does have a handrail to help and one seat to rest on halfway. Both inside and outside the flooring is quite smooth, there are a couple of dropped curbs outside but should be possible to navigate even with a drip stand. There are some rest seats along the inside route but few outside. Similarly, handrails are available inside along the route but not outside. If you don't want to go outside then just retrace your steps when you get to the café instead of going on the loop. There are toilets in the Bexley Wing atrium, on the second floor of Bexley Wing by the lifts, and on the ground floor of Gledhow Wing. This route is a bit winding, so follow the directions carefully.

Step & Distance Information

Speedy walking pace	1158 steps	Walking time approx. 12 minutes	800 metres distance covered
Comfortable walking pace	1621 steps	Walking time approx. 16 minutes	800 metres distance covered

Walking Route Directions

1. **Start point.** Leave the ward via the main double door and go straight on for a short time.



2. Take the first left, then turn right immediately after the blue lift.



3. Continue along the straight corridor to the bridge.



4. Walk along the link bridge, the windows will be on your left.



5. As you get to the end of the bridge and enter Chancellor wing, you shall see some lifts on the right. Take the lift to the ground floor.



6. When emerging into the open area on ground floor, go through the doors shown (signposted multi-storey car park).



7. Follow the corridor and then turn left at the end.



8. Walk up the corridor, until you're forced to turn right at the end.



9. As you turn right head through these doors and go straight.



10. Continue going straight along this corridor (follow signs to Gledhow Wing or The Mall)



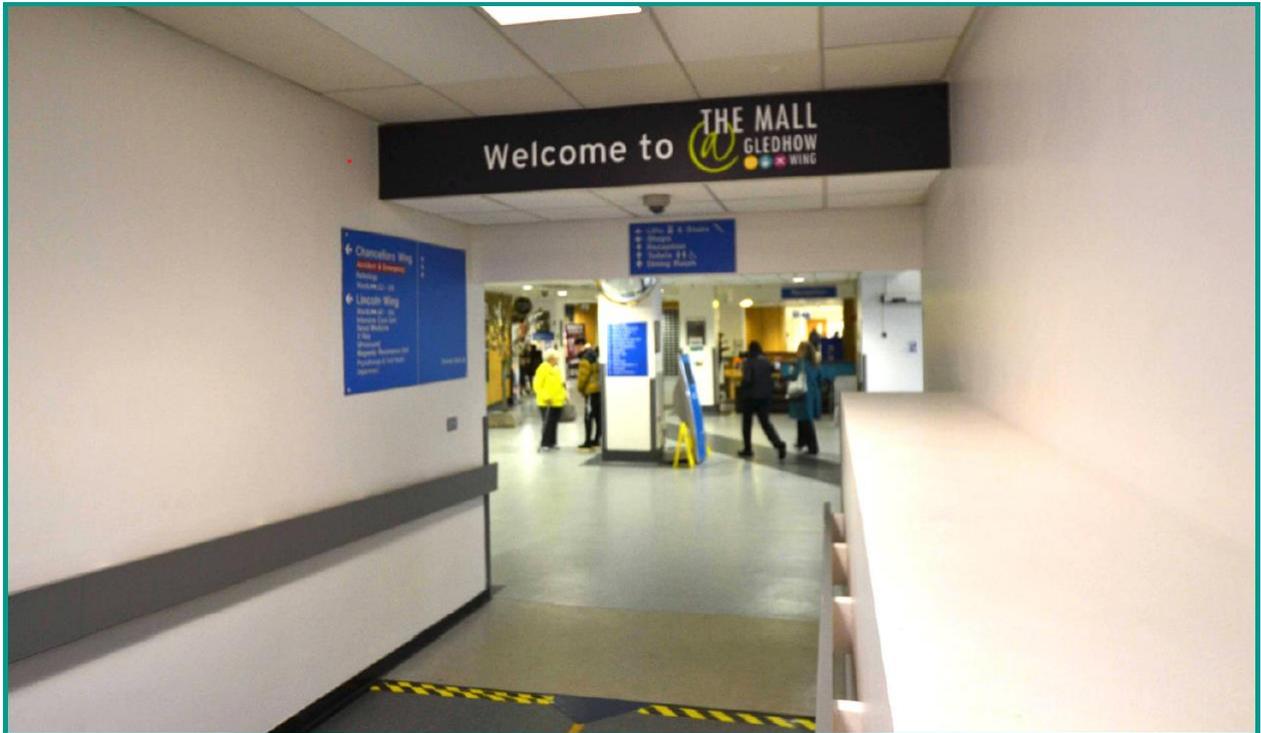
11. Turn left at the end of the corridor.

12. Turn right through the wooden doors, following the signs to Gledhow wing.

13. Take care going down the ramp.



14. Turn left at the bottom of the ramp.



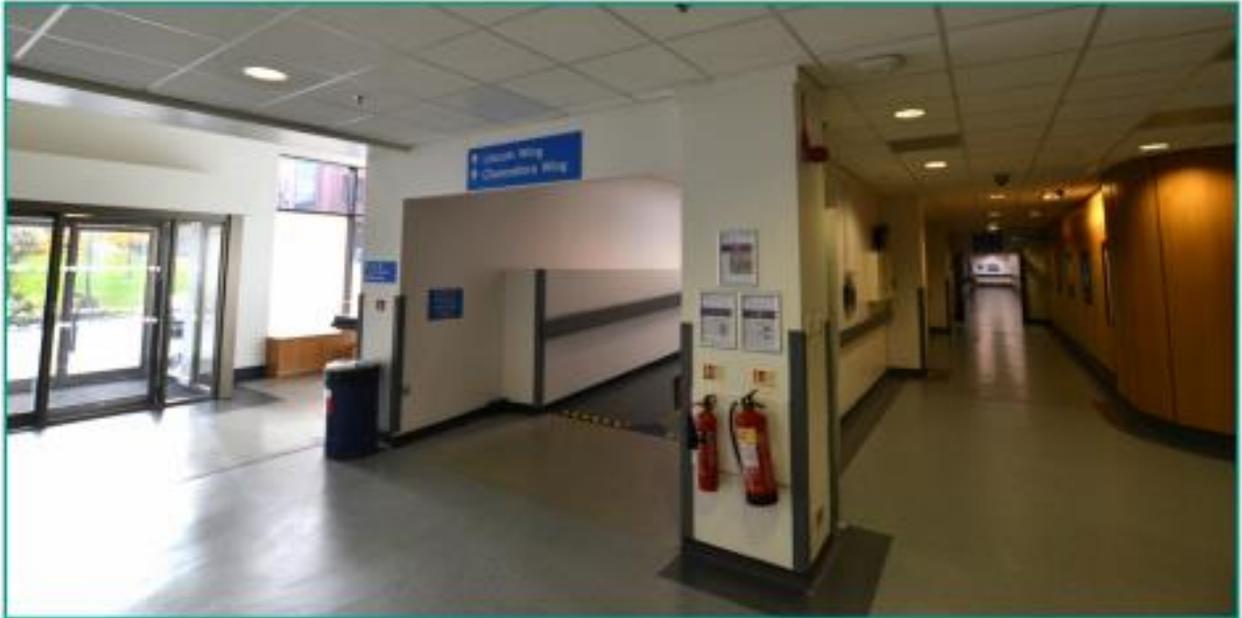
15. Pass M&S on your left to reach the seating area.



16. You have arrived! We recommend taking a break with or without a tea/coffee before heading back to the ward. You can continue on the loop or go back the way you came.(route 4b provides instructions to go back the way you came if needed).



17. When you are ready to carry on, return to the ramp you came down, passing M and S on your right. Walk up the ramp and turn left at the top.



18. Follow the corridor past the 'Leeds Way' posters.



19. Some Peace, Quiet or Prayer From J82 – You will come to an exit on your right with a sign to the multi-storey car park- go through this exit.



20. Go through the automatic doors to end up outside.



21. Cross at the zebra crossing straight ahead.



22. Follow the pavement to the left after you have crossed.



23. Continue up the pavement with the multi-storey carpark on your right.



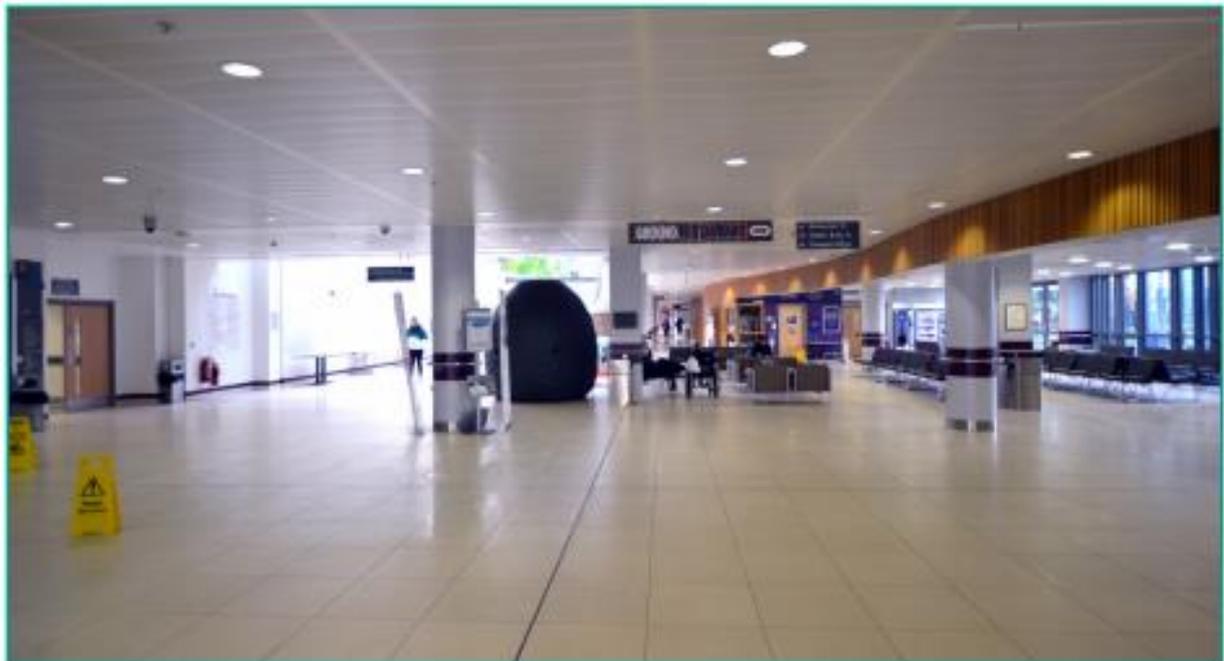
24. You will go over a zebra crossing as you head towards Bexley Wing. Walk between the wooden panelling on the path.



25. You will get to the main entrance of Bexley wing, enter through the revolving doors.



26. Here you are in the Bexley wing atrium. Feel free to stop for another break here, if you like before heading back to the ward.



27. To return to the ward, walk past reception to the blue lifts. (it is important you use the blue lift, not a different one, in order to follow the remaining directions)



28. Take the blue lift up to level 2.



29. Turn left out of the lift then immediate right.



30. Return to the ward through the doors directly in front of you.



Ward contact details

Upper Gastro-Intestinal (UGI) & Hepato-Pancreato-Biliary (HPB) Surgery (J82)

Wing: Bexley Wing

Floor: 2

Contact number: [0113 2069182](tel:01132069182)

Visiting times: 2 pm – 8 pm – two visitors per patient with no swapping of visitor mid-visit. No under 16s.