

Ward J44 or J45 walking route

This is a short length route over 200 metres, taking between 3-5 minutes to complete.



The destination of this lovely walk is a vaguely kidney-shaped bench outside the renal unit.

Accessibility

This route has no stairs. The indoor portion is on smooth hospital corridors, and outside the surface is fairly smooth pavement. There are very slight slopes, and there are some dropped curbs. Handrails are available inside only. There are rest seats along much of the route and at the destination. The noise level is low to medium and there may be people smoking outside. There is one set of toilets available en route. This route would be challenging but not impossible with a drip stand.

Step & distance information

Speedy walking pace	300 steps	Walking time approx. 3 minutes	200 metres distance covered
Comfortable walking pace	320 steps	Walking time approx. 5 minutes	200 metres distance covered

Walking route directions

1. **Start point.** Walk out of the ward and walk through the double doors at the end of the corridor.
2. Turn left and walk along the corridor past the lifts.
3. Turn left through the double doors to reception.
4. Exit through the automatic doors.
5. Turn left and follow the path round.



6. Continue on the pavement until you reach the small green space.



7. The bench will be just on your left.



8. When you want to return to the ward, follow the path back the way you came, returning to the Lincoln Wing main entrance.

9. Go through the double doors out of reception and turn right.

10. **Finish point.** Walk along the corridor past the lifts and return to the ward through the double doors on your left that are the shared entrance to J44 and J45. Follow signs to return to your specific ward.

Ward contact details

Female Colorectal and Urology (J44)

Wing: Lincoln Wing

Floor: G

Contact number: [0113 2069144](tel:01132069144)

Visiting times: 2 - 8 pm

Male Colorectal (J45)

Wing: Lincoln Wing

Floor: G

Contact number: [0113 2069145](tel:01132069145)

Visiting times: 2 - 8 pm