

Ward J42 or J43 Walking Route – Medium (12–18 minutes | 800 m)

Gledhow Gauntlet Loop

Accessibility

The inside portion of the route involves going up a long ramp that you may struggle with, though it does have a handrail to help and one seat to rest on halfway. You gain the height of about 2 flights of stairs on the whole route in total, so is likely to be tiring. 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. If you are tired of being inside all time, then you can just retrace your steps when you get to the café instead of going on the loop.

Step & Distance Information

Speedy walking pace	1150 steps	Walking time approx. 12 minutes	800 metres distance covered
Comfortable walking pace	1400 steps	Walking time approx. 18 minutes	800 metres distance covered

Helpful Information

- ✓ Stairs
- ✓ Inclines
- ✓ Smooth surfaces
- ✓ Low / medium noise levels
- ✓ Seating
- ✓ Hand rails
- ✓ Toilets
- ✓ Windows
- ✓ Curbs
- ✓ Not suitable for a drip stand

Walking Route Directions



1. Walk out of the ward and walk through the double doors at the end of the corridor.



2. Continue straight on through the double doors to reception.



3. Exit through the automatic doors.



4. Turn left and follow the path round.



5. Follow the pavement until you reach a fork.



6. Take the left paved path.



7. Cross the zebra crossing when you reach it, then follow the pavement to the left.



8. Cross the next zebra crossing you come to. You should see Gledhow Wing across the garden area.



9. Head across the green roundabout straight to the main entrance of Gledhow Wing.



10. As you enter through the doors, you should be able to see M&S at 10'o'clock, walk towards it.



11. You can continue walking straight till you get to the windows and seats.



12. Costa will be on your left, we recommend taking a break with or without a tea/coffee before heading back to the ward. Continue on the loop or go back the way you came.



13. When you're ready, head back the way you came to the main entrance to Gledhow wing. But instead of leaving the building, turn right up the ramp.



14. At the top of the ramp, turn left, and follow the corridor as it later turns right.



15. Turn left through the double doors as you get to the signs for Lincoln wing. Once in Lincoln wing, continue along the main corridor, until you reach ward J42/43 on your right.

Ward Contact Details

Urology Short Stay Elective Surgery (J42)

Wing: Lincoln Wing

Floor: G

Visiting times: 2 - 8 pm, no under 16s

Contact number: [0113 2069142](tel:01132069142)

Elective Surgery Ward (J43)

Wing: Lincoln Wing

Floor: G

Visiting times: 2 - 4 pm, 6 – 8 pm

Contact number: [0113 2069143](tel:01132069143)