

# KMH OUTER LOOP

**Distance:** 1.5km

**Time:** 15 mins

**Steps:** 2150 steps

**Start:** KMH main entrance

**Landmarks:** Sensory garden

**Route:** Starting at the main entrance, turn left and head towards the mini roundabout. Turn left and walk up the hill passing Entrance 4 on your left side.

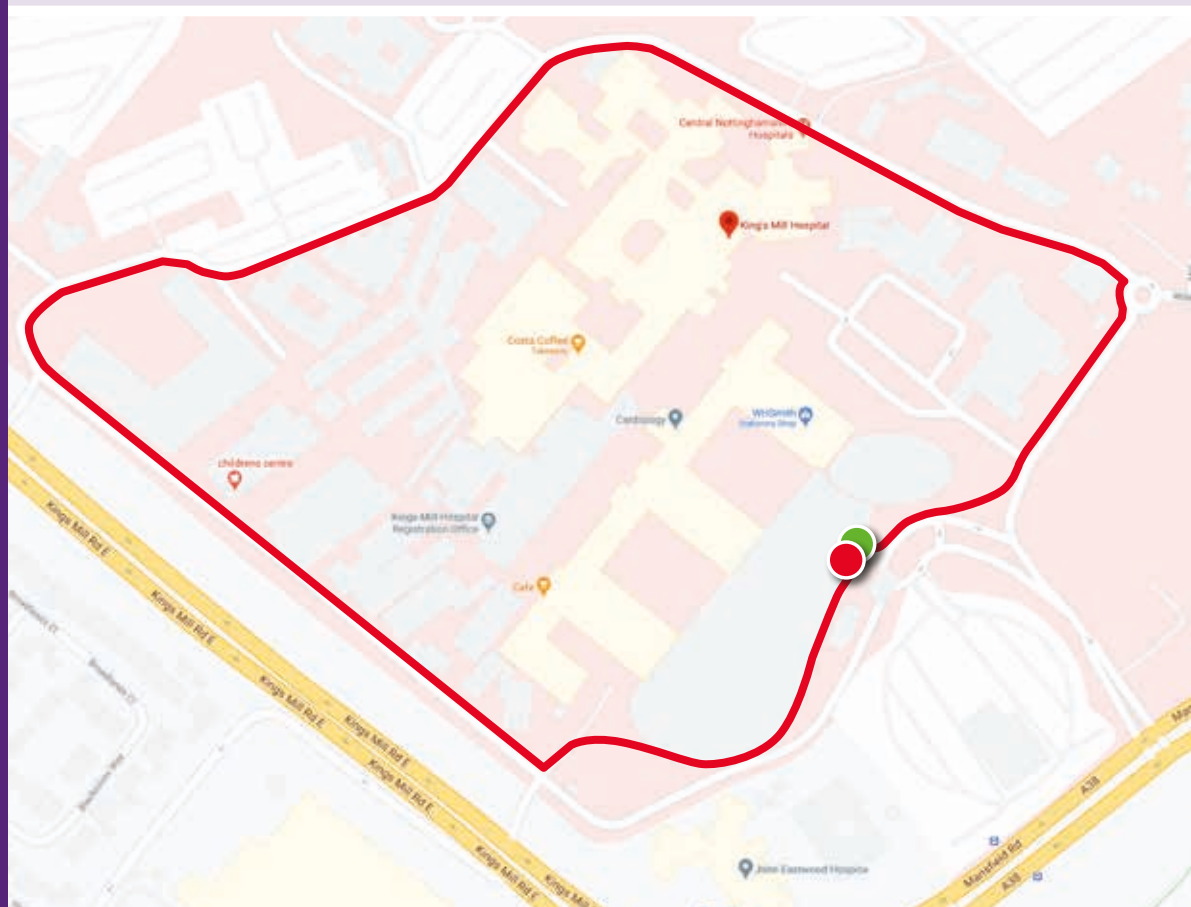
Follow the road round to the left passing the Renal Unit and TB3 heading towards the King's Mill Road East junction. Instead of exiting the hospital grounds, follow the perimeter road which passes the Pathology Labs and Case Notes stores. This will take you round to the front of the hospital via the sensory garden, arriving at your starting point.

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# NWK OUTER LOOP

**Distance:** 0.5km

**Time:** 5 mins

**Steps:** 800 steps

**Start:** NWK main entrance

**Route:** Starting outside the hospital main entrance, turn right and head around the perimeter road of the hospital.

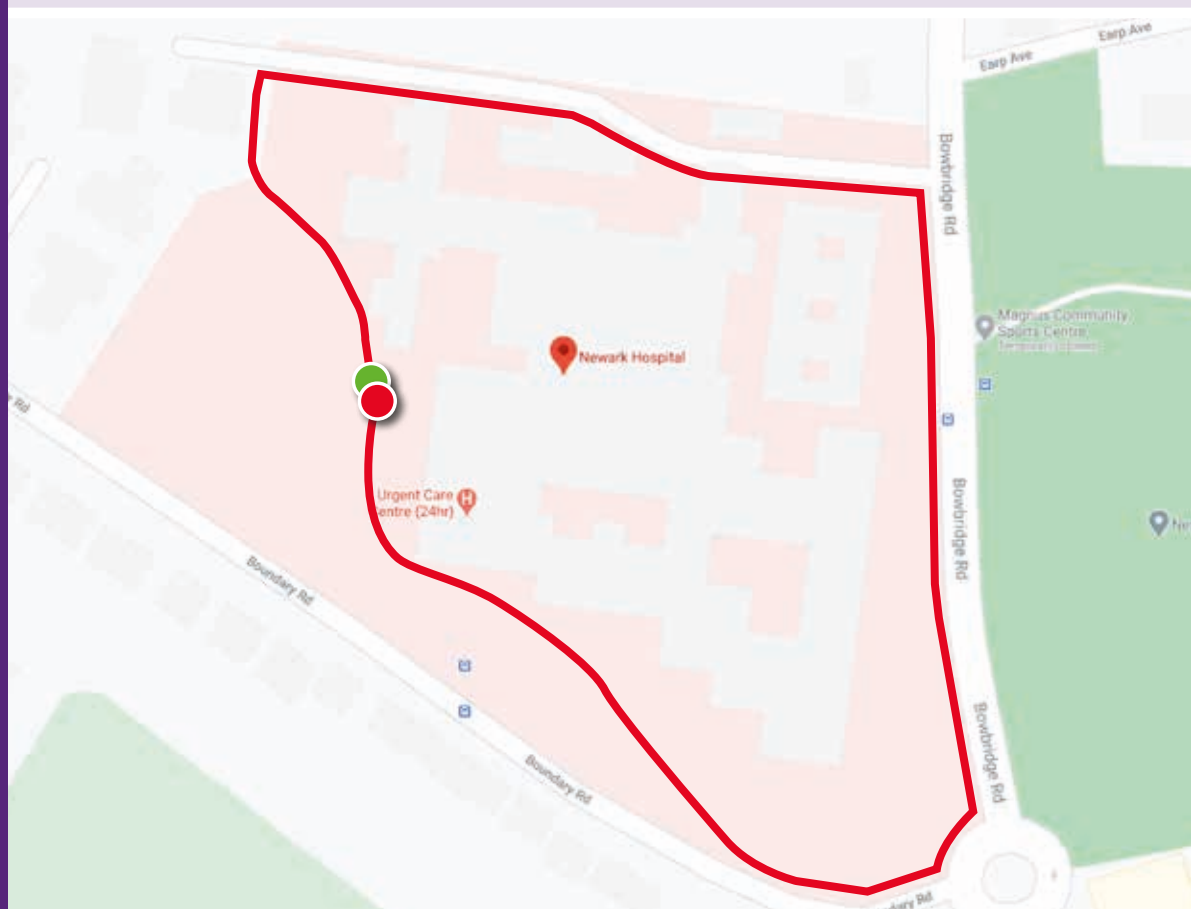
Follow this round to the right passing Byron House on your left hand side. Head towards Bowbridge Road passing the Eastwood Centre on your right and turn towards Boundary Road and the Hospital main entrance. Head past Minster Ward and the Bramley Unit, heading towards the main Hospital car park. Turn right again and you should find yourself back at the main entrance.

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# MCH OUTER LOOP

**Distance:** 1km

**Time:** 10 mins

**Steps:** 1450 steps

**Start:** MCH main entrance

**Route:** Starting at the main entrance to MCH, turn right and head along Sutton Road.

Take the next right down Dallas Street and then right again at Lindsay Close.

Follow Lindsay Close with MCH on your right hand side until you get to the car park. Bear right and head up the hill with Orchard Medical Practice on your right hand side.

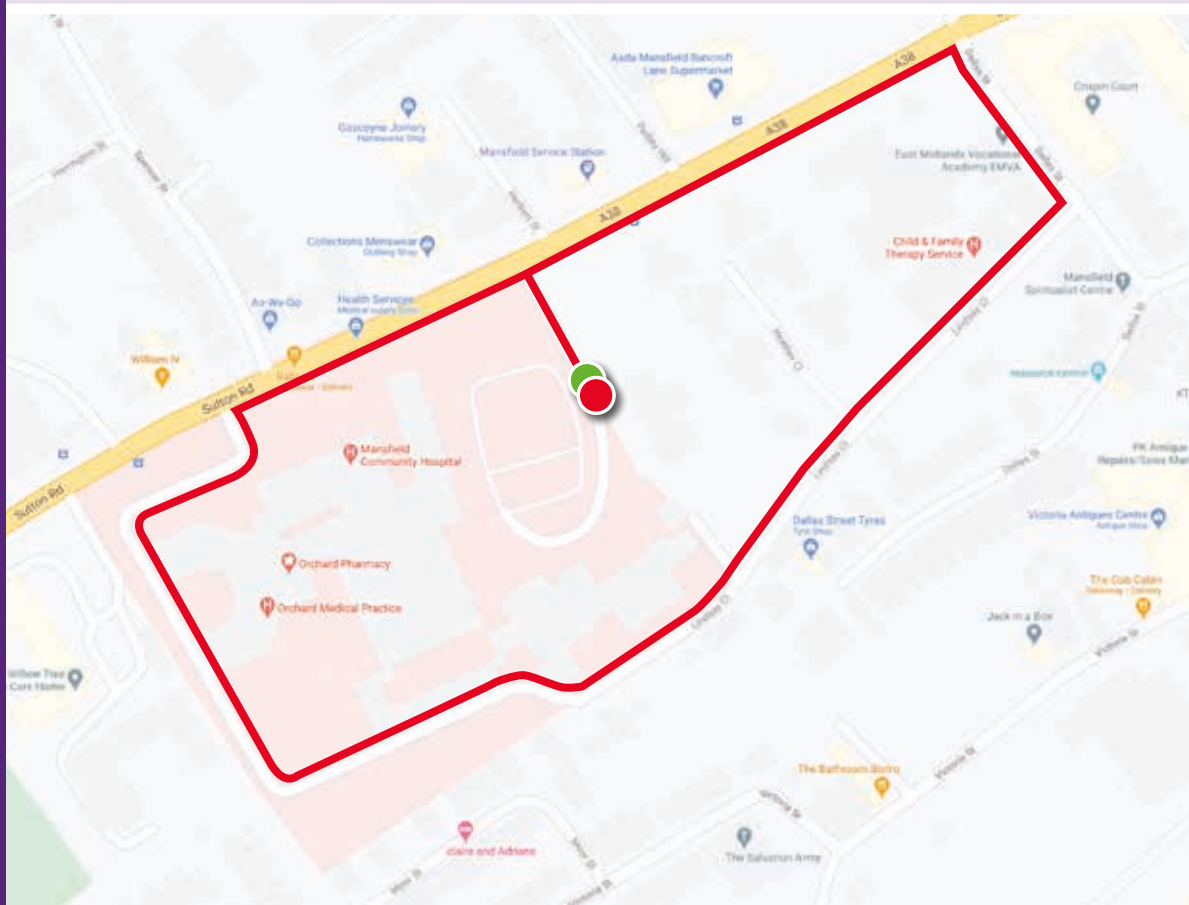
Follow the road round to the right and head back towards the main entrance of MCH.

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# ROUND THE RESERVOIR

**Distance:** 1.5 miles

**Time:** 30 mins

**Steps:** 2500 steps

**Start:** Community hub

**Route:** Starting at the main hospital entrance, head towards the entrance road to the hospital that joins the A38. Cross the road using the pedestrian crossing and head towards the reservoir via the footpath. Turn either right or left and head around the reservoir. Half way round you will find 'The Mill' activity centre and cafe. Continue round and arrive back at the entrance to the reservoir where you can head back to the hospital main entrance.

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# DEVON PARK LOOP

**Distance:** 2 miles

**Time:** 30 mins

**Steps:** 3900 steps

**Start:** UCC

**Route:** Turn left out of the main hospital entrance and then left onto Boundary Road. Continue passing Christ Church on your left and then Newark Fire Station on right. At the round about cross straight over and continue along Boundary Road, signposted Nottingham and Leicester. You will then pass Holy Trinity Church on your left and after around 500 yards you'll reach the entrance to Devon and Sconce Park. Follow the footpath straight ahead passing the car park on your left hand side. You'll see the sconce (earth works) in front of you now with a metal bridge. Pass the sconce on your right side and follow the footpath that turns right behind the sconce. This narrows slightly and heads down a small incline at the end of which you should turn right. Follow the footpath back towards the main park entrance. You will see a plinth with a yellow bike on it. That is your next landmark to head towards. Pass this in your left hand side and walk back towards the car park with the play park and Rumbles Cafe on your left. Head out the main entrance and turn right back onto Boundary Road heading back to the hospital. Finish at the main entrance.

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