



Wellbeing Walks.....

As little as ten minutes outside can help lower stress levels, boost immunity and increase focus. This map highlights routes to help you to get out into green spaces.

THE IRR KITCHEN GARDEN
This route runs close to the Institute for Regeneration and Repair kitchen garden which features allotment spaces, fruit trees, bird feeders and hedgehog hotels, all looked after by IRR staff and students.

LITTLE FRANCE PARK
Some of these routes pass through part of Little France Park, with species-rich grasses and scrub supporting insect life and migratory birds.

THE BURDIEHOUSE BURN
This walk runs alongside the burn as it flows from its source in the Pentland Hills out to the sea at Joppa.

EDINBURGH SEVEN PATH NETWORK
The paths on the south side of Little France Drive are named after the Edinburgh Seven, a group of female students behind a 19th century campaign to secure women access to a university medical education.

WALKING ROUTE KEY	
	2.1KM - 31 MINS
	1.6KM - 24 MINS
	1.4KM - 21 MINS
	1.1KM - 16 MINS
	BENCHES

NHS Lothian Charity

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