

Forth Valley Royal Hospital Travel Options

Walking and Cycling



taking care of your journey

taking care of you

Introduction

Welcome to your walking and cycling guide for travel to Forth Valley Royal Hospital.

Travelling to the hospital on foot or by bike is a great way to get yourself fit and help the environment! The maps in this booklet will help you to plan your journey to the hospital on foot or by bike.

The site layout on the opposite page shows the walking and cycling routes within the hospital and also where you can park your bike safely and securely. The map in the centre of this guide highlights recognised routes in the surrounding area to help you safely plan your journey. The map on pages 6 and 7 shows the close area in further detail.

If you have any comments about your journey then please contact NHS Forth Valley via email:

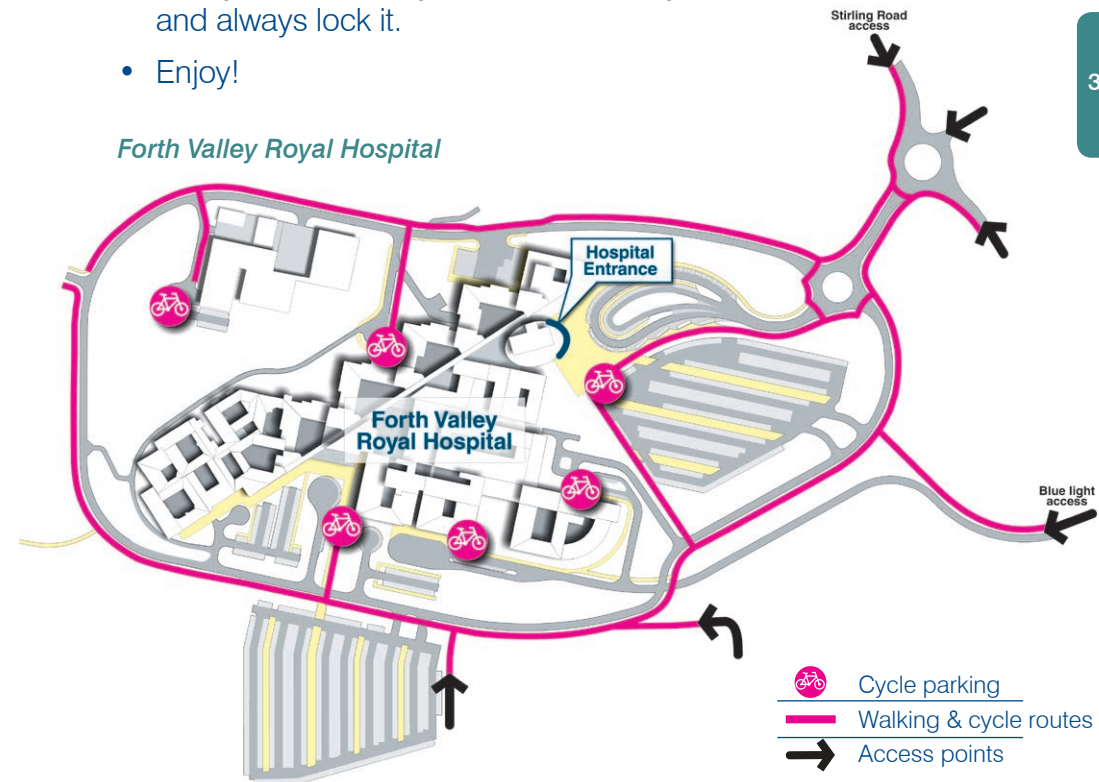
FV-UHB.yourhealthservice@nhs.net
telephone **0800 456033** (free phone line)
or write to us at **NHS Forth Valley Travel Manager, Strategic Projects & Property Team, 1st Floor, Acute HQ, Westburn Avenue, Falkirk, FK1 5SU.**

Further information on the local routes and sustainable travel initiatives can be found via the Falkirk Council website at **www.falkirk.gov.uk/taketherightroute** and also at **www.sustrans.org.uk**

Cycling Tips

- Always wear a helmet.
- Check and maintain your bike regularly.
- Park your bike safely and considerately and always lock it.
- Enjoy!

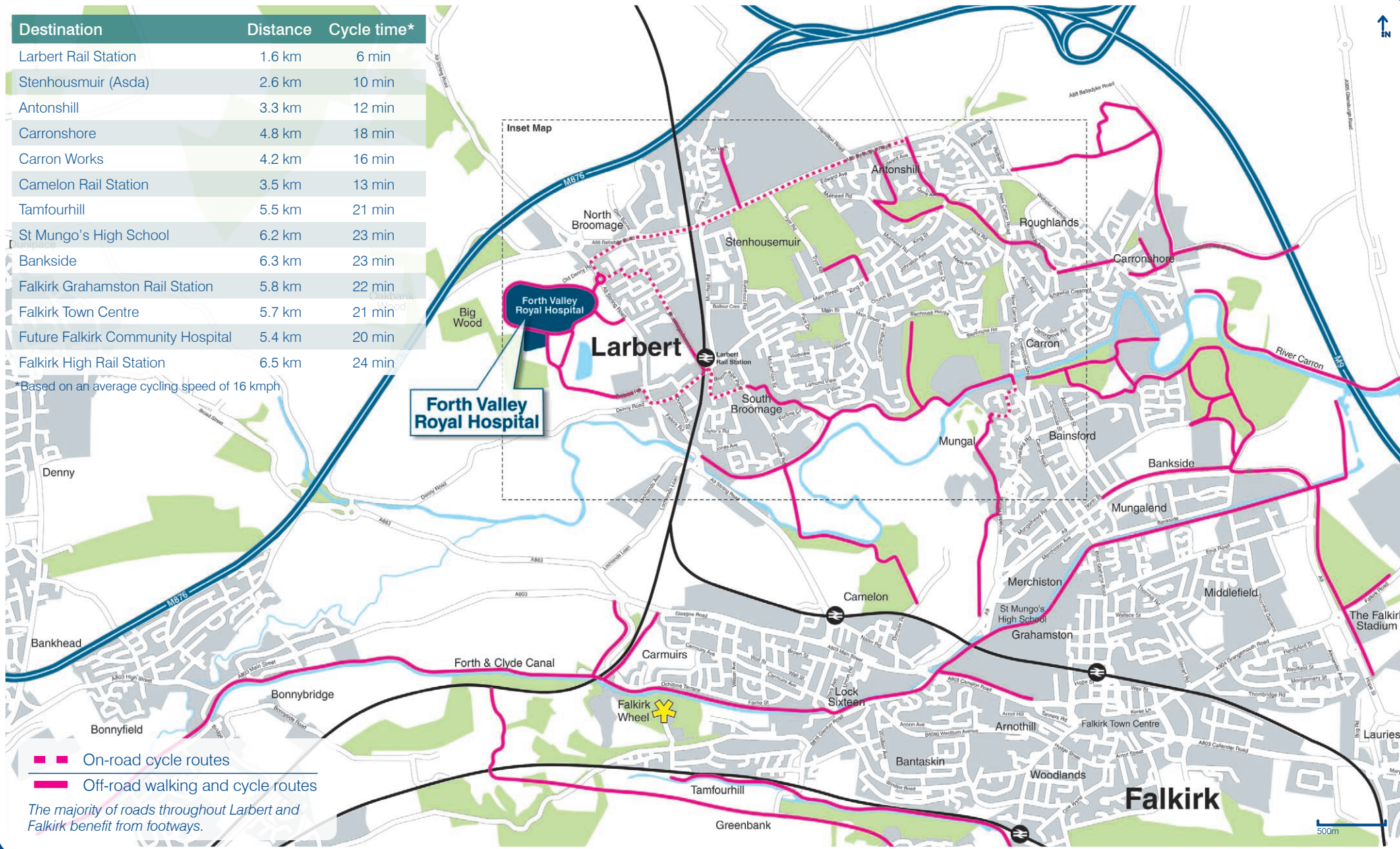
Forth Valley Royal Hospital



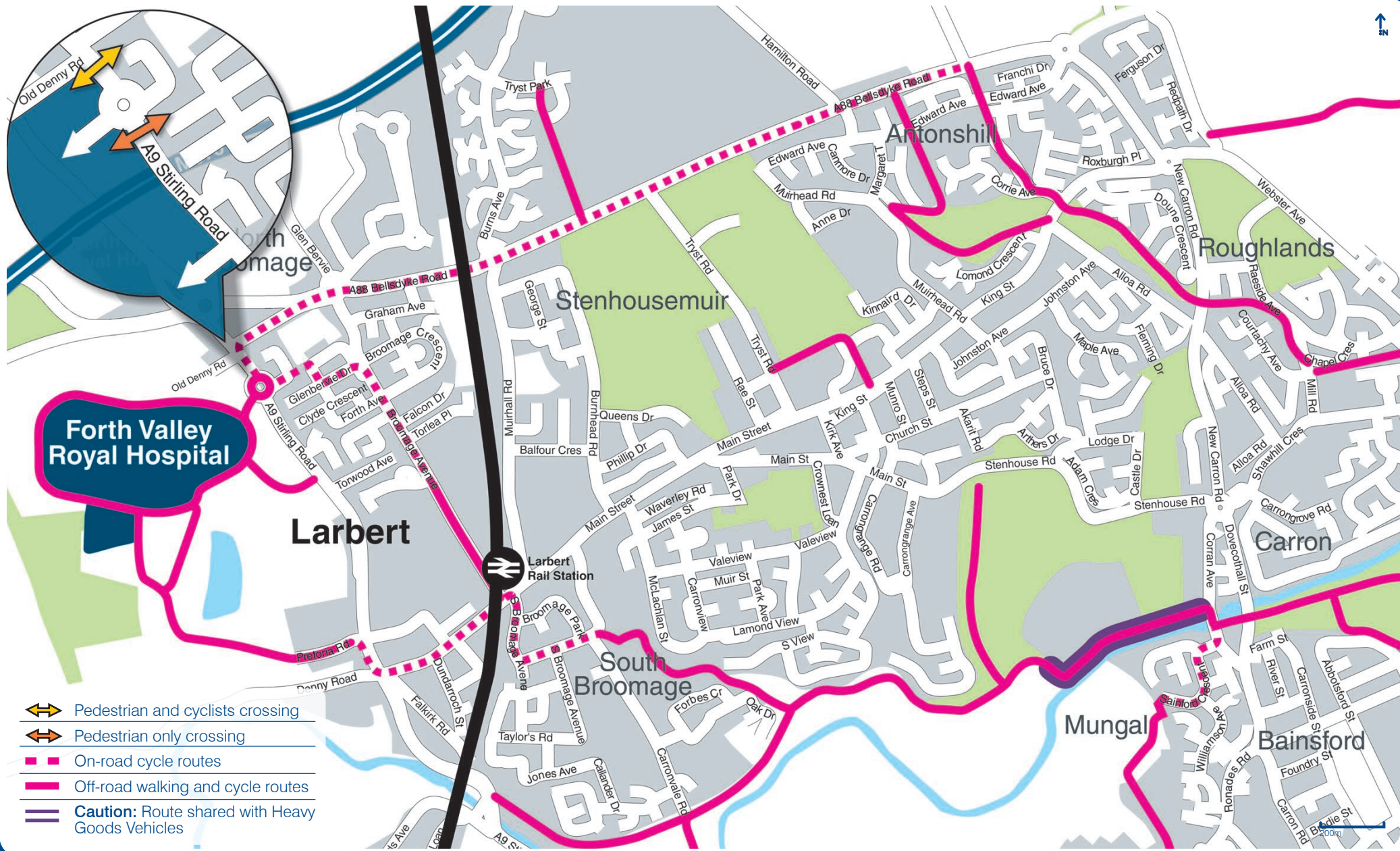
Walking & cycling routes to Forth Valley Royal Hospital

Destination	Distance	Cycle time*
Larbert Rail Station	1.6 km	6 min
Stenhousemuir (Asda)	2.6 km	10 min
Antonshill	3.3 km	12 min
Carronshore	4.8 km	18 min
Carron Works	4.2 km	16 min
Camelon Rail Station	3.5 km	13 min
Tamfourhill	5.5 km	21 min
St Mungo's High School	6.2 km	23 min
Bankside	6.3 km	23 min
Falkirk Grahamston Rail Station	5.8 km	22 min
Falkirk Town Centre	5.7 km	21 min
Future Falkirk Community Hospital	5.4 km	20 min
Falkirk High Rail Station	6.5 km	24 min

*Based on an average cycling speed of 16 kmph



Inset Map



You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਭਾਸ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਕ ਦੁਭਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹرپرائٹنگ سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کر سکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱線 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite pasyti vertėjo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أى مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.

If you, or someone you know, would like this in an alternative format, such as audiotape or large print then please phone us free on **0800 456033**, fax your request to **01786 470984** or email us at ***FV-UHB.yourhealthservice@nhs.net***