



## Relax in the beautiful grounds around Forth Valley Royal Hospital

### Rooms with a view

Forth Valley Royal must have the best views from any hospital in Scotland. There are courtyard gardens right next to the buildings, with woods and a picturesque pond just a short stroll away.

The woodland was once part of the private grounds of Larbert House – now anyone can enjoy them. The paths are firm and dry, with lots of seating and rest areas. Take a wee break and listen to the birds singing, or see which wildflowers are blooming. You might even spot a deer passing through the woods.

The Roman army once had a camp where Big Wood now stands. There's nothing left of it now, but perhaps you can imagine the ghosts of the soldiers patrolling through the trees.

Forestry Commission Scotland manages the woodland on behalf of NHS Forth Valley. For more information or to arrange group visits and activities please contact the community ranger at [scottishlowlands@forestry.gsi.gov.uk](mailto:scottishlowlands@forestry.gsi.gov.uk), telephone: 0300 067 6700.



### Walking is the perfect exercise!

#### A little walking every day

- Improves your sense of wellbeing
- Increases your energy levels
- Helps you sleep better
- Reduces your blood pressure
- Reduces the risk of heart disease and diabetes
- Keeps you trim. Just strolling for half an hour burns 75 calories. Walk fast and you'll use 150: as many as in a fruit scone!



If you don't feel like walking, just seeing some green space does you good. Studies have shown that patients in hospitals with a view from the window recover more quickly, and need fewer painkillers.

#### Stepping out

Try and build up to walking for 30 minutes on five days a week. You don't have to do it all at once – two sessions of 15 minutes or three sessions of 10 minutes are just as good.

Start slowly and build up your strength, doing a little more each time. To get most benefit, you need to walk fast enough to raise your heart rate and break a sweat. If you can talk, but not sing the words to your favourite song, you've got the pace about right.

Walking can help manage your weight. A person weighing 60kg (9.5 stone) who walks for 30 minutes burns:

- Strolling (2mph) - 75 calories
- Walking (3mph) - 99 calories
- Fast Walking (4mph) - 150 calories

Based on "At least five a week", Department of Health, 2004

### Things to see and do

- Spot the moorhens and coots on the pond. There's a beautiful view of Larbert church over the water, and it's a great place for a lunch break.
- Watch for wildlife in the woods. They're home to deer, squirrels, bats and lots of different birds. Bring a pair of binoculars for a close up view.
- Smell the flowers in spring and summer, or the rich tang of the woods in autumn and winter.
- Sit and enjoy one of the many resting places in the woodland and along the paths.
- Look out for traces of the woods' time as private parkland around Larbert House. There's an old ice house opposite the hospital's southern wing, and along the woodland's western edge you can see traces of the old wall that marked the boundary.



Creative management and text: James Carter; Map: Clare Hewitt; Graphic design: EC Design Studio; Photographs: James Carter, Ben Andrew, Marek Szczepanek, Uoaeil.





●●● Down to the pier and pond

An easy stroll to the lovely pier. The peaceful view over the pond makes it a great place for a lunch break.

Wide tarmac paths with gentle slopes. Dropped kerbs at road crossings.



1 mile / 1.8 km  
Allow ½ hour

**easy**

If you want to go a little further there's a choice of trails through the woods, all marked with coloured posts.

●●● Red Route

Wide earth and grass paths with gentle slopes. Some patches may be muddy after rain.



¾ mile 1.1 km  
Allow 20 minutes

**easy**

●●● Blue Route

Wide earth and grass paths with gentle slopes. Some patches may be muddy after rain.



1 mile 1.8 km  
Allow ½ hour

**easy**

●●● Yellow Route

Earth and gravel paths with moderate slopes. Some patches may be muddy after rain.



1 ½ miles 2.4 km  
Allow ¾ hour

**moderate**

