

How to get to Bircham Valley

From inside the hospital

(5–10 minutes' walk)

- Follow the signs to the Terence Lewis Building
- Go to Level 3 reception in the Terence Lewis Building
- Walk through the main doors into the courtyard
- Cross the road
- Turn right and you will see the entrance to Bircham Valley

From outside the main hospital entrance, passing the Maternity department

(5–10 minutes' walk)

- Turn left at the main entrance and follow the footpath around the hospital
- **Pass the Maternity Department**
- Follow the sign to Bircham Valley
- The entrance to Bircham Valley is on the left, opposite the Terence Lewis Building

From outside Level 3 main hospital entrance, passing the Macmillan Centre

(5 minutes' walk)

- Walk up to the road
- Cross the road onto the pavement and turn right
- You will see a sign for Bircham Valley
- Follow the road around past the Freedom Unit
- The entrance to Bircham Valley is on the left, opposite the Terence Lewis Building

Contact us

We hope you've enjoyed your visit to the valley, and will return again soon! We'd love to hear your comments and suggestions, so please do get in touch via our website, telephone or postal address below:

Zest: improving the healthcare environment

Plymouth Hospitals NHS Trust

Bircham House

Plymouth International Business Park

Plymouth PL6 5WR

Telephone 01752 437011

Website www.zestarts.org.uk

Plymouth Hospitals 
NHS Trust

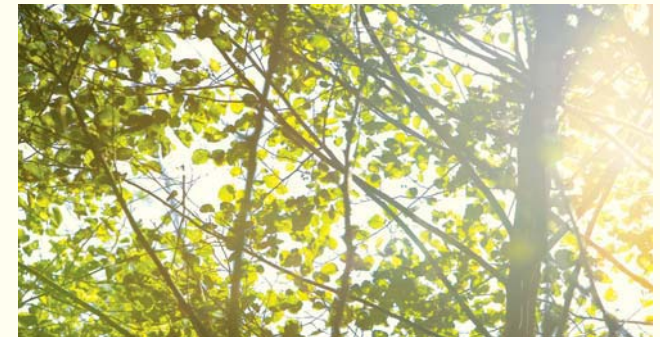


Bircham Valley

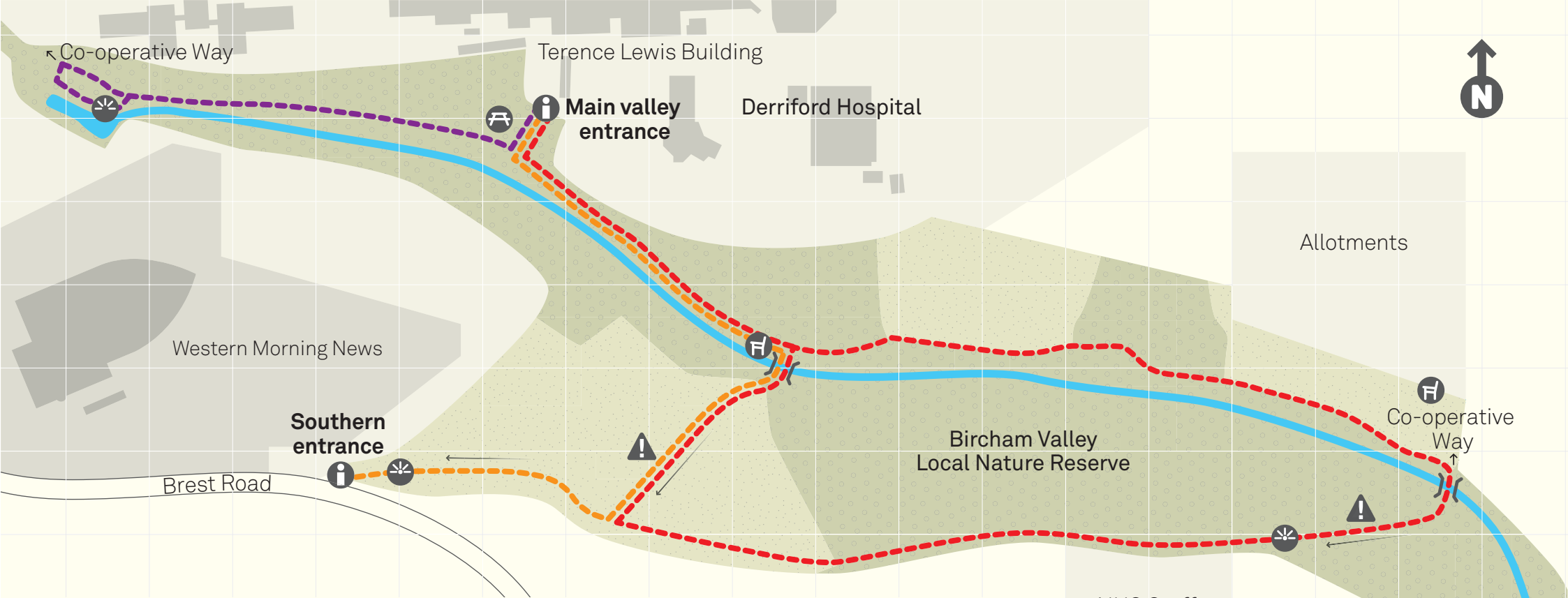
A breath of fresh air

Welcome to Bircham Valley

Take a break, a breath of fresh air, and a stroll. It's only a few minutes' walk to Bircham Valley; a peaceful green space with scenic walks and a picnic area for you to enjoy.



Design/art direction: Neil Tinson Studio Photography: Marcus Ginns, Name Surname and Name Surname
Print: Park Lane Press, using a waterless process on FSC-certified paper made from 75% recovered fibre



We recommend flat shoes, and regret the trails are not suitable for pushchairs or wheelchairs. This is an unspoilt, high quality natural environment that needs protecting, so we ask you respect it. **Please don't drop litter or take anything you find here home with you.** Distances and walking times shown are approximate:

Red route
 (Around the valley, 1.5km, 20–30 minutes)
 This lovely circuit takes in the woods, meadows and bridges across the stream. Mostly flat, although the trail includes a short, steep climb to get your heart rate up! The view from the top is well worth it.

Orange route
 (Across the valley, 1.25km, 15–20 minutes)
 You'll enjoy wonderful views from the southern entrance towards Dartmoor, rising up in the distance. This trail crosses meadows and the stream, and includes a short, moderate climb.

Purple route
 (To the wetlands, 0.5km, 5–10 minutes)
 A perfect choice for a quick break, this trail follows the stream gently up through the woods to the wetlands area. There is a viewing platform over the pond and a boardwalk trail through this interesting habitat.

Habitats

- Grassland
- Woodland
- Water

Features

- Footbridge
- Steep incline (Arrow indicates direction of climb)
- Information
- Picnic area
- Seating
- Viewing platform
- Viewpoint