

4 Nearly all of the trees on the Astley Ainslie site have a tree preservation order placed on them, with some rare species that were imported to create beautiful gardens for the former residential villas. As you follow the Pathway you will see parts of the gardens that were once fine lawns, sunken gardens and even a bowling green.



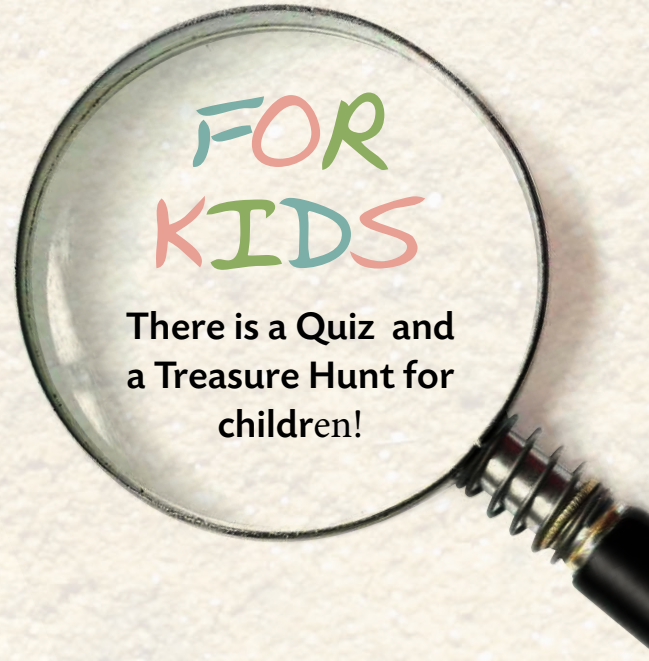
5 A pet cemetery contains the graves of beloved dogs and a horse of local residents from over the years.



6 You will learn about the fascinating role the hospital has played in pioneering rehabilitation medicine approaches from the use of massage and sunshine, to prosthetics and bioengineering.



The Friends Pathway has been created for patients, relatives and staff of the Astley Ainslie Hospital to allow all to enjoy the beautiful environment that the hospital is situated in and highlight the historic background to this great hospital. Funding was generously donated by the previous Astley Ainslie League of Friends.

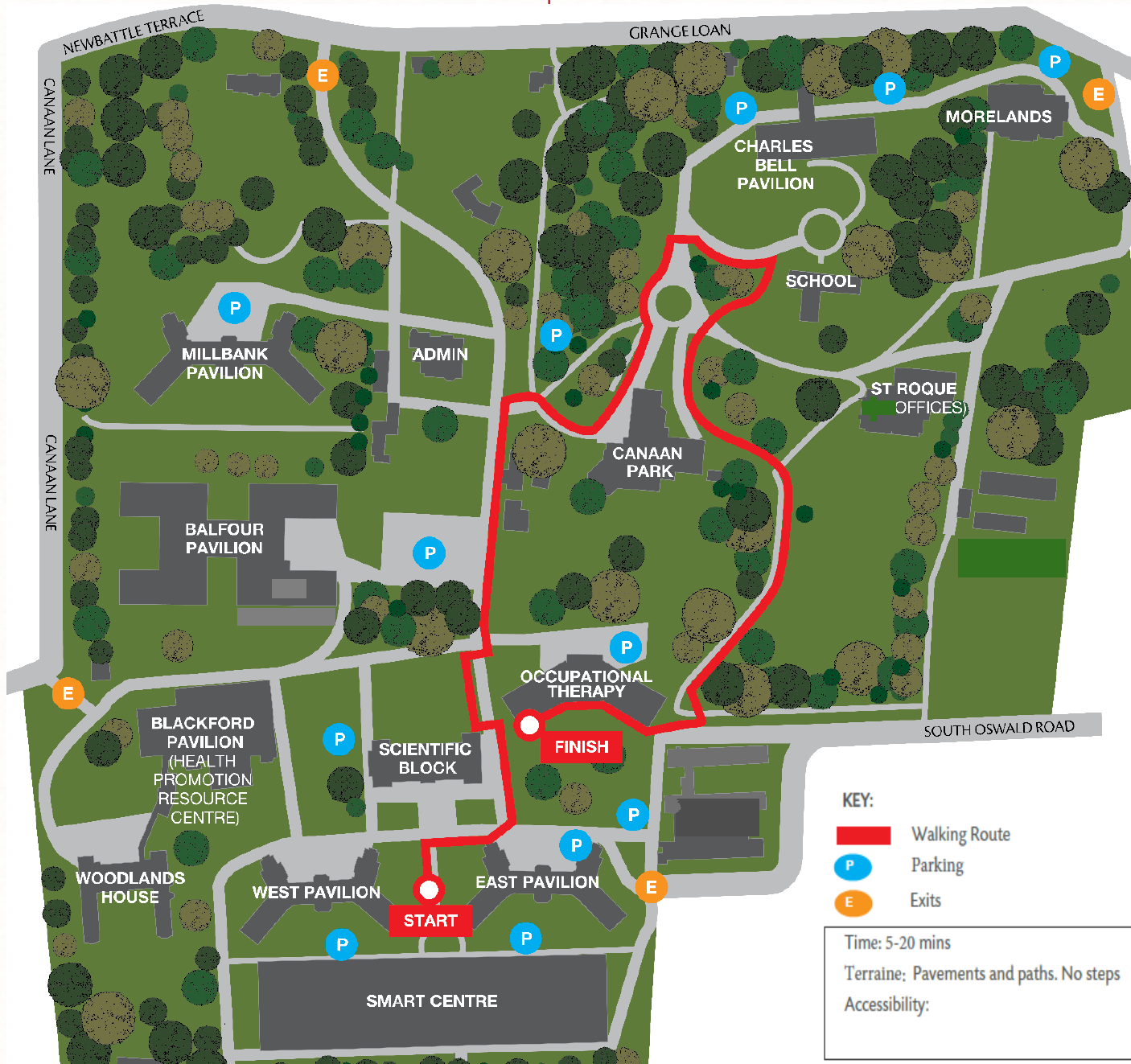


Being outdoors is good for you and can be fun

Fresh air, exercise, contact with nature and sunshine (if you're lucky) are all known to be beneficial to your health and well being. Being outdoors, especially being active outdoors, can lead to increased energy, improved circulation, better sleep, reduced stress, feeling happier and more relaxed, and can help control your weight. It is also a good way of being social or having some time to yourself. On the Friends Pathway, you will also learn about some of the fascinating history of the Astley Ainslie site from the plague to pioneering medical advances.

ASTLEY AINSLIE
FRIENDS PATHWAY

Astley Ainslie Friends Pathway



1 The Astley Ainslie Hospital is situated in the Grange Conservation Area. What was once a 9-hole golf course surrounded by residential villas and gardens, is now the beautiful, leafy setting of a rehabilitation hospital.

2 Among the wonderful trees and shrubs are situated statues, engravings, metal and stonework, including wells, a large engraved bird path and alphabet bolder near the School, weather vanes, lanterns and a sundial.



3 Monks from the 15th century St Roque's chapel (the location of which is marked by St Roque's villa and the School building) tended the sick who had been evacuated from Edinburgh because of the Black Death, leprosy and the plague, starting a long connection of the area with treating and caring for those in need.