

Hospital Information

Expedition location	Nearest A&E / Minor injuries unit
Brecon Beacons	Breconshire War Memorial Hospital Minor Injuries Unit: Open 24 hours per day. Address: Cerrigcochion Road, Brecon, Powys, LD3 7NS Tel: 01874 622443 Prince Charles Hospital Major A&E - Open 24 hours Address: Merthyr Tydfil, Mid Glamorgan, CF47 9DT Tel: 01685 721721
Dartmoor	Okehampton Medical Centre Minor Injuries Unit - Monday to Friday - 8.15am - 6.00pm Address: East Street, Okehampton, EX20 1AY Tel: 01837 52233 Cumberland Centre Minor Injuries Unit - Monday to Sunday - 8.30am - 10.00pm Address: Damerel Close, Plymouth, Devon, PL1 4JZ Tel: 01752 434390 Derriford Hospital Major A&E – Open 24 hours Address: Derriford Rd, Plymouth PL6 8DH Tel: 01752 202082
Exmoor	Minehead Community Hospital Minor Injuries Unit - Open 24 hours a day, seven days a week Address: Luttrell Way, Minehead, TA24 6DF Tel: 01643 701715 Ilfracombe Tyrrell Hospital Minor Injury Unit opens 8am – 6pm 7 days a week Address: St Brannocks Park Road, Ilfracombe, EX34 8JF Tel: 01271 863448 North Devon District Hospital Major A&E – Open 24 hours Address: Raleigh Park, Barnstaple, Devon, EX31 4JB Tel: 01271 322480

Lake District	Keswick Hospital Urgent Treatment Centre Open daily, 8.30am to 7pm Address: Crosthwaite Road, Keswick, CA12 5PH Tel: 01768 245678 option 1 Penrith Hospital Urgent Treatment Centre Open daily, 24 hour a day Address: Bridge Lane, Penrith, CA11 8HX Tel: 01768 245555 option 1 West Cumberland Hospital Major A&E – Open 24 hours Address: Homewood Rd, Whitehaven CA28 8JG Tel: 01946 693181
New Forest	Lymington New Forest Hospital Minor Injuries Unit - Monday to Sunday - 8am - 9pm Address: Ampress Park, Wellworthy Road, Lymington SO41 8QD Tel: 01590 663000 Southampton General Hospital Major A&E – Open 24 hours Address: Tremona Road, Southampton, SO16 6YD Tel: 023 8077 7222 Royal Bournemouth Hospital Major A & E- Open 24 hours Address: Castle Ln E, Bournemouth BH7 7DW Tel: 01202 303626
North Downs (Surrey)	Royal Surrey County Hospital Major A & E – Open 24 hours Address: Egerton Rd, Guildford GU2 7XX Tel: 01483 571122 Frimley Park Hospital Address: Portsmouth Road, Frimley, Camberley GU16 7UJ Tel: 0300 613 3200
Peak District (Dark Peak)	Sheffield Minor Injuries Unit The Minor Injuries Unit provides treatment for adults (over 16) Open 8am - 8pm Address: Location: B Floor, Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF Tel: 0114 271 2071 Buxton Hospital Minor Injuries Unit (MIU) Open 8am-8pm Address: London Road, Buxton, Derbyshire. SK17 9NJ Tel: 01298 214000

Purbecks	Poole Hospital Major A&E – Open 24 hours Address: Longfleet Rd, Poole BH15 2JB Tel: 01202 665511 Swanage Hospital Minor Injuries Unit (MIU) Open 8am-8pm Address: Queen's Rd, Swanage BH19 2ET
Snowdonia	Ysbyty Gwynedd Major A&E – Open 24 hours Address: Penrhosgarnedd, Bangor, Gwynedd, LL57 2PW Tel: 01248 384384 Ysbyty Alltwen Minor Injuries Department is open 24/7 Address: Tremadog, Gwynedd, LL49 9AQ Tel: Minor Injury Unit: 03000 852386
South Downs (Hampshire)	Queen Alexandra Hospital Major A&E – Open 24 hours Address: Cosham, Portsmouth, PO6 3LY Tel: 023 9228 6000 Petersfield Community Hospital Minor Injuries Unit (open 365 days a year 8am-5.45pm) Address: Swan Street, Petersfield, Hampshire, GU32 3LB Tel: Direct Line: 02382 310595 Worthing Hospital A&E – Open 24 hours Address: Lyndhurst Road, Worthing, BN11 2DH Tel: 01903 205 111 Royal Sussex County Hospital A&E – Open 24 hours (Also has children's A&E) Address: Eastern Road, Brighton, BN2 5BE Tel: 01273 696 955 Eastbourne District General Hospital A&E – Open 24 hours Address: Kings drive, Eastbourne, BN21 2UD Tel: 0300 131 4500
Puttenham and surrounding area (Surrey)	Royal Surrey County Hospital Emergency Department Address: Nuffield Health Guildford Hospital, Guildford GU2 7RF Tel: Direct line: 01483 571122

	Haslemere Community Hospital (Inpatient Services) Minor Injuries Clinic open 9 till 5 weekdays only Address: Church Ln, Haslemere GU27 2BJ Tel: Direct line: 01483 782300
Cranbourne Chase (Dorset)	Salisbury District Hospital Emergency Room Address: Salisbury District Hospital, Odstock Rd, Odstock, Salisbury SP2 8BJ Tel: Direct Line: 01722 336262 Westminster Memorial Hospital Minor Injuries Clinic open 8 til 8, 7 days a week Address: Entrance off Magdalene Ln, Abbey Walk, Shaftesbury SP7 8BD Tel: 01747 851535
North Wessex Downs (Kingsclere area)	Basingstoke and North Hampshire Hospital A&E – Open 24 Hours Address: Aldermaston Road, Basingstoke, RG24 9NA Tel: 01256 473 202

*Information revised Nov 2022