

## Why walk?

Walking is a great way to get out and about and discover new parts of Sheffield. It's a relaxing and enjoyable way to keep healthy and, as it requires no equipment or expense, is the perfect way to exercise. Walking is good for your health, it can:

- Help you sleep better, reduce stress and depression
- Help reduce tiredness and give you more energy for everyday tasks
- Help to reduce your blood pressure
- Help to reduce the risk of developing diabetes, heart disease and some cancers
- Help reduce the risk of many serious health problems in old age

You might enjoy walking for pleasure or to travel to work, school or the shops. Either way walking is a great way to work towards the government's recommended level of physical activity which is 30 minutes on five or more days of the week. What are you waiting for? It's as easy as putting one foot in front of the other!

**This is the third walking map in a series, produced by Sheffield City Council in conjunction with the Sheffield Walking Forum.**

The aim of the maps is to provide you with the information about the condition of the path e.g. the gradient, the path surface, the path width so that you can make the decision about which parts of the walk you would like to attempt. You will see that there are a number of access points so you can start the walk at a point that suits you best.

## How do I get started?

Try to make a habit of regular walking, it doesn't matter how far you can walk to start with. Everyone has to start somewhere. Remember, walk at your own pace and build up the pace gradually. Gently strolling is a great place to start, but aim for a brisk pace. That means:

- Your heart rate is beating a little faster, but not racing
- Breathing deeper but still able to hold a conversation
- You have a warm, glowing feeling

Try to walk as often as you can but don't overdo it. Try to be active on most days of the week, make walking part of your daily routine!

## What do I need?

No special equipment is needed to enjoy a short local walk. Wear suitable and comfortable footwear and clothing. Wear clothes that allow free movement – thin layers are best. Wrap up warm in the Winter and cover up in the sun. Be prepared for rain! Take a drink especially in hot weather. If you are walking further afield, tell someone where you are going and when you are expected to return.

## Further information

If you would like more information, have any comments about the map or suggestions for how it might be improved please contact Green Space for Health on tel: 0114 203 9335.

We welcome your feedback about our service—tel. 0114 250 0500, parksandcountryside@sheffield.gov.uk or visit [www.sheffield.gov.uk](http://www.sheffield.gov.uk)

# Step Out

## in High Hazels Park and 70 Acre Hill

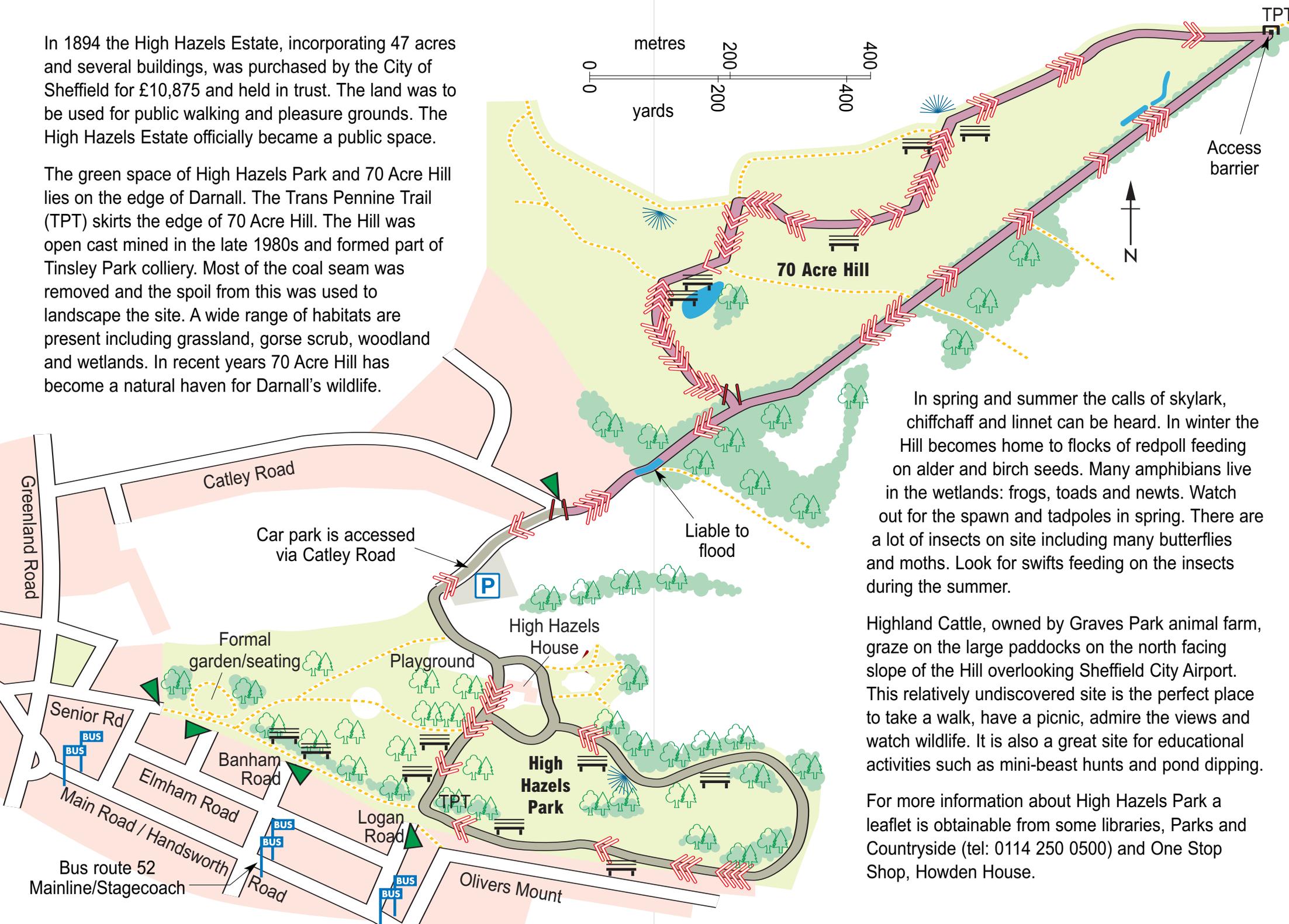
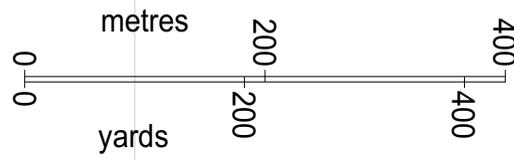
**One in a series of urban walks based in Sheffield, South Yorkshire**

**Walking time—  
approximately  
2 hours**



In 1894 the High Hazels Estate, incorporating 47 acres and several buildings, was purchased by the City of Sheffield for £10,875 and held in trust. The land was to be used for public walking and pleasure grounds. The High Hazels Estate officially became a public space.

The green space of High Hazels Park and 70 Acre Hill lies on the edge of Darnall. The Trans Pennine Trail (TPT) skirts the edge of 70 Acre Hill. The Hill was open cast mined in the late 1980s and formed part of Tinsley Park colliery. Most of the coal seam was removed and the spoil from this was used to landscape the site. A wide range of habitats are present including grassland, gorse scrub, woodland and wetlands. In recent years 70 Acre Hill has become a natural haven for Darnall's wildlife.



In spring and summer the calls of skylark, chiffchaff and linnet can be heard. In winter the Hill becomes home to flocks of redpoll feeding on alder and birch seeds. Many amphibians live in the wetlands: frogs, toads and newts. Watch out for the spawn and tadpoles in spring. There are a lot of insects on site including many butterflies and moths. Look for swifts feeding on the insects during the summer.

Highland Cattle, owned by Graves Park animal farm, graze on the large paddocks on the north facing slope of the Hill overlooking Sheffield City Airport. This relatively undiscovered site is the perfect place to take a walk, have a picnic, admire the views and watch wildlife. It is also a great site for educational activities such as mini-beast hunts and pond dipping.

For more information about High Hazels Park a leaflet is obtainable from some libraries, Parks and Countryside (tel: 0114 250 0500) and One Stop Shop, Howden House.

- ! be aware
- i information
- BUS bus stop (with route numbers)
- smooth surface = tarmac, paving, concrete, etc.
- quite smooth surface = short grass, compacted earth and stone, etc.
- uneven surface = worn grass, loose stone, some ruts and tree roots, etc.
- rough surface = long grass, soft earth, sand or gravel, severe ruts and tree roots, etc.
- - - other path (of similar width and surface to surrounding paths)
- ▶ access point
- ∥ A frame stile
- ⌒ footbridge
- ≡ benches
- ⌘ picnic area
- ▨ steps (no. of)
- < path width less than 1 metre where indicated
- note: all the following gradient arrows point downhill*
- < gradient = gentle (gentler than 1:20)
- << gradient = quite gentle (1:20 to 1:12)
- <<< gradient = quite steep (1:12 to 1:10)
- <<<< gradient = steep (1:10 to 1:6)
- <<<<< cross gradient (steeper than 1:35)
- built-up area
- grass
- woodland
- ☀ viewpoint