Pedometers in Libraries

Information

Pedometers are simple devices which count the number of steps you have walked. If you want to keep track of your progress a pedometer could be very useful to you. All the libraries in Rotherham have walking packs which include a pedometer. You may borrow these free of charge.

For more information on walking please visit the Rotherham Council website www.rotherham.gov.uk Search “Walking”

In person visit the Rotherham Visitors Centre, 40 Bridgegate, Rotherham S60 1PQ

Visit your local library. Check the Rotherham Borough council website or ring 01709 823611 for information on your nearest library. Libraries can give you lots of information about walks and walking. It is very easy to join your library and once you are a member you can borrow pedometers free of charge.

Walk4Life website - www.walk4life.info
Walk Your Way To Health - www.whi.org.uk
Walk, jog, run - www.walkjogrun.net

Public Rights of Way

Rotherham has over 250 miles of public rights of way which pass through picturesque countryside and villages. There are numerous possibilities for walkers, horseriders and cyclists to explore Rotherham’s countryside.

The Council has published several leaflets for local walks. The Doorstep Walks series of leaflets offer short circular walks in the Rotherham countryside. The walks will allow everyone to make the most of local public paths.

Please visit the Rotherham council website www.rotherham.gov.uk Search “Trail Leaflets”

Green Spaces

The Council manages several parks around the borough. Some parks date back to Victorian times or to the early 20th century. These green lungs play an important role for the people of Rotherham and its wider community by making the town a much cleaner, greener and more attractive place to live, work and visit.

For more information on walking please visit:
www.rotherham.gov.uk

The Steps to Health initiative has been developed by Rotherham Council in conjunction with NHS Rotherham.

The locations of the walks are shown on the map overleaf. The walks vary from ¼ mile routes to 1 mile routes. The shorter routes can be walked several times to equal a mile walk.

The walks guide you along the route with post mounted arrows. If you have a health problem please seek medical advice before undertaking a walking programme.

Walking improves your health...

How long you take to complete your walk can be used to give an indication of how fit you are. These times are all for walking on level ground, and may be of help.

Time for 1 mile (mins) 30 25 20 15 13 12

Speed (mph) 2 2.4 3 4 4.5 5

It may be helpful to consider the number of calories used walking! Remember, one digestive biscuit contains 50 calories.

Weight (stones) 8 9.5 11 12.5 14 15.5

Calories used when 1 mile walked 64 79 93 107 120 136

Walking is good for the environment, it reduces CO₂ emissions that contribute to climate change.

Getting out & about

Rotherham Bus Map Movies have been produced to improve understanding of the local bus network. Access via Rotherham Council website, Search via “public transport”.

Walking is a great way to improve your health and just about anyone can do it. Walking 30 minutes a day, 5 days a week can bring substantial health benefits. An ideal way to achieve this is to take a walk in your local park or green space.

The Steps to Health initiative has been developed by Rotherham Council in conjunction with NHS Rotherham.

The locations of the walks are shown on the map overleaf. The walks vary from ¼ mile routes to 1 mile routes. The shorter routes can be walked several times to equal a mile walk.

The walks guide you along the route with post mounted arrows. If you have a health problem please seek medical advice before undertaking a walking programme.
Getting Started - Easy Walks

- Steps for Health - see map above
- Easy Walks
- Access for All Trails
- Family and Disabled Walks
- Town Centre Trail
- Medieval Trail
- Victorian Trail

Walking is a great way to improve your health. It doesn’t cost anything and just about anyone can do it. Walking 30 minutes a day, 5 days a week can bring substantial health benefits. An ideal way to achieve this is to take a walk in your local park or green space.

Advanced walks

- Rotherham Round Walk (25 miles)
- Rotherham Ring Route (50 miles)

Doorstep Rides

Larger walking, cycling & horse routes

- Doorstep Ride 1 – The Rother Valley Park Ride (5 miles)
- Doorstep Ride 2 – Poolsbrook TPT Rother Valley (10 miles)

Round Rides

Larger walking, cycling & horse routes

- Round Rotherham Ride
- Round Wentworth Ride
- Round Ravenfield Ride
- Round Ulley Ride
- Round Firbeck Ride
- Round Woodsetts Ride
- Round Kiveton Park Ride
- Trans Pennine Trail

Taking it Further - Intermediate Walks

Doorstep Walks

- Doorstep Walk 1 – Laughton en le Morthern (2 hours)
- Doorstep Walk 2 – Laughton walk around Roche Abbey (1½ hours)
- Doorstep Walk 3 – A Family Friendly Walk at Letwell (1½ hours)
- Doorstep Walk 4 – The Waleswood Walk at Rother Vale (1½ hours)
- Doorstep Walk 5 – The Wales Walk at Rother Valley (½ day 4 miles)
- Doorstep Walk 6 – The Village Walk at Ulley Country Park (1½ hours)

Access for All Trails

- Access for All Trail No 1 – Thucroft Trail (2 miles)
- Access for All Trail No 2 – Harthill Reservoir (short and flat)
- Trans Pennine Trail at Wath Manvers

REMEMBER

The aim is to always walk at least 1 mile, for instance if the circuit is only ½ mile, try and walk it twice and if it is only ¼ mile, try and walk it 4 times.

Walking is good for everyone
Pedometers in Libraries

Pedometers are simple devices which count the number of steps you have walked. If you want to keep track of your progress a pedometer could be very useful to you. All the libraries in Rotherham have walking packs which include a pedometer. You may borrow these free of charge.

For more information on walking

Please visit the Rotherham Council website www.rotherham.gov.uk
Search “Walking”

In person visit the Rotherham Visitors Centre, 40 Bridgegate, Rotherham S60 1PQ

Visit your local library. Check the Rotherham Borough council website or ring 01709 823611 for information on your nearest library. Libraries can give you lots of information about walks and walking. It is very easy to join your library and once you are a member you can borrow pedometers free of charge.

Walk4Life website - www.walk4life.info
Walk Your Way To Health - www.whi.org.uk
Walk, jog, run - www.walkjogrun.net

Public Rights of Way

Rotherham has over 250 miles of public rights of way which pass through picturesque countryside and villages. There are numerous possibilities for walkers, horseriders and cyclists to explore Rotherham’s countryside.

The Council has published several leaflets for local walks. The Doorstep Walks series of leaflets offer short circular walks in the Rotherham countryside. The walks will allow everyone to make the most of local public paths.

Please visit the Rotherham council website www.rotherham.gov.uk
Search “Public Rights of Way”

Green Spaces

The Council manages several parks around the borough. Some parks date back to Victorian times or to the early 20th century. These green lungs play an important role for the people of Rotherham and its wider community by making the town a much cleaner, greener and more attractive place to live, work and visit.

Active Always

Active Always is a programme of gentle physical activity delivered through RMBC Sports Development, NHS Rotherham and qualified exercise instructors.

For more information please visit: www.rotherham.gov.uk/activealways or contact RMBC Sports Development on 01709 822453