

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 first 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 Sheffield City Council's Parks and Countryside Health Project Team on tel: 0114 203 9337.

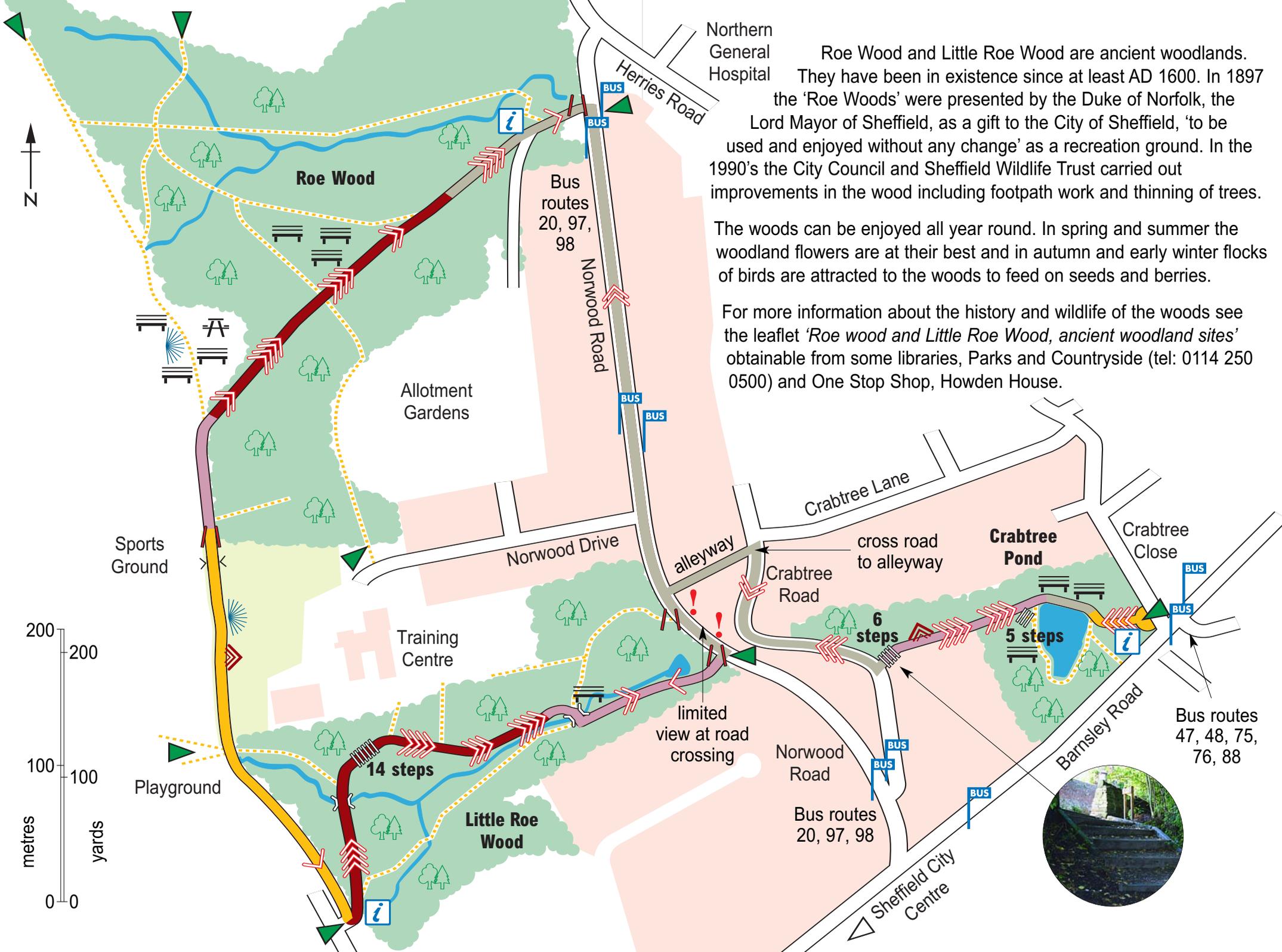
We welcome your feedback about our service—tel. 0114 250 0500, parksandcountryside@sheffield.gov.uk or visit www.sheffield.gov.uk

Step Out in Roe Woods

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

**Walking time—
approximately
1 hour**





Roe Wood and Little Roe Wood are ancient woodlands. They have been in existence since at least AD 1600. In 1897 the 'Roe Woods' were presented by the Duke of Norfolk, the Lord Mayor of Sheffield, as a gift to the City of Sheffield, 'to be used and enjoyed without any change' as a recreation ground. In the 1990's the City Council and Sheffield Wildlife Trust carried out improvements in the wood including footpath work and thinning of trees.

The woods can be enjoyed all year round. In spring and summer the woodland flowers are at their best and in autumn and early winter flocks of birds are attracted to the woods to feed on seeds and berries.

For more information about the history and wildlife of the woods see the leaflet 'Roe wood and Little Roe Wood, ancient woodland sites' 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

