

Urban Walk – Bole Hills



Distance: 4.5kms and 1hr 15mins

Reasons for walking:

- Walking regularly is a great form of exercise, and isn't just good for your body - it's great for your mind, too!
- Regular exercise will improve your mood and increase feelings of wellbeing - and it can even help relieve the feeling of depression. Being outside in the fresh air has been linked to better mental wellbeing and reduced stress.
- Keep this in mind when you're studying, preparing for your exams or just feeling a bit stressed and anxious. Take regular breaks and take time to go outside and walk through some green space. Take a friend and maybe discuss how you are feeling.

What is Ecotherapy?

Ecotherapy is the name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature.

Connecting with nature in this way can have lots of positive health benefits. For example, ecotherapy can help you manage an existing mental health problem, and could help prevent future periods of ill health, such as an episode of depression.

Route Plan/ Instructions:

This expanse of parkland is wonderful to take in the views over Sheffield.

Up here the countryside seems to cushion the sounds of the city with a leafy blanket. The dramatic view from this hill also provides our first clue to why Sheffield is so green. From up here we can see one of the city's major links with nature.

Below we can see the suburbs of Stannington and Hillsborough. They link to the rest of the city along the courses of three of Sheffield's five rivers – the Don, the Rivelin and the Loxley.

In an era before steam technology, rivers were used to power grinding wheels and hammers. So five fast-flowing waterways gave Sheffield an economic advantage.

The rivers and the diverse woodlands below nurture the beautiful natural landscape, intersecting the city with babbling brooks and valleys of greenery which bring character and valued woodlands into the city centre.

From high up here above the western edge of the city we can also see how close Sheffield is to the wilderness of the Peak District.

The Park has helped to preserve the physical boundaries between urban and rural. The recreation ground we are in now is home to one of the UK's first urban mountain bike trails. Rural thrill-seeking may well have rubbed off onto the people of this city and their love for the outdoors and lush foliage.



