

# Urban Walk – Forge Dam



**Distance:** 6.5kms and 1hr 30mins

## 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.
- Walking can also be a social activity when done in a group or with friends, so it can help to tackle feelings of isolation or loneliness.
- 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:**

1. Make your way to the Endcliffe Park, you can use any entrance.
2. Make your way to the end of Endcliffe Park and enter Brincliffe Park.
3. Follow the path alongside The Porter Brook.
4. Along this path there are lots of benches and places to sit and study or just watch the world go by.
5. At the metal bridge, just past the derelict building, go and have a look at The Water Fowl Area. You can feed the ducks but try to use duck food rather than bread because it's not very good for them.
6. Re-join the path and continue following The Porter Brook.
7. You'll walk past the Shepherd Wheel, on a Saturday and Sunday and on Bank Holiday Monday between 10am – 4pm you can go into see this wheel working.
8. Continue along the path and when you get to Highcliffe Road, cross it carefully.
9. Here you will have a choice of two paths, one a Bridal Path and the other is signposted 'Sheffield Round Walk', take this path.
10. In around 5-10 mins, cross the road safely and cross the stream using the stepping stones.
11. Continue on this path until Forge Dam.
12. From here you can walk out to The Peak District.
13. Go towards the café and enjoy a delicious ice cream (recommended!).
14. Spend some time walking round the duck pond and grass areas.
15. Head back exactly the way you came!



