

# Walks from Home - Crookes Valley and Western Park (self-guided)

**Distance:** 2.5kms and 40mins

## 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. Head towards the entrance of Crookes Valley Park. (refer to route map).
2. At the entrance of Crookes Valley Park, across the road you'll see the Ponderosa which is another Green Space you can explore on another day.
3. Take the lower path and look out for the:
  - The Bowling Green
  - Picnic Lawn
  - Table Tennis Table
  - Children's Play Are
4. Walk around the Fishing Pond. You can fish in this pond if you have a licence and fishing equipment.
5. As you're walking around the pond, look at the sweeping lawns. A great place to sit and study!
6. Or take some timeout and sit on a bench, watch the ducks or just sit and relax and watch the world go by!
7. If you want to come and feed the ducks, try and get duck food rather than bread and it's not too good for them.
8. As you're walking around the pond, look out for Dam House which is a nice place to eat (once lockdown is over!) and you can sit outside if it's not too cold!
9. As you walking around the pond, take time to look around you, take in the greenery, the trees and take big, refreshing breaths.
10. Walk around the pond, go up the stairs and walk towards the exit.
11. Cross the road and head in to Western Park.
12. At the entrance of Western Park, you'll see the Tennis Courts. You can book a court by visiting [ParksTennis.co.uk](https://ParksTennis.co.uk)- select a venue, chose a time, pay, check your email, you will be sent an access code which you just need to key into the key pad to gain entrance.

13. Take the path to the left of the Tennis Courts and head towards the Duck Pond.
14. Walk around the Duck Pond anticlockwise. See the floating duck nests.
15. Western Park has plenty of lawns to sit on and trees to sit under if it's too sunny! Many students come here to read and study.
16. Take the path towards the Museum, Cafe and toilets.
17. See if you can find the Sykes Memorial and the Victorian Band Stand.
18. Walk into the Western Park Museum. When it is open why not visit as it's free of charge
19. The Museum has a:
  - Picnic Area upstairs
  - Cafe
  - Shop
  - Different exhibition rooms all about the history of Sheffield
20. Walk towards the War Memorial and exit the park by Firth Court.



