

# Urban Walk – Botanical Gardens and Endcliffe Park



**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:**

1. Walk to the Main Entrance (located on Clarkehouse Road):
  - Information Point which has lots of useful information about opening times and What's On.
  - The Gardens are open from 8am – 4pm during the winter and Summer opening times are 8am until dusk.
  - To the left point out the Curator's Tea Room which is a great place to get lunch and have a typical English Afternoon Tea after lockdown has ended.
2. At the entrance turn right to the Glass Pavilion, this is a lovely place to sit on a crisp autumnal and winter days.
3. Walk down the central Boardwalk, there are various smaller gardens such as the Rose and Asia Gardens.
4. Take the path to left of the Fountain and then through the AGM Border. At the toilets, take the path to the right.
5. As you walking along the path, take a look at the wild flower garden, these were planted a few years ago to attract more bees to the Gardens.
6. Continue along this path (for about 5mins) until you reach some steps, go up and take the path to the Bear Pit. Why not go down into the pit to have your picture taken with the bronze bear.
7. Take the path to the left of the Bear Pit and exit the Gardens on to Brocco Bank.
8. Walk down Brocco Bank and cross the road at the bottom using the pedestrian crossing and enter Endcliffe Park.
9. Walk through the park following the Porter Brook (the stream), look out for:
  - The huge trees at the entrance – wonderful to sit under on a hot day!
  - The Queen Victoria Memorial
  - The Children's Play Area
  - The Playing Fields (a number of events are hosted here throughout the year and to check out Sheffield Council's website for more details)
  - Picnic Tables
  - Stepping Stones
  - Café

- Climbing Frame
- The two Duck Ponds

10. Walk through the park until you reach the exit on Rustlings Road, there is another park to the left called Brincliffe Park so why not check this out on another day!!



