



Meadowhall Interchange



Five Weirs Walk

Why not plan your walking journey using walkit.com/Sheffield? Just put in the road or postcode you are going from and to and it will give you the shortest route on a map. It will tell you about the hills you will have to go up and what CO₂ car drivers would save and calories you would burn.

• **Interesting** – how many things would you notice on your journey than if you travelled another way

• **Sociable** – some of the best conversations happen on foot

• **Good for safety** – pavements are safer to be on than roads

• **Healthy** – helping weightloss, wellbeing and the risk of medical problems such as coronary heart disease, diabetes and strokes

• **Free** – save money on your travel

Walking is:
Reasons to walk

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Centrepoint



Tinsley Marina

Tell us what you think
Please email transport@sheffield.gov.uk and let us know if you used the map and what you think.
We'll be doing occasional **prize draws** (with shopping vouchers as prizes) during 2010 and 2011 to encourage feedback.
See www.sheffield.gov.uk/walking or call 0114 205 3073 for more details.

Get walking keep walking
Would you like to walk more but need a bit of support?
Call Get Walking Keep Walking on 0114 205 3954 or see their website at www.getwalking.org.uk/sheffield.



sheffield
let's change4life
www.sheffieldc4l.org.uk

Let the **Lower Don Valley walking map** open your eyes to new possibilities



Lower Don Valley Walking Map

This is the Lower Don Valley Walking Map, helping people find their way around the area – for journeys to work, visiting somewhere or just for leisure.

This is a walking map. If you'd like to travel around Sheffield by other means you can use the following:

- **All modes of transport** – see www.sheffield.gov.uk/travelinformation
- **Bus, tram and train** – call Traveline on 01709 515151 or see www.travelsouthyorkshire.com
- **Cycling** – see the Sheffield Cycle Map at www.sheffield.gov.uk/cycling

We can't tell you how hard the paths might be to use, so if you find steps, slopes or rough surfaces hard-going then please ask a friend to check the route out beforehand.



'Are there places you travel to every week in your local area? Whether it's to commute, to get entertainment or to shop, there's a good chance you could walk there.

Unlike driving, walking is healthy, free and doesn't pump pollution into the air. So why not increase your walking levels - even a walk here or there could make a difference.'

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Development Services
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Lower Don Valley Walking Map

15 minute average walk

1000m

- key**
- Bus stops
 - Walking Paths
 - T Tram lines/stops
 - Railway
 - PW Place of Worship



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