

# Step Out Sheffield



## Free health walks in the Pitsmoor/Burngreave area every Tuesday afternoon

Meet in the waiting room, Pitsmoor Surgery,  
151 Burngreave Road in time to start walking at  
1.30pm. Socialise afterwards in Abbeyfield House

Our walks are a fantastic way to get fit and de-stress while enjoying fresh-air  
and great company.

We encourage walkers to socialise before, during, and after our walks. It's a great  
way to make friends while reconnecting with nature.

For more information about Step Out Sheffield and all of our free walks  
[www.StepOutSheffield.org](http://www.StepOutSheffield.org) or call our help line on 07505639524



Step Out Sheffield is one of over 400  
Ramblers: Walking for Health schemes  
across the country. Our volunteer led scheme  
has provided health walks in Sheffield for over 20 years.



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