



# Step out Sheffield

## Alternative Walking Groups

Health walks are short walks of up to an hour delivered at a speed which is comfortable to you. They are particularly suitable for people recuperating after an illness, convalescing after an operation, coping with a medical condition or simply finding that, with advancing age, Sheffield's hills are becoming more of a challenge. Your health may have improved to the extent where you are now ready for something more challenging, or you may simply not yet be ready for such short walks.

For some more challenging alternatives to a health walk here are some options to consider. Visit [www.theoutdoorcity.co.uk/walk/](http://www.theoutdoorcity.co.uk/walk/) for further options.

### **Sheffield Shamblers**

[www.shamblers.org.uk](http://www.shamblers.org.uk)

If you enjoy walking, but don't like the clock-beating, target-setting side of the sport, then Sheffield Shamblers could be just what you need. The group is ideal for people who like leisurely walking, or for those who aren't experienced but want to keep fit. The walks vary in location, difficulty and length. Wednesday walks are three or four miles in length, whereas Sundays walks are up to 12 miles. Every other Saturday there are comfortable six-mile walks.

### **Sheffield Ramblers**

[www.sheffieldramblers.org](http://www.sheffieldramblers.org)

With walks on Sundays, Tuesdays and Wednesdays and occasional trips on Thursdays and Saturdays, this popular group is remarkably active. The group walks in most directions out of Sheffield, with many routes taking in the stunning scenery of the Peak District. Routes range from short hour-long strolls to more strenuous walks of up to 15 miles. New starters can try two or three sessions before signing up.

### **Sheffield Wanderers**

[www.sheffield-wanderers.com](http://www.sheffield-wanderers.com)

This group organizes a range of walks, all led by competent hill walkers with leader training and experience of the area. The Wanderers welcome well-behaved dogs on their walk as well as children. The group online forum is the best place to find out about the range of weekend and weekday events, with members happy to answer questions and queries.



### **Sheffield CHA Ramblers**

[www.sheffield-cha.org.uk](http://www.sheffield-cha.org.uk)

The group offers Thursday and Saturday walks throughout the year, as well as 'Plus Walks' of 10 to 14 miles and shorter 'Ambles'. The website has a useful table explaining exactly what you can expect from each type of walk, while there's a calendar of forthcoming events.

## Sheffield U3A

[www.sheffieldu3a.org.uk](http://www.sheffieldu3a.org.uk)

There are numerous walking groups in the Sheffield U3A (University of the Third Age) group, including two 'Dippers' groups. The first, Dippers I, meets every two weeks on Monday mornings, to enjoy walks of between 4 to 6 miles and to have a lunch stop in a pub or tearoom. Meanwhile Dippers Too meets fortnightly and covers distances of from seven to ten miles over differing terrain.



## Peak and Northern Footpaths Society

[www.peakandnorthern.org.uk](http://www.peakandnorthern.org.uk)

Based across Yorkshire, Derbyshire and Lancashire, this group promotes the interest of footpath users. The charity is made up of people with a common passion for walking, with volunteers helping flag up areas of footpath which have become blocked or overgrown. The group organises walks throughout the north and welcomes new members and volunteer inspectors.

## Women Only Walks

[www.womenonlywalks.co.uk](http://www.womenonlywalks.co.uk)

Encouraging safe and enjoyable walking for women in South Yorkshire

First established in 1996 to encourage women in South Yorkshire to get to know their local countryside and to promote safe access and an opportunity to explore new areas of South Yorkshire. Our aim is to provide opportunities for women to join other women to walk at their own pace in a safe friendly environment. Over the years the women who have come on the walks do so for a variety of reasons; sometimes it is all about building up confidence to explore the countryside and we offer a warm welcome to new members.

## Good Companions Rambling Club Sheffield

Meet each Sunday for a walk of 8-12 miles. [email:goodcompanionsramblingclub@gmail.com](mailto:goodcompanionsramblingclub@gmail.com) for more information

## Holiday Fellowship Sheffield Group

For more information email [janethoyle1@btinternet.com](mailto:janethoyle1@btinternet.com)

**This list is not exhaustive - but will hopefully provide some idea of the wonderful walking opportunities in and around Sheffield. Get your walking boots on and get out there!!**

