

Along streams, up hills, between trees.
Follow The Outdoor City Run Routes and
explore the greenest city on foot.

THE OUTDOOR CITY RUN ROUTES



The Ponderosa & Crookes Valley – A lap of the park and lake

Provided by:



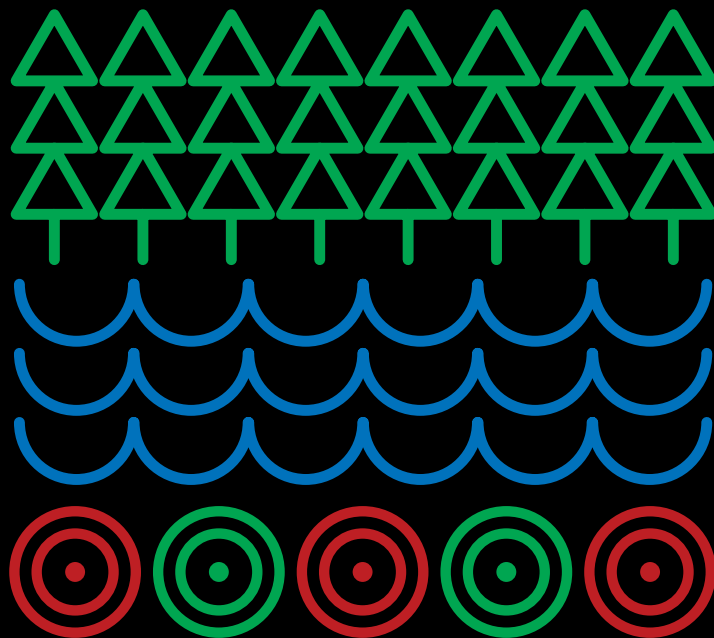
Supported by:



For more information on this and other
running routes:

www.theoutdoorcity.co.uk

#findyourpace



In the 1960s, the Upperthorpe tower blocks replaced the old back-to-back Port Mahon estate. The Ponderosa soon followed, named by local children after the ranch in TV western series Bonanza.

First try the 1km green route, starting and finishing at the park's outdoor gym area. With practice, build up from one lap to two, before continuing into Crookes Valley Park and taking on the full 3km blue route. The 1km route follows a figure of 8 on a generally hard surface, with some slight incline.

When following the 3km route, take care crossing Crookes Valley Road and watch out for mud on the unsurfaced part of the track through the park. Enjoy spotting people fishing on what once was the Old Great Dam.



DISTANCE



DIFFICULTY



TERRAIN

Hard surfaces on the shorter route, muddy sections on longer route

FACILITIES

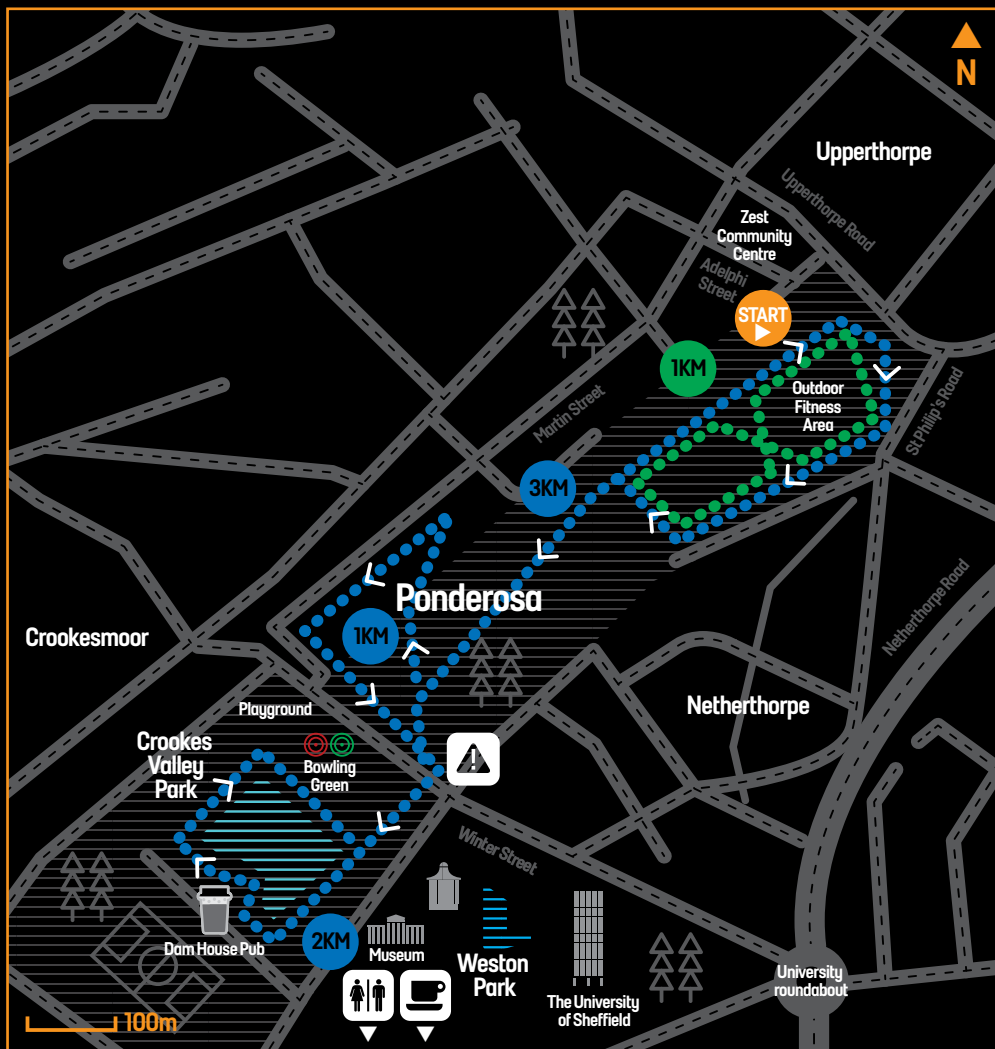


LOCATION

S6 3DS

GPX LINK

http://gb.mapometer.com/running/route_4234704.html



FIND YOUR PACE IN THE OUTDOOR CITY

Seven run routes are now signposted and mapped. Explore Sheffield by seeking The Outdoor City Run Routes we've marked in parks and woodland across the city. We've colour coded them so that whatever your pace you can choose trails that suit **Easy**, **Medium**, **Hard** and **Challenging**. You'll soon find that every route gives you a different experience whether you choose to walk or run – it's all about finding your pace.

Bradfield to Damflask 5KM 10KM

Concord & Woolley Wood 2.5KM 4KM

Ecclesall Wood 4KM

Graves Park 2.5KM 4KM

Lowfield 355m

Manor Fields Park 1.6KM

The Ponderosa & Crookes Valley 1KM 3KM

