

An Engaging Guide to



SHEFFIELD'S

13 City Parks



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HER
ON A HILL

 mind
for better mental health
Sheffield

 ramblers
at the heart of walking

 walking
for health

 SHEFFIELD CITY COUNCIL

 Step Out Sheffield

 SHEFFIELD CITY COUNCIL

Please share this guide and credit production to Evoluted (www.evoluted.net)
and Gnome Student Homes (www.gnomestudenthomes.co.uk)

We put together this guide to provide a shareable and engaging local resource on Sheffield's 13 'city' parks, as detailed on the Sheffield City Council website.

It is our hope that this inspires locals, students and visitors to Sheffield to make the most of the superb parks The Steel City has to offer; boosting their mental and physical health in the process.

A big thank you goes out to all the organisations that have contributed to this guide: Sheffield Mind, Sheffield Wednesday, SIV Sheffield, Walking for Health and Her on a Hill.

We encourage local organisations, the media and related organisations to share this guide on their own websites. Please simply credit Evoluted and Gnome Student Homes with a followed link.

Nah then - get stuck in!

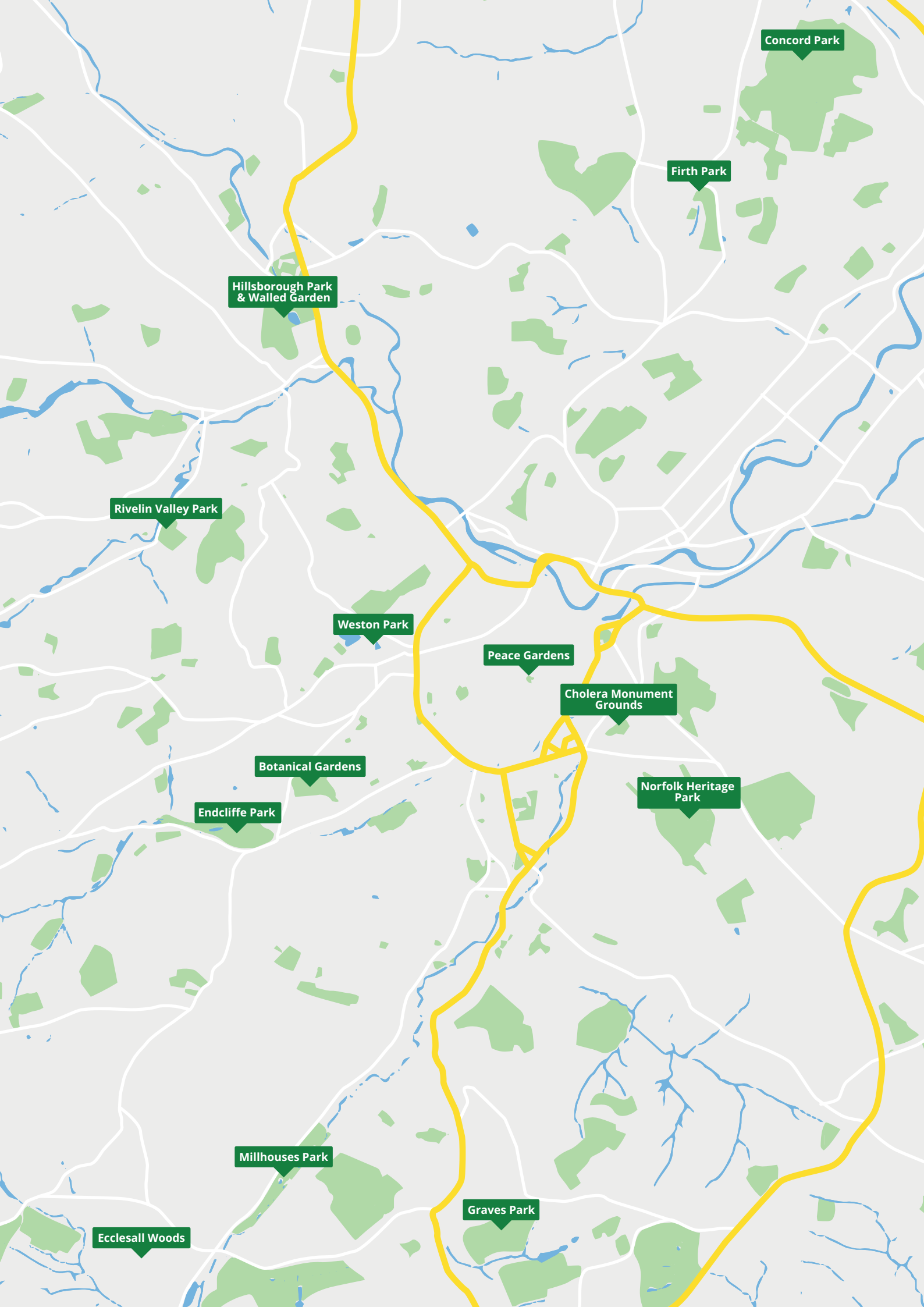


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Concord Park

Firth Park

Hillsborough Park
& Walled Garden

Rivelin Valley Park

Weston Park

Peace Gardens

Cholera Monument
Grounds

Botanical Gardens

Endcliffe Park

Norfolk Heritage
Park

Millhouses Park

Ecclesall Woods

Graves Park



Botanical Gardens

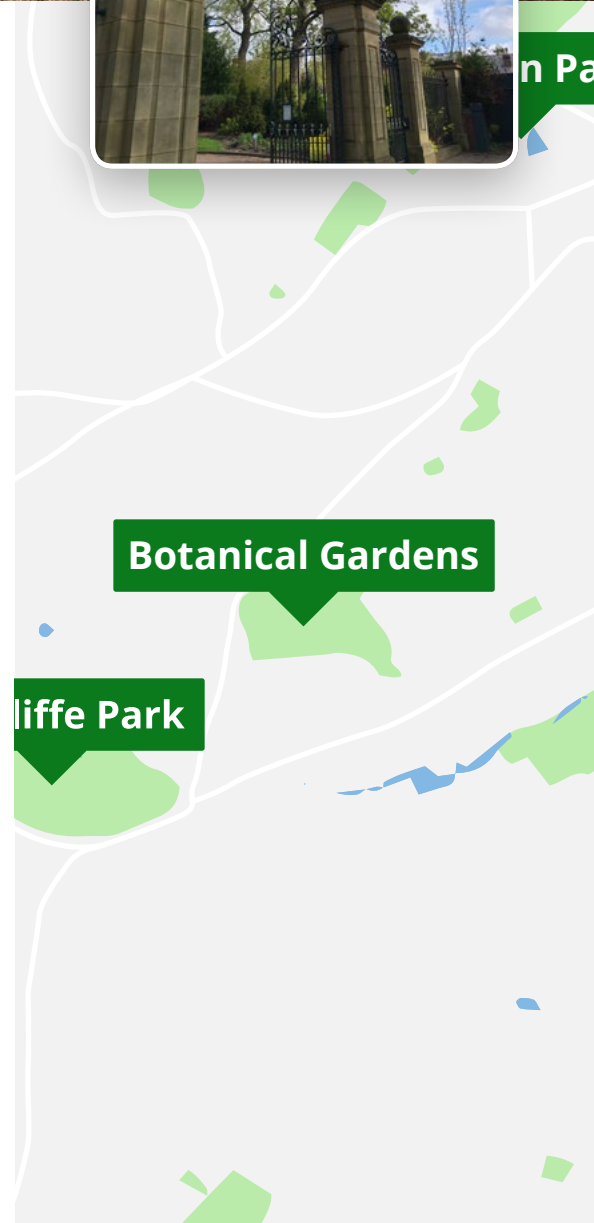
Unequivocally one of The Steel City's most iconic locations, the Sheffield Botanical Gardens offer a wonderful mix of interesting glasshouses and immaculately kept lawns. These are lined with beautifully-presented flowerbeds that help complete a park that would be the envy of any city in the UK.

📍 Clarkehouse Road, Endcliffe, S10

Being active and regularly visiting green spaces, such as parks, can reduce anxiety and stress, combat low mood and increase self-esteem. It can make you feel good both inside and out.



Robert Horsley
Head of Operations at Sheffield Mind





Weston Park

Weston Park is a real Sheffield favourite, drawing locals and students alike to soak up the sun across the immaculately kept lawns. These are part of a wider park design which benefited from 2006 lottery funding that ultimately saw the original vision for a lake within the park realised; alongside restoration of the bandstand structure and further work.

📍 Crookes Valley Road, Crookes, S10

City parks are an accessible and inexpensive way to exercise. Simply take a ball, racquet or even your running shoes and you can work out for free.



Katie Mishner
Marketing Executive at
Sheffield Wednesday Football Club





Millhouses Park

Running adjacent to the trainline between Beauchief and Abbeydale, you only need to visit Millhouses Park on a warm day to witness its true popularity. Perfect for families, students, couples and pretty much anyone, it offers an excellent mix of activity possibilities. For those simply wanting a spot to relax with a picnic or a few drinks, there are 3 large fields, which can be found running along the park at different intervals.

📍 Abbeydale Road South, Millhouses, S7

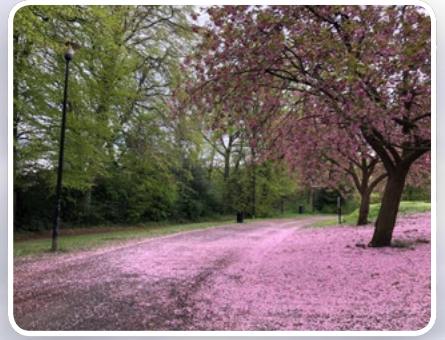
There are real physical benefits such as keeping your heart healthy, helping to lose weight and keeping you mobile. There are major mental benefits too, such as reducing anxiety and keeping your brain ticking over.



Tim Hicks
Head of Health & Wellbeing

Millhouses Park





Norfolk Heritage Park

With more than 28 hectares of green space and great views over the city of Sheffield, Norfolk Park has been popular with students and locals alike since its creation in the 1990s. The parkland delivers a superb mix of outdoor space, with large expanses of grass, formal avenues, woodland and a stream. There are also a mix of sculptures around the park, as well as a Wildlife Area.

📍 Guildford Avenue, Arbourthorne, S2

We love being based in Sheffield city centre, since it gives the Evoluted team plenty of options to head out for a lunchtime walk. Norfolk Heritage Park, Weston Park and Ponderosa are just a few of the many green spaces within easy reach.

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Sean Potter
Head of Content at Evoluted

Monument
Grounds

Norfolk Heritage
Park



Ecclesall Woods

A true gem tucked away between the beautiful suburbs of Whirlow and Beauchief, Ecclesall Woods is a real pleasure to immerse yourself within right throughout the year. Whether you're walking alongside tumbling rivers and streams in winter, or admiring the bluebells in spring, you won't regret a visit here.

📍 Abbey Lane, Whirlow, S11

I walk a lot (for work and pleasure) and love the fact that Sheffield has such a huge variety of parks and green spaces. Whether it's a short stroll or a long hike, there are endless possibilities to getaway from it all for a while and simply enjoy the benefits of a good walk within easy reach of your front door.



Clare Kelly
Her on a Hil





Peace Gardens

Undeniably one of Sheffield's most iconic landmarks, the Peace Gardens act as a central space for locals to relax; whether that be over the weekend, during holidays or simply during a quick lunch break. They are steeped in history, with various redesigns taking place over the years as part of regeneration projects in the city centre.

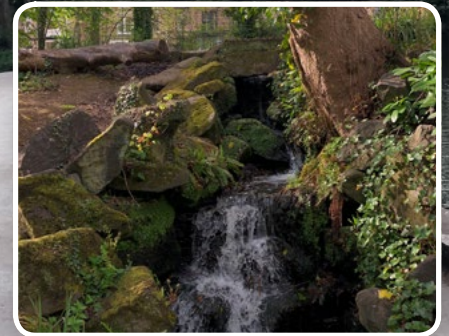
 Pinstone Street, City Centre, S1

We walk in parks, woodlands and green spaces wherever possible.



Sue Lee
Sue Lee, Chair of
Step Out Sheffield





Endcliffe Park

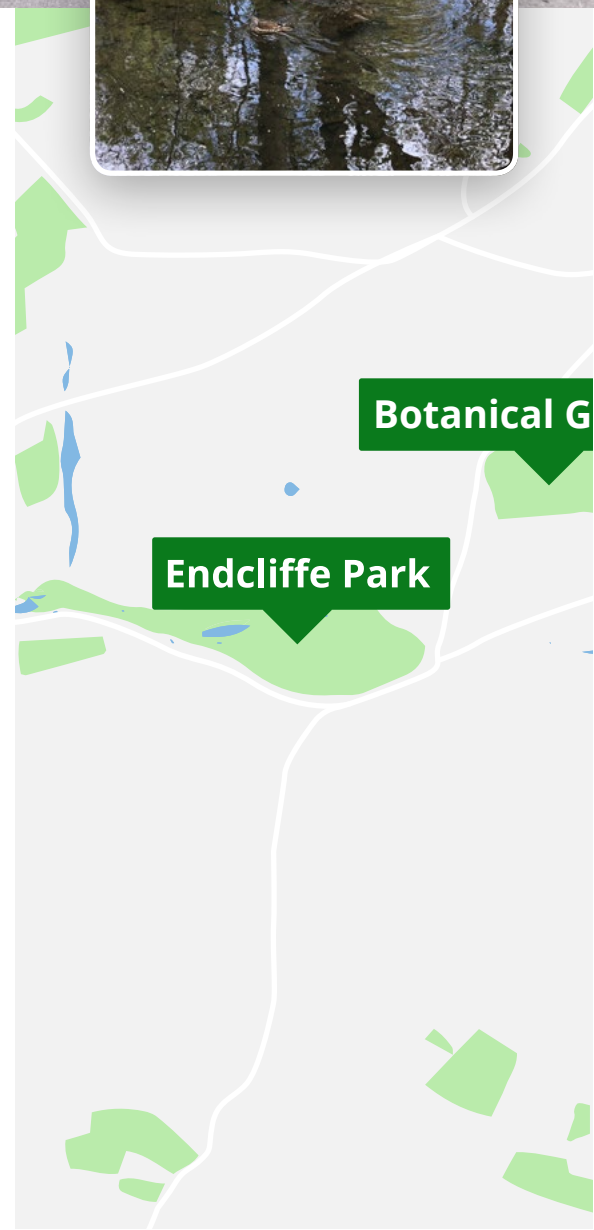
Endcliffe Park's lovely grounds include an expansive field perfect for picnics and sport; as well as a charming lake and scatterings of woodland. It's fairly modest in size, but it more than makes up for it in appearance and space. A morning or afternoon spent in the park matches wonderfully with a leisurely stroll around Ecclesall Road and Sharrowvale Road.

📍 Ecclesall Road, Ecclesall, S11

Endcliffe Park provides a great spot for socialising with your housemates or arranging to meet up with fellow course mates. On hot days it's ideal for a break away from course work and the confines of being indoors; to have a BBQ and play some fun outdoor games..

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Guy Ludlam
Owner at Gnome Student Homes





Graves Park

Out to the south-western edge of Sheffield is Graves Park, which sits amongst the suburbs of Woodseats, Meadowhead and Norton. With more than 92 hectares within its perimeter, this vast park is perfect for spending a day getting lost in nature. Winding and hilly woodland, sloping green fields, hidden streams and three small lakes ensure real diversity amongst the grounds.

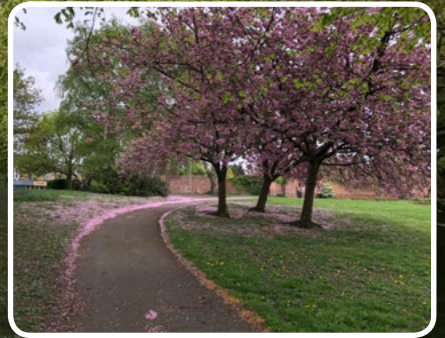
📍 Chesterfield Road, Woodseats, S8

Be mindful and take notice of your surroundings, the changing seasons and the cycles of nature. See the different colours and reflect on how the cycles of loss and regrowth happen all around us.



Robert Horsley
Head of Operations at Sheffield Mind





Hillsborough Park & Walled Garden

Located adjacent to Sheffield Wednesday's stadium, Hillsborough Park has provided the stage for a many a football dream to be acted out over the years. As well as being an iconic part of the walk to the ground, though, it's also a really nice park. Its facilities include lots of greenery, a children's play area, tennis facilities and a fishing lake.

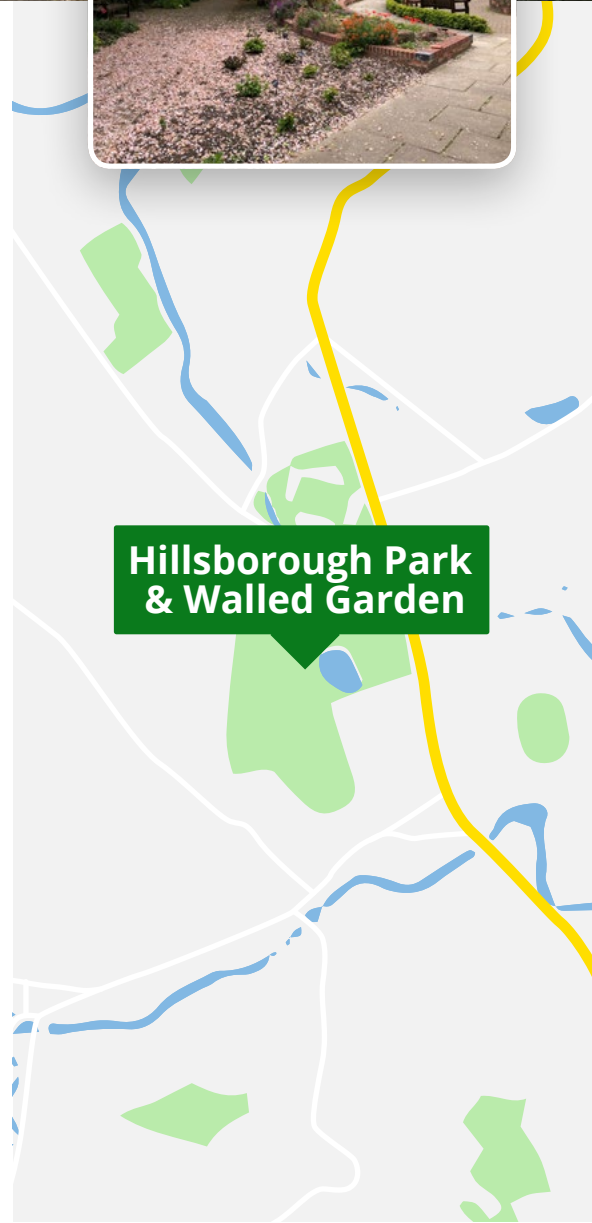
📍 Parkside Road, Hillsborough, S6

Team sports are important! Not only can playing football, rugby or cricket help you to stay active, they are fantastic for your confidence. Luckily, Sheffield is full of green space for you and your friends to have a kick about.



Katie Mishner
Marketing Executive at
Sheffield Wednesday Football Club

**Hillsborough Park
& Walled Garden**





Cholera Monument Grounds

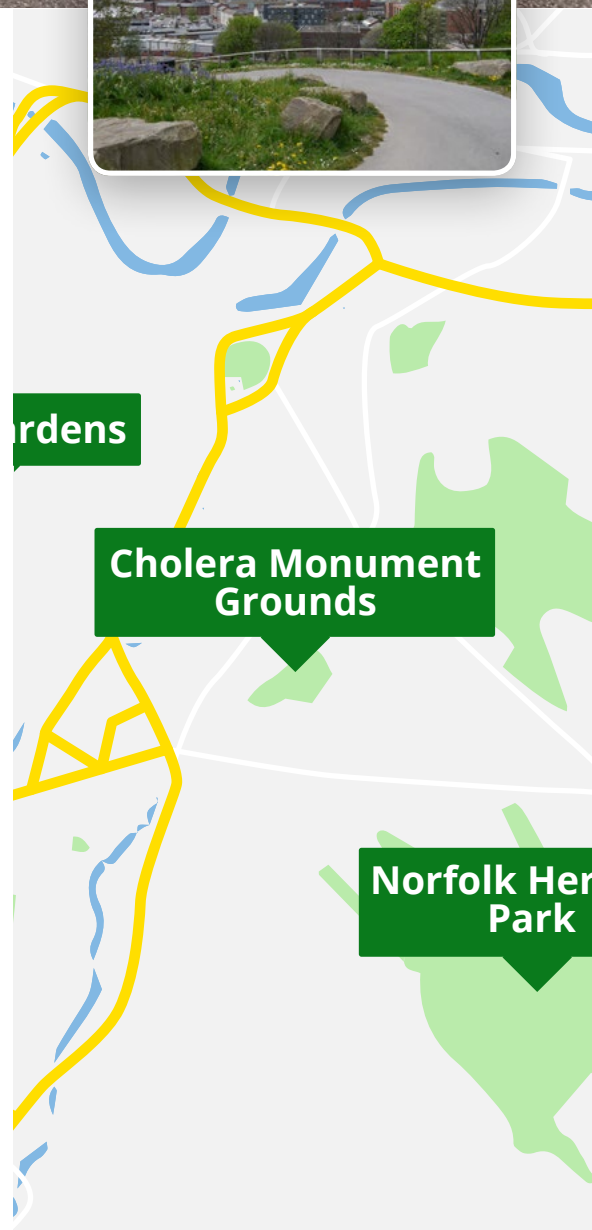
A solemn tribute to the victims who lost their lives to the cholera epidemic of 1832, Sheffield's Cholera Monument was completed in 1835. Designed by M. E. Hadfield, it sits with stunning views over Sheffield's skyline. The monument can be found nestled within accompanying gardens, which were landscaped around the monument around 30 years after its was built.

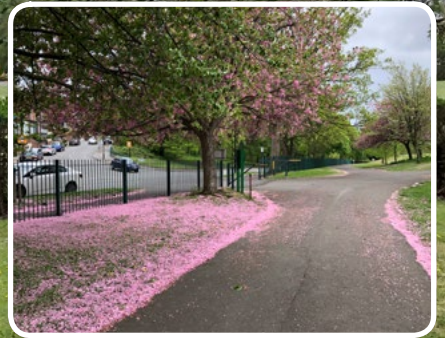
📍 Norfolk Road, Park Hill, S2

Walking gets your heart and lungs working well together. It lowers your blood pressure and helps keep your weight down, whilst walking outside in the fresh air is great for your mood - and of course walking is completely free!



Sue Lee
Sue Lee, Chair of
Step Out Sheffield





Firth Park

Coming in at an impressive 36 acres in size, Firth Park offers fantastic views over the city of Sheffield. Originally opened by the future King Edward VII in 1875, it remains the undoubted highlight of the Firth Park area. Facilities include a multi-use games area (cricket net, cycle parking, table tennis), plentiful seating, a youth shelter and picnic benches.

📍 Hucklow Road, Firth Park, S5

Sheffield is an incredible place to be based, whether you're a student or you aren't. We're really spoiled in terms of outdoor space and you'll never be short of new places to try as a platform for whatever exercise you want to do.

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Sean Potter
Head of Content at Evoluted





Concord Park

A little bit further out from Sheffield is Concord Park, which you can find if you head out past the Firth Park area of the city to the north. With its large, green open spaces and tree-lined paths, it makes a great place for a pleasant stroll, picnic or sports with the kids. There are also strong sports facilities including a bowling green, tennis courts, rugby fields, basketball courts and the neighbouring Concord Park Golf Club.

📍 Shiregreen Lane, Shiregreen, S5

Staying active is important for all sorts of reasons. It will keep you social, since activity can be a great way to get out and try something new. Sheffield is known as the city of sport and wherever you live, you're close by to an easy opportunity to get active.



Tim Hicks
Head of Health & Wellbeing





Rivelin Valley Park

More than earning its place as one of Sheffield's 13 city parks is Rivelin Valley. It excels with its natural beauty, largely thanks to the beautiful nature trail and woodlands that form an extended part of the grounds. If you make the trip, you'll be able to enjoy an abundance of walkways, stepping stones and waterfalls as you follow the riverside trail.

📍 Rivelin Valley Road, Rivelin, S6

We make a point of letting students know that they really ought to make trips out to see Sheffield's fantastic parks.

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Guy Ludlam
Owner at Gnome Student Homes

Rivelin Valley Park





“Regularly visiting parks and green spaces give the opportunity to escape the 9-5 culture of work, eat, sleep, repeat. They are places of adventure, inspiration and reflection. They are our Natural Health Service.”

Robert Horsley

Head of Operations at
Sheffield Mind

Why Did Sheffield Mind Want to Get Involved?

Sheffield Mind believe in the importance of a balance between physical and mental health, each benefitting the other to bring overall wellbeing. As the lungs of the city, Sheffield's parks and green spaces are a way everyone can find moments of peace, fun or relaxation that feed both our physical and emotional needs as well as the need to connect with the world around us.

About Sheffield Mind

Founded in 1978, Sheffield Mind are a registered charity that provides mental health services to people in Sheffield. We are a creative and forward-thinking organisation and we continue to build new and exciting partnerships to promote awareness and understanding of mental ill health.

We won't give up until everyone experiencing a mental health problem gets both support and respect. We would like to see parity for care for people with mental and physical illness and to de-stigmatise mental health conditions and prevent discrimination.

www.sheffieldmind.co.uk



"Spending time in green spaces is an easy way to reduce stress and help you to relax – it really is a walk in the park!"

Katie Mishner

Marketing Executive at Sheffield
Wednesday Football Club

Why Did Sheffield Wednesday Want to Get Involved?

Hillsborough Park is close to our heart (and close in proximity). Our fans walk through this park to get to the match, there's always children playing football in Wednesday kits and it's where we host our annual SWFC family event, Owls in the Park.

Parks are at the heart of local communities – we, as a football club, share this honour. With that, we feel it is our responsibility to be committed to the city and to shout about it as much as we can. Sheffield has a plethora of green spaces and football teams, and we're proud of it.

About Sheffield Wednesday

Founded in 1867, Sheffield Wednesday are one of the oldest football clubs in the world. We play our home games at Hillsborough Stadium, in front of the most devoted fans in the country.

Some of the most famous players to don our legendary shirt include Derek Dooley, David Hirst, Paulo Di Canio, Chris Waddle, John Sheridan, Nigel Worthington, Des Walker and Roland Nilsson.

www.swfc.co.uk



"Sheffield has such a diverse range of opportunities to get active indoors and outdoors. From the hundreds of parks and outdoor areas, to the Peak District and reservoirs, you can't go wrong."

Tim Hicks

Head of Health & Wellbeing
at SIV Sheffield

Why Did SIV Want to Get Involved?

Staying active is important for all sorts of reasons, with real and major physical and mental benefits. Just going for a brisk walk can be a great start and there are loads of great parks in Sheffield. The hills can be a pain but they're just helping you to get fitter!

Sheffield is known as the 'City of Sport' - and with all the athletes we've hosted, if the venue was a country; it would have finished 14th at the 2012 Olympic Games! Wherever you live, you're close by to an easy opportunity to get active and try something new.

About SIV

At SIV Sheffield, we believe in the benefit of being active and enjoying life. Since 1987, we've led the way with an unrivalled mix of sport, leisure and entertainment venues to become The Health and Wellbeing Charity.

With over 4 million visits every year across SIV venues, there is clearly a real demand for sport and physical activity in the Sheffield area.

www.siv.org.uk



“Walking gets you out of the house and into your local green spaces. It encourages you to meet new people and catch up with your old friends. Walking outside in the fresh air is also great for your mood.”

Sue Lee

Chair of Step Out Sheffield

Why Did Step Out Sheffield Want to Get Involved?

We promote walking as a means to improve the health of Sheffield residents. This guide helps show the wonderful scenery Sheffield has to offer.

As the largest entirely voluntary Ramblers Walking for Health Scheme organisation in the country, we're incredibly proud of Step Out Sheffield and we want to encourage people of all ages, ability and fitness levels to walk in the area.

About Step Out Sheffield

Step Out Sheffield is a completely voluntary group that organises walks at 29 different locations each week. We primarily use parks and green spaces for these walks, which are led by trained walk leaders. They make our work possible.

Walking for Health initially piloted a dozen schemes in 1999 and Sheffield was one of those. 20 years later, we are now the biggest volunteer-led Walking for Health group in the country.

www.walkingforhealth.org.uk/walkfinder/yorkshire-and-humber/sheffield-step-out-better-lifestyle



"I hope this guide will inspire people to use Sheffield's parks and discover just how beautiful and varied our city is in terms of its natural spaces."

Clare Kelly

Her on a Hill

Why Did Her on a Hill Want to Get involved?

Based in Sheffield, I find it really is the perfect city for walking with so many beautiful parks. We are so fortunate to be able to access green spaces so easily and enjoy the health benefits that walking brings.

I love walking and really appreciate the fact that Sheffield has such a variety of green spaces to enjoy. Even a short stroll can lift your mood and build your fitness. I really treasure our beautiful parks and encourage everybody to take some time out to experience a simple walk in the park.

About Her on a Hill

Her on a Hill was set up for women who love being outdoors and to encourage more women to give walking a go. You don't have to be super fit to join most of our events and we guarantee a welcoming and supportive environment.

We have a range of walking holidays, day walks, creative outdoor workshops and map reading courses on offer and welcome your suggestions for future events.

www.heronahill.com



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"I wanted to produce this guide to provide a great local resource for Sheffield locals, students and visitors alike. I hope it will help inspire people to take advantage of the great parks in the city and encourage a healthy lifestyle - both mentally and physically."

Sean Potter

Head of Content at Evoluted

Why Did Evoluted Want to Get Involved?

Sheffield is a fantastic city in so many ways, but its green spaces are undoubtedly one of its strongest assets. We wanted to produce a resource that would bring together a mix of great collaborators to inspire people to enjoy the parks in the city.

An active lifestyle is important physically and mentally and by taking advantage of Sheffield's fantastic parks, you can start to feel the benefits.

About Evoluted

We're an award-winning digital agency specialising in web development, digital marketing and digital design. Since 2006, we've been helping companies across the UK to grow.

Our professional and approachable staff genuinely care about the results we achieve and through honesty, transparency and outstanding implementation, we build long-term relationships founded on shared success.

www.evoluted.net



gnome student homes

"For the student houses directly off the very busy but cosmopolitan area of Ecclesall, The Botanical Gardens are nothing short of a hidden gem."

Guy Ludlam

Owner at Gnome Student Homes

Why Did Gnome Student Homes Want to Get Involved?

When showing our new potential students around a Gnome student home, we always make a point of referencing the great parks in the area.

We're pleased to have worked with Evoluted on the production of this great guide and we're confident it will provide a fantastic source of information for students looking to study in the city; as well as locals and other visitors.

About Evoluted

At Gnome Student Homes, we provide high-quality student accommodation, primarily in the Ecclesall Road area of Sheffield. We do things a little differently to other landlords; working hard to help our students find the place that really is best suited to them.

Our small team of friendly Sheffield folk includes Guy, who has been a private student landlord for 25 years. This means that you can trust that we know what we're doing. Check out our properties below!

www.gnomestudenthomes.co.uk

Credits

This guide was produced by Evoluted (www.evoluted.net) and Gnome Student Homes (www.gnomestudenthomes.co.uk).

All of the images were taken by Evoluted and the designs are our own. We encourage people to share this guide, but please credit Evoluted and Gnome Student Homes with a link if you do.

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