



5 Reasons to Get Active in Shroggs Park:

Boost Your Health – Moving outdoors improves both your physical fitness and mental wellbeing, even with just a short stroll.

Enjoy Nature – Fresh air, trees, and open spaces can reduce stress, lift your mood and improve your sleep.

It's Free and Flexible – Move in a way that suits you – walk, jog, wheel, play, or simply stretch.

Connect with Others – Parks are great for spending time with family, friends, or meeting new people.

Feel Energised – Just a little movement can give you more energy and leave you feeling more uplifted throughout your day.

Your park, your pace, your way – when we move, we're stronger.

How can you use your park to be active?

When we move, we're stronger

The parks green open spaces provide the ideal environment to be and stay physically active. For other opportunities to be active; visit www.active.calderdale.gov.uk

Help your friends and family

Moving makes us stronger. Sometimes a bit of encouragement is all we need. Share photos or stories of you being active at the Park, or better still invite your friends and family to join you! The more we move, the healthier, happier and more connected we'll all be.

Enjoy parkrun events in parks across Calderdale

Whether you're new to running or aiming for a personal best, there's a parkrun for you. Find your nearest event at parkrun.org.uk/events

To get the latest on other activities, events and everything else happening in Shroggs Park and across Calderdale, check out www.visitcalderdale.com

If you would like to provide feedback on your visit, please do so via the Customer First Team at Customer.first@calderdale.gov.uk or scan the QR code below for more options.



Calderdale
Council



Shroggs Park

Helping you to move more



When we move, we're stronger.



Key

- A** Accessible Entrance
- E** Entrance
- NB** Noticeboard
- B** Benches
- PB** Picnic Benches
- Mile Marker (2.5 laps = 1 mile)
- X Start / Finish
- Play Markings
- Path
- Woodland Path
By Foot Only
- Rough Terrain Path



Shroggs Road

Wheatley Road

Lee Mount Road

Lee Mount Road

St George's Road

Places of Interest

- 1** Play Area
- 2** Infant Play Area
- 3** Football Pitch
- 4** Skate Ramps
- 5** Football & Basketball Courts
- 6** Football Pitch
- 7** Monument (Listed)
- 8** Original Pond Footprint (Listed)
- 9** Maze

P Limited On Street Parking Available
(near Wheatley Road & Lee Mount Road.
Please be considerate of local residents)

 Visit www.wymetro.com for bus routes

