



SHEFFIELD

53.3811° N
1.4701° W

HOLIDAY REPS

Cardio King in the North

Sheffield is the Outdoor City, playing host to Britain's best adventurous athletic pursuits. Local trainer Adam Taylor gives you the lay of the land



YOUR REP
Adam Taylor owns Taylored Personal Training, specialising in run coaching. taylored-personal-training.co.uk

01___ The Trail to Blaze

One of my favourite runs takes you through Endcliffe Park, up Porter Valley and into the Peak District. For urban running, head into Sheaf Valley Park for loads of steps and superb views. endcliffepark.co.uk

02___ The Shot in the Arm

Bragazzis is a small coffee shop on Abbeydale Road near the antiques quarter. It has the best pre-adventure fuel in the city: go for the unique Bragazzi coffee blend. bragazzis.co.uk

03___ The Cardio Crash

Jump in the saddle and head to Parkwood Springs for fast trails with views of the city and the Peak District. The Lady Canning's trail is further out, but worth it for twisty routes to test your teklers. ridesheffield.org.uk

04___ The Green Energy

Down Sharrow Vale Road is Pom Kitchen, a vegan café by Endcliffe Park – perfect for a post-run refuel. Try the banh mi bagel of mushroom pâté, pickles, smoked tofu, spring onions and chilli jam. pomkitchen.co.uk

05___ The Level-Up

Climbing Works is the first bouldering-only national centre certified by the British Mountaineering Council. In its humble opinion, it offers the world's best indoor bouldering, with top facilities. climbingworks.com

06___ The Liquid Refreshment

The best place to sample a proper northern pint is the Broadfield pub on Abbeydale Road. It serves local ales and updates its pies each day on the menu. You've earned it. thebroadfield.co.uk

07___ The Thoroughly Well-Earned Rest

To stay central, try Queen Stay Apartments. If its eccentric decor or city hubbub puts you off, escape to the luxury, ivy-clad mansion Whitley Hall Hotel. britainsfinest.co.uk