



# Meanwood Valley Blooming Trail

A circular through Meanwood Valley, the Urban Farm and Sugarwell Hill Park. Expect gorgeous views, blooms, woodlands and more!

**Distance** 5.7 kilometers / 3.5 miles

**Duration** 1 hour and 40 minutes



Wildlife



Public transport



Picnic spot



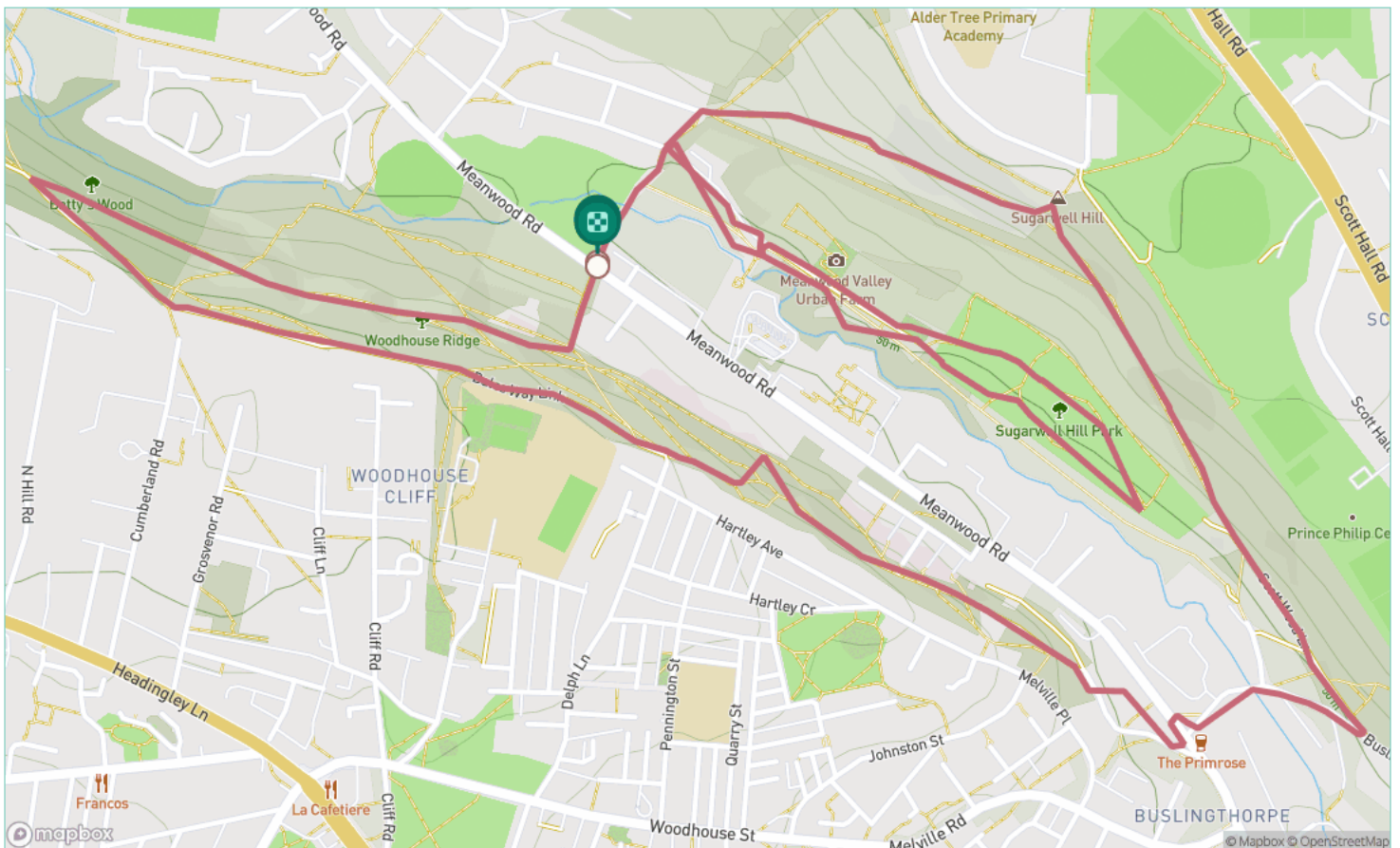
Hilly & steep



Dog friendly

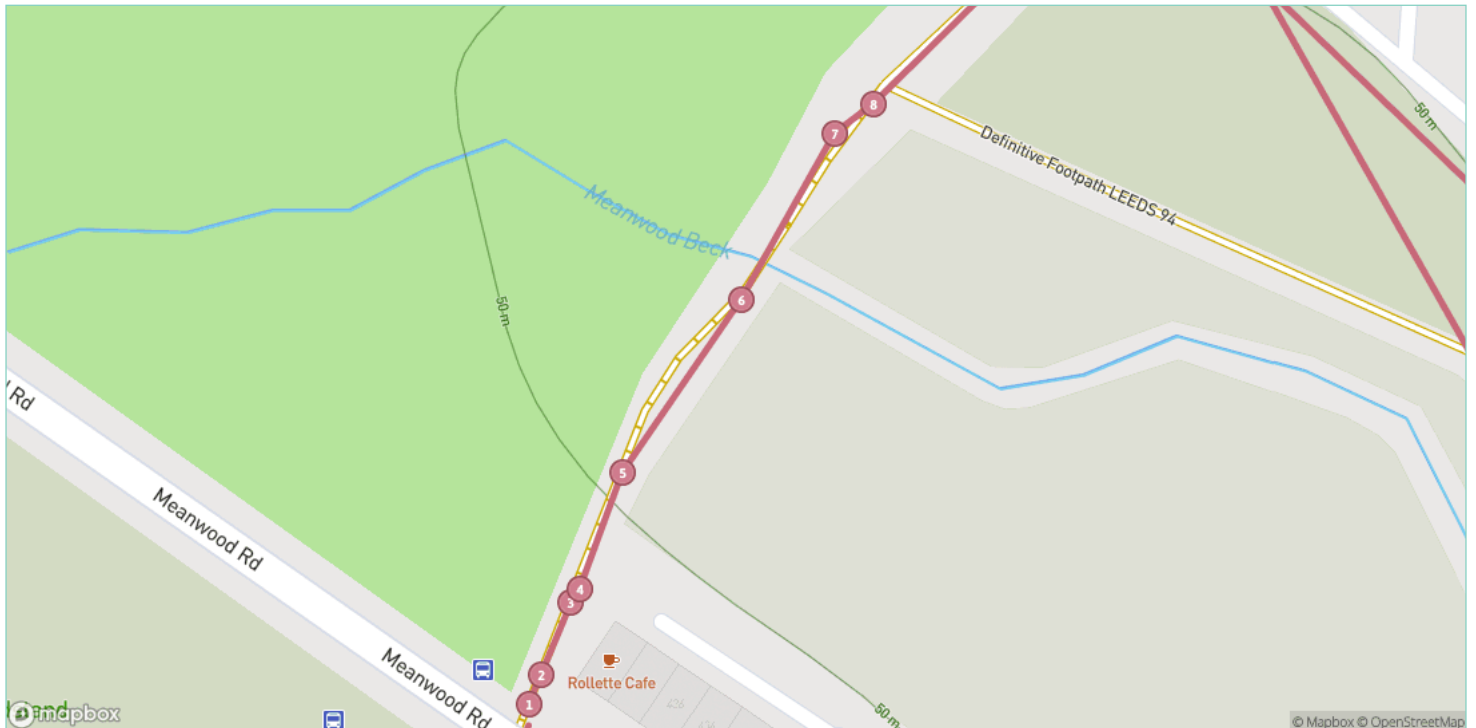


Botanics



Disclaimer: Directions are provided as guidance only. Weather, construction, closures or other factors may affect routes. Please take care when crossing roads and avoid private land. Always follow local signage and use common sense.

Created by Go Jauntly Ltd © 2026. Last Updated: 02 April 2026.



**Step 1:** Welcome to the Big Blooming Walks. We've teamed up with the National Trust to bring you a series of special spring walks celebrating the most beautiful time of year. Get ready to stop and smell the blooms! Let's go.

**Step 2:** The walk starts at the side of the Rollette Cafe on Meanwood Road (LS7 2LP). The nearest bus stop is Ridge Grove (Bus 38 & 39).

**Step 3:** Follow the path away from Meanwood Rd. What nature can you spot? Perhaps you'll be greeted by some beautiful crows too.

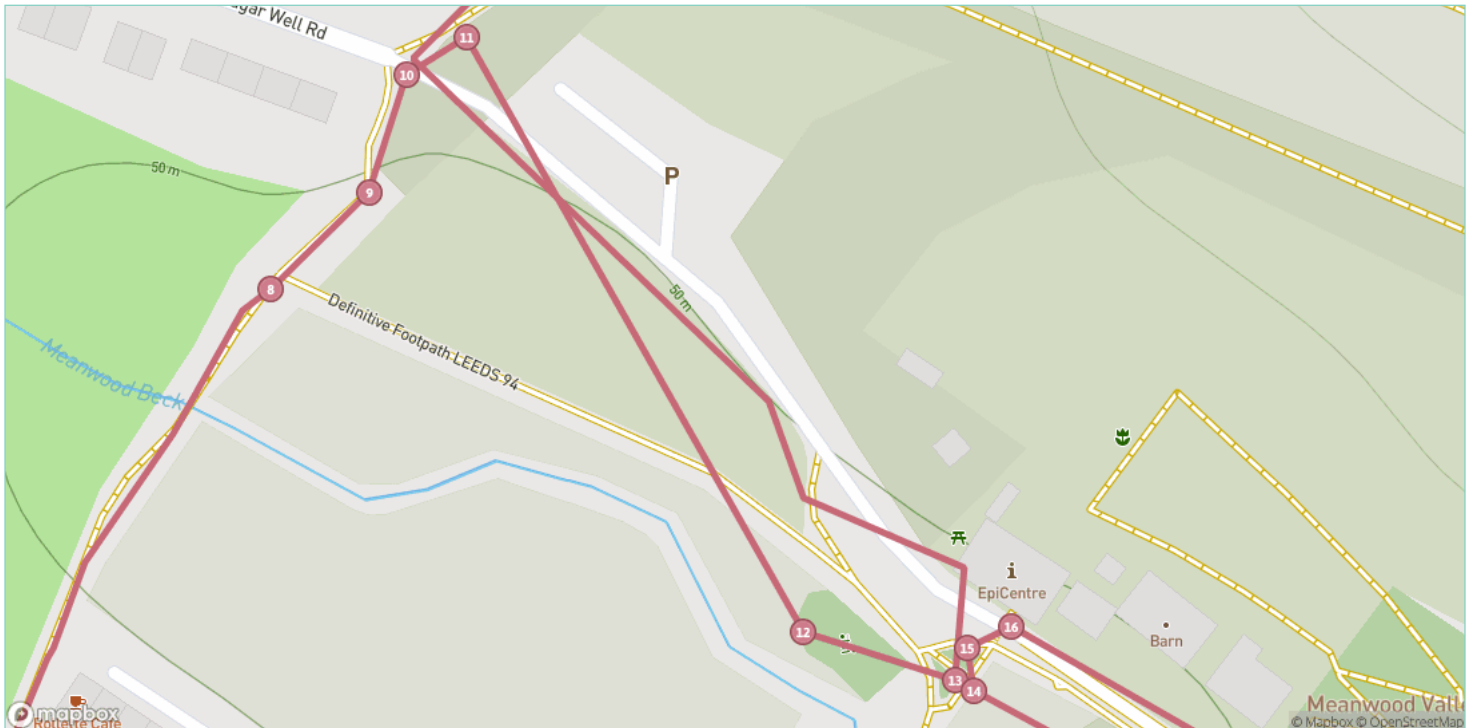
**Step 4:** Follow the curved path leading you away from the road.

**Step 5:** Keep an eye on the hedgerows for flowers and bugs. They're a haven for all kinds of wildlife.

**Step 6:** Carry on through the barriers to continue along the path.

**Step 7:** Can you spot any dandelions popping up on your visit. You might also spot cats-ear flatweed that looks a bit like a dandelion.

**Step 8:** Continue along the path to the left and up the slope.



**Step 9:** Take the ramp or the steps to the next barrier and pass through.

**Step 10:** To your right, you'll see Meanwood Valley Urban Farm, a working city farm established in 1980 to reconnect urban people with their food.

**Step 11:** Turn right and make your way down the path into Meanwood Valley Farm.

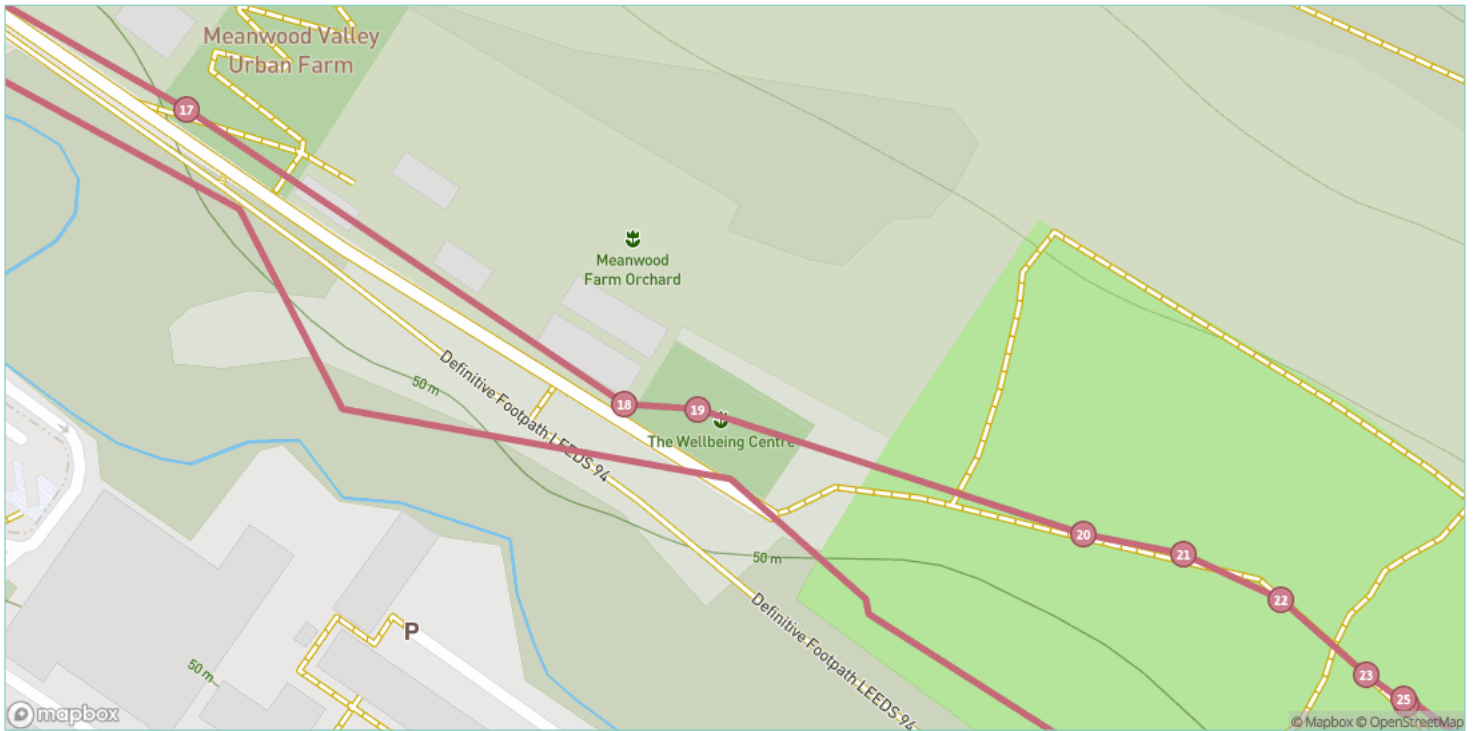
**Step 12:** Follow the path to your right down towards the play area. From here you can visit the cafe and toilets if you need a pitstop.

**Step 13:** Take a look for some of the lovely artworks that are dotted around the farm.

**Step 14:** The wooden sculptures are part of a sculpture trail by local carver Shane Green. You can get a trail guide at the farm shop.

**Step 15:** Head up the steps, or back on yourself up the ramp to walk back onto the path leading towards the farm.

**Step 16:** Next we are heading towards Sugarwell Hill Park. Continue along the path.



**Step 17:** Meanwood Valley Urban Farm is a natural oasis and gives you opportunity to meet alpacas, sheep and goats as well as smaller animals.

**Step 18:** The site has historical significance as a former market garden dating back to the 13th century. It's nice to see growing continuing here.

**Step 19:** Take notice of their beautifully planted raised beds as you continue along the path.

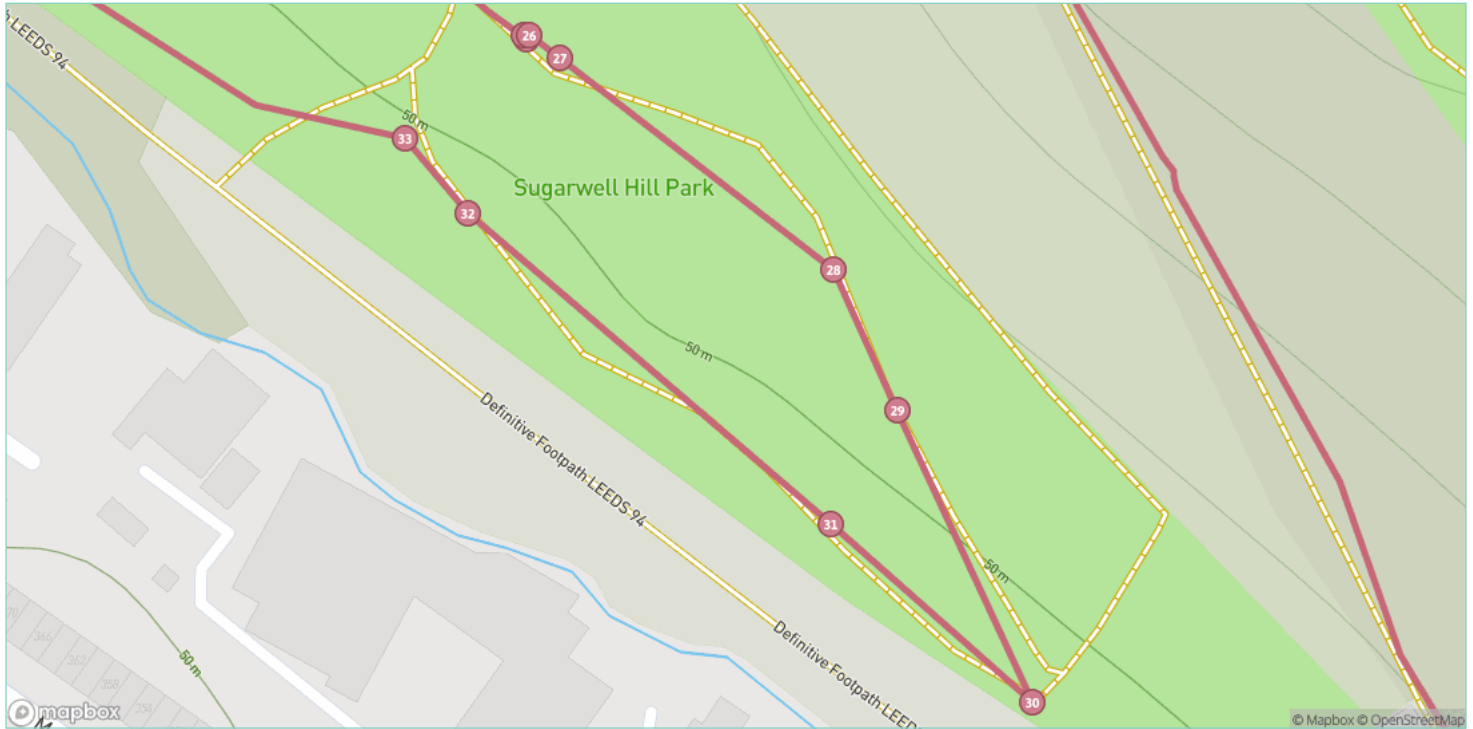
**Step 20:** Make your way towards the park where the path changes from tarmac to grass.

**Step 21:** Follow the path (and the red arrow way markers) as we explore Sugarwell Hill Park.

**Step 22:** Look out for plant identification markers so you can see which trees and plants you come across.

**Step 23:** There are familiar plants and trees you might see around town, to some really unusual ones like the spiky Monkey Puzzle tree.

**Step 24:** The Monkey Puzzle tree is an amazing tree. It dates back to the Jurassic era and can live to over 1000 years!!



**Step 25:** They can grow up to 40-50m tall!

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**Step 26:** This tree comes from Australia and is also from the Jurassic period. It's called *Wollemia Nobilis*. They were only discovered in 1994!

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**Step 27:** Continue along the pathway.

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**Step 28:** It feels like another world when you think you were on Meanwood Road just a short while ago. Listen to the birds in the trees.

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**Step 29:** You'll spot some of the amazing carved sculptures that are part of the trail. Some with incredible shapes and interesting features.

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**Step 30:** Make a sharp right turn here. You'll see that you're quite high up and can look down on the rooftops below.

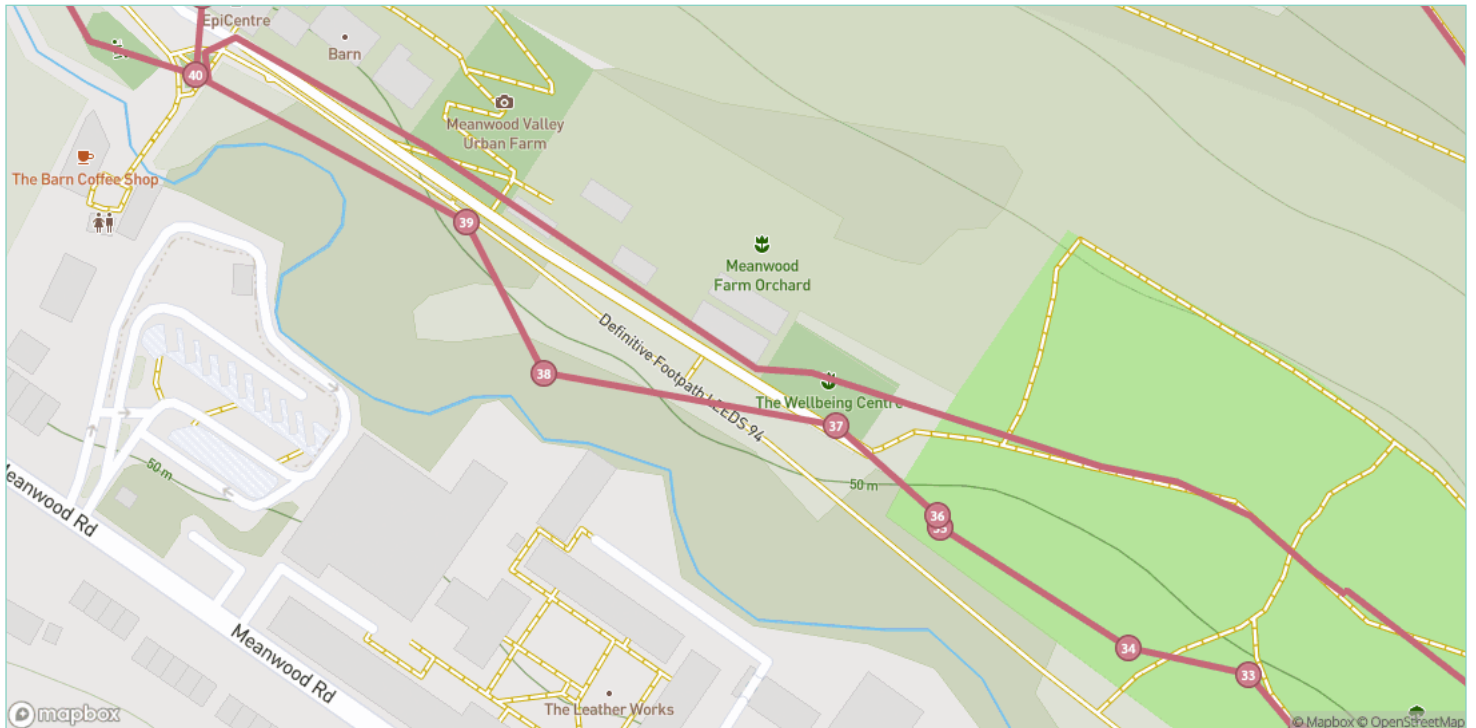
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**Step 31:** The new saplings were planted in the meadow in 2026 by the volunteers from the Sugarwell Hill Gang.

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**Step 32:** As you follow the path, you'll see more of the lovely sculptures sitting alongside the plants and path.

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**Step 33:** Continue along the path around the trees.

**Step 34:** They have an impressive bug hotel. It provides shelter, nesting and hibernation spots for insects and protects them from birds.

**Step 35:** Follow the curved path back up to the farm.

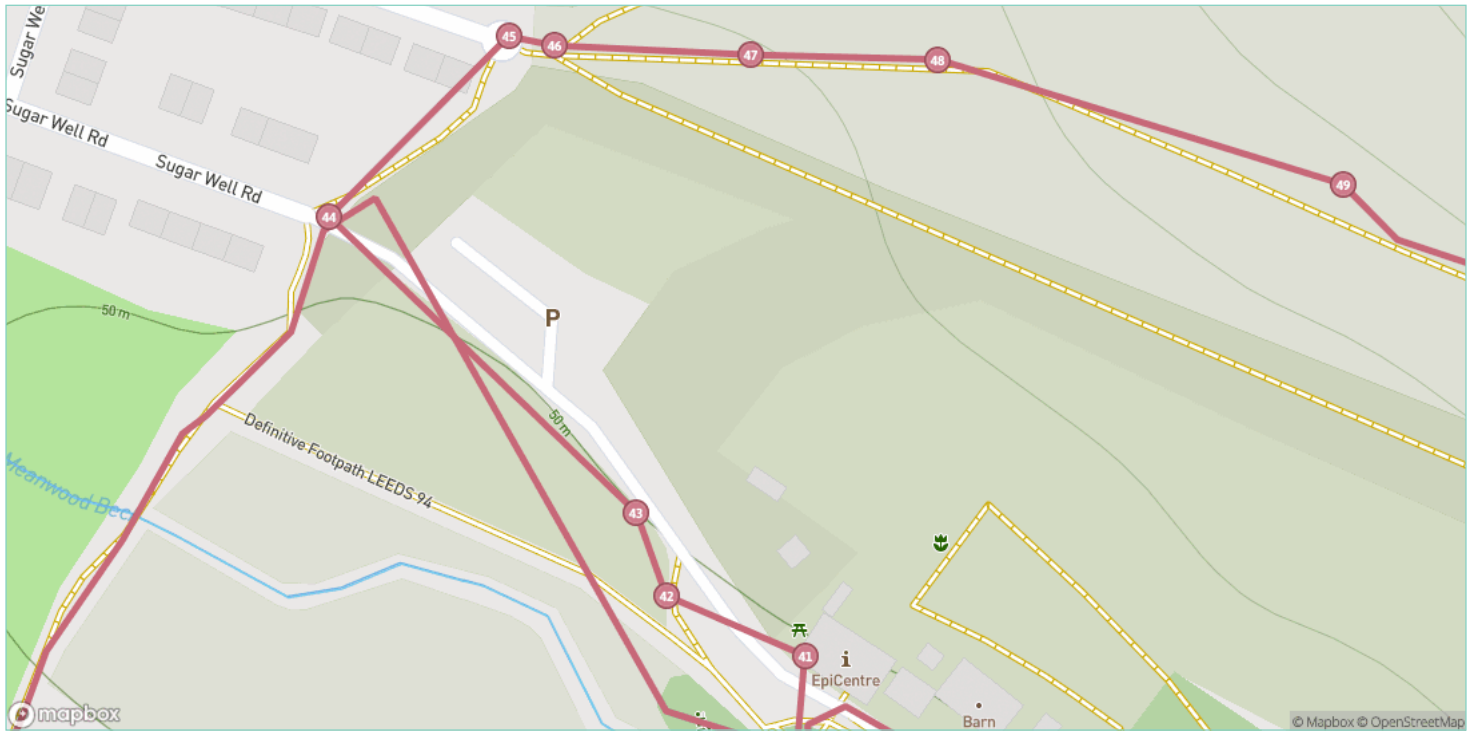
**Step 36:** See whether you can spot any unusual of different plants growing along the way. This is a Grape Hyacinth which flowers in mid-spring.

**Step 37:** Follow the path beside the silver birch trees with their lovely white bark.

**Step 38:** Continue towards the farm buildings again, retracing the route you followed on the way in.

**Step 39:** Look around you to see the lovely planting in the farm and gardens.

**Step 40:** Down the hill, you can visit the cafe, toilets, picnic area and playground if you have time to stop.



**Step 41:** Look out for this robot chap in the window of the wellbeing centre while you make your way back to the main path.

**Step 42:** And say hello to the alpacas as you make your way out.

**Step 43:** Continue along the path by the alpaca field to head back onto the Meanwood Valley path.

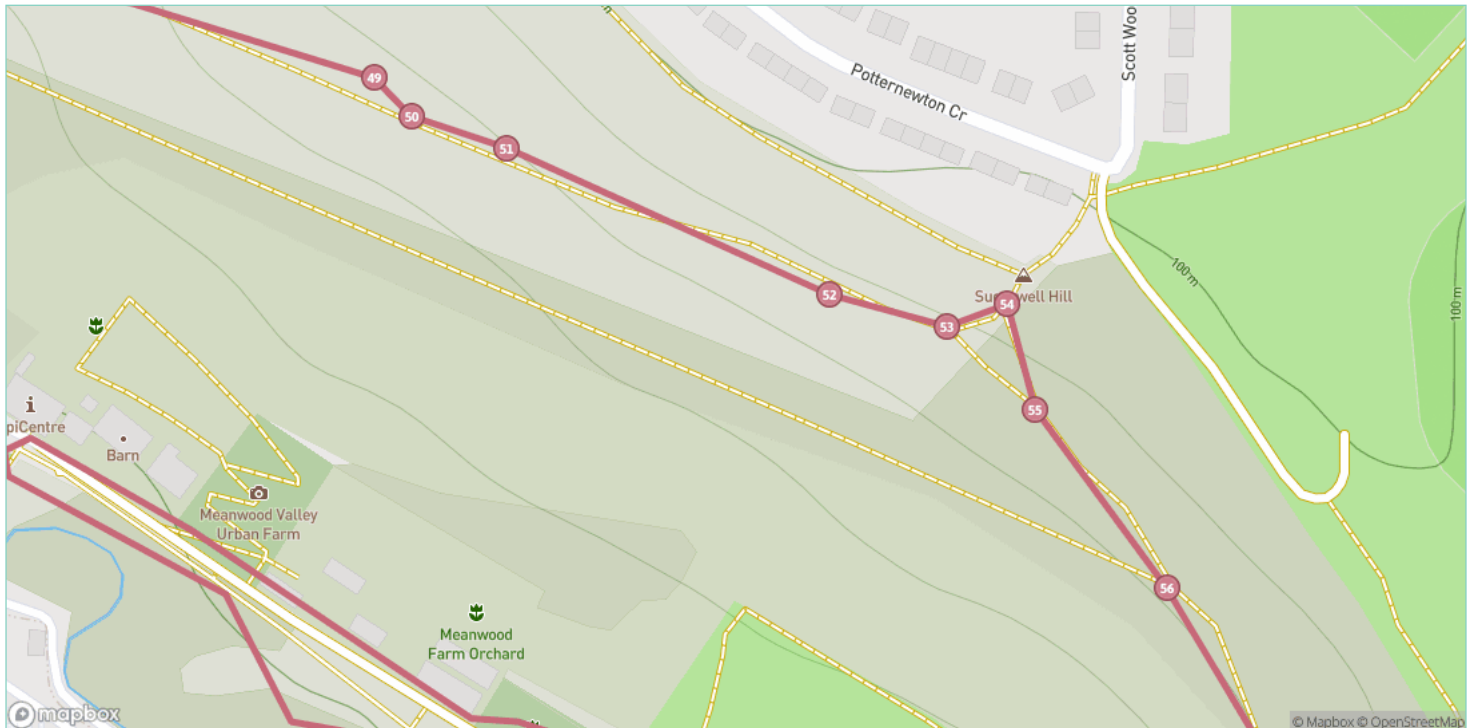
**Step 44:** Turn right at the farm exit and follow the path up the slope.

**Step 45:** Make your way through the barrier and onto the soil path.

**Step 46:** Follow the path up the hill.

**Step 47:** Look out for signs of the changing seasons. The catkins were starting to bud when we visited in March.

**Step 48:** The blossom from the Hawthorn created a mist on the hedgerows too.



**Step 49:** Take a moment to tune into the sights and sounds. Birds calling, tree branches moving and creaking and the wind rustling through the leaves.

**Step 50:** You can use all your senses while you wander your way along the path.

**Step 51:** What can you see coming to life? Can you spot some brambles? Maybe their spiky branches are leaning over the path.

**Step 52:** Continue uphill.

**Step 53:** Take the path to the left at the fork and continue along the trail.

**Step 54:** With the trees starting to grow their leaves, you can see how different the trail will become at different times of year.

**Step 55:** Continue wandering along the path.

**Step 56:** If you look closely at the moss growing on the rocks and trees, you'll see they look like micro forests.



**Step 57:** Look to the side and you'll be able to see down onto the houses below.

**Step 58:** There are lots of different plants along the path. See whether you can spot any. This is Cleavers which has the common name Sticky Willy. 😊

**Step 59:** Ivy makes its way into all kinds of places along the trail. Sometimes on the ground and often climbing up trees.

**Step 60:** Stinging nettles are common in woodland and along paths. Be careful not to touch them as they sting. Hence the name!

**Step 61:** This is the Garlic Mustard plant. It has a garlic scent and small white, four-pearled flowers.

**Step 62:** This is the Lesser Calendine which has glossy heart-shaped leaves and bright yellow flowers with glossy petals.

**Step 63:** Continue along the path and see what other flowers and plants you can spot? Do you see some ivy, nettles or yellow flowers?

**Step 64:** Continue along the path beneath the canopy from the trees.



**Step 65:** Hawthorn shrubs are often found in woodland and along the side of roads. They are thorny but have dainty white flowers in the spring.

**Step 66:** Watch out for the spiky leaves of the holly. It loves to grow in woodland and has brilliant red berries in winter.

**Step 67:** Continue along the path. Do you recognise any of the buildings in the distance?

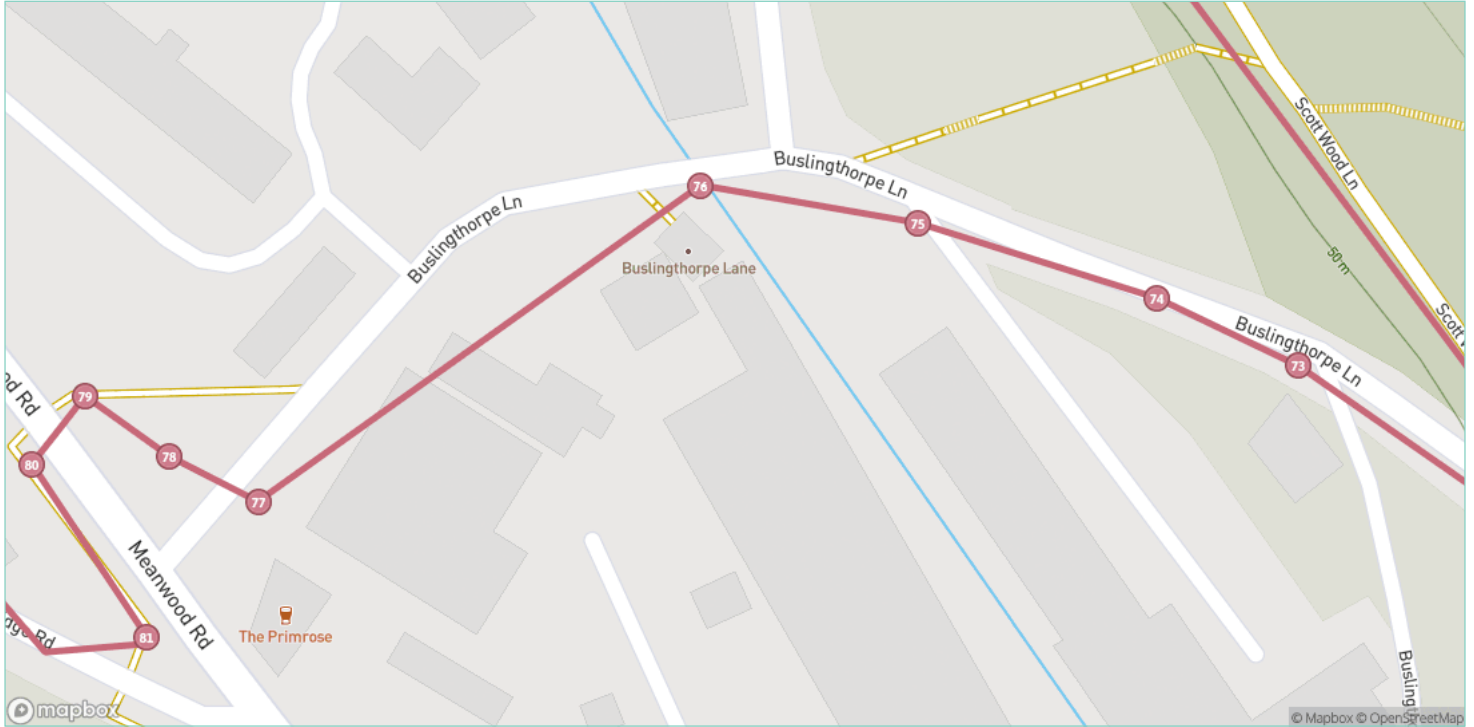
**Step 68:** Walk down the slope to take the path to the left at the bottom.

**Step 69:** Take the left path. Be careful of your footing as the cobbles can be uneven and slippery in wet weather.

**Step 70:** Follow the cobbles path until you get to the road.

**Step 71:** Carefully cross over Buslingthorpe Lane to the pavement on the other side.

**Step 72:** Turn to your right and follow the pavement with the graffiti and street art on your left.



**Step 73:** Look out for more blossom! 🌸

**Step 74:** On your way down, you'll spot the big shiny leaves of the Laurel. It offers great shelter for birds.

**Step 75:** Follow the road down past the Make and Believe mural by Ellie Heywood.

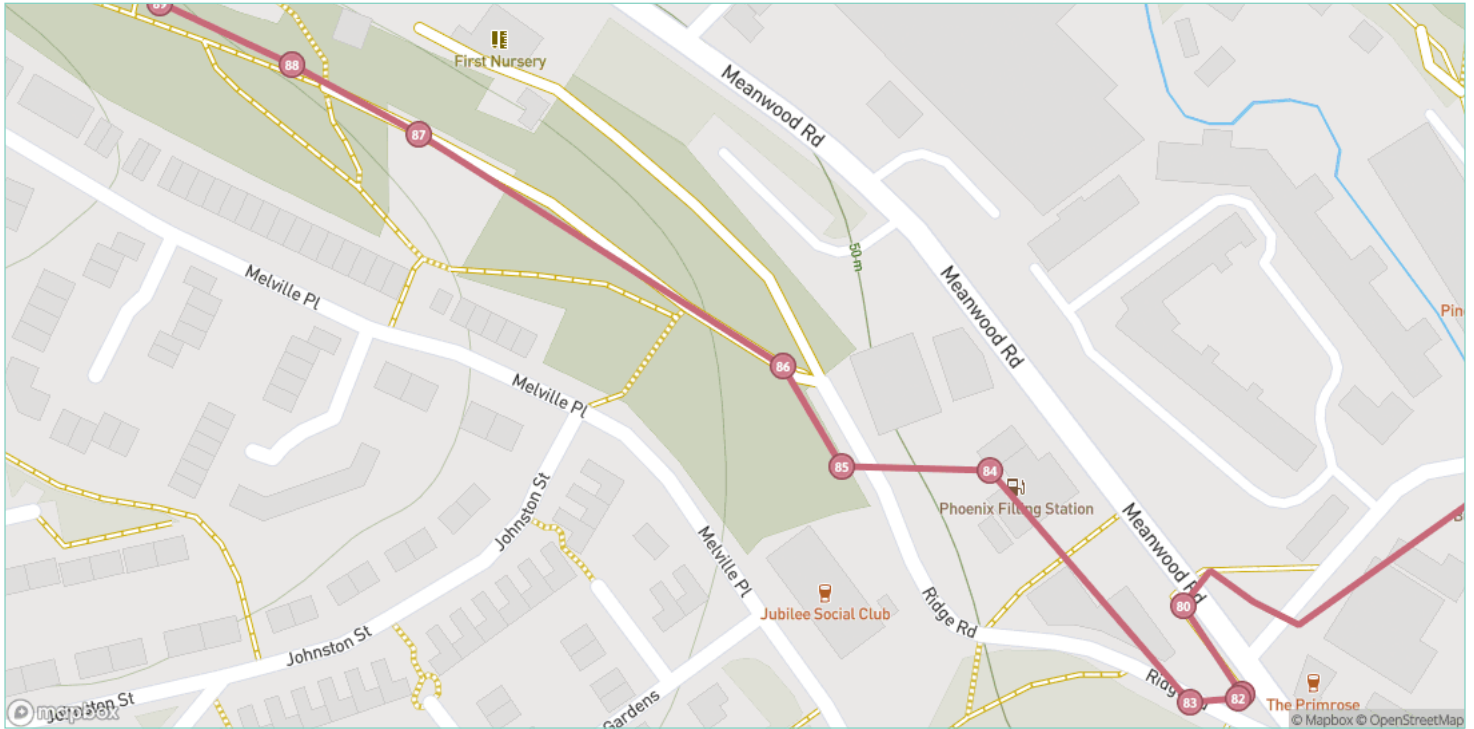
**Step 76:** Listen out for the sound of the rushing water from Meanwood Beck making its way between the mills and warehouses.

**Step 77:** At the end of the road, carefully cross over Buslingthorpe Lane to make your way to the pelican crossing.

**Step 78:** Follow the pavement to the crossing.

**Step 79:** Cross over Meanwood Road at the pelican crossing.

**Step 80:** Turn left and follow the pavement to the end of the blue railings.



**Step 81:** Turn to your right onto Ridge Road and immediately cross at the dropped kerb.

**Step 82:** Cross Ridge Road at the dropped kerb.

**Step 83:** Turn to your right and follow the pavement along Ridge Road by the side of the grassy hill.

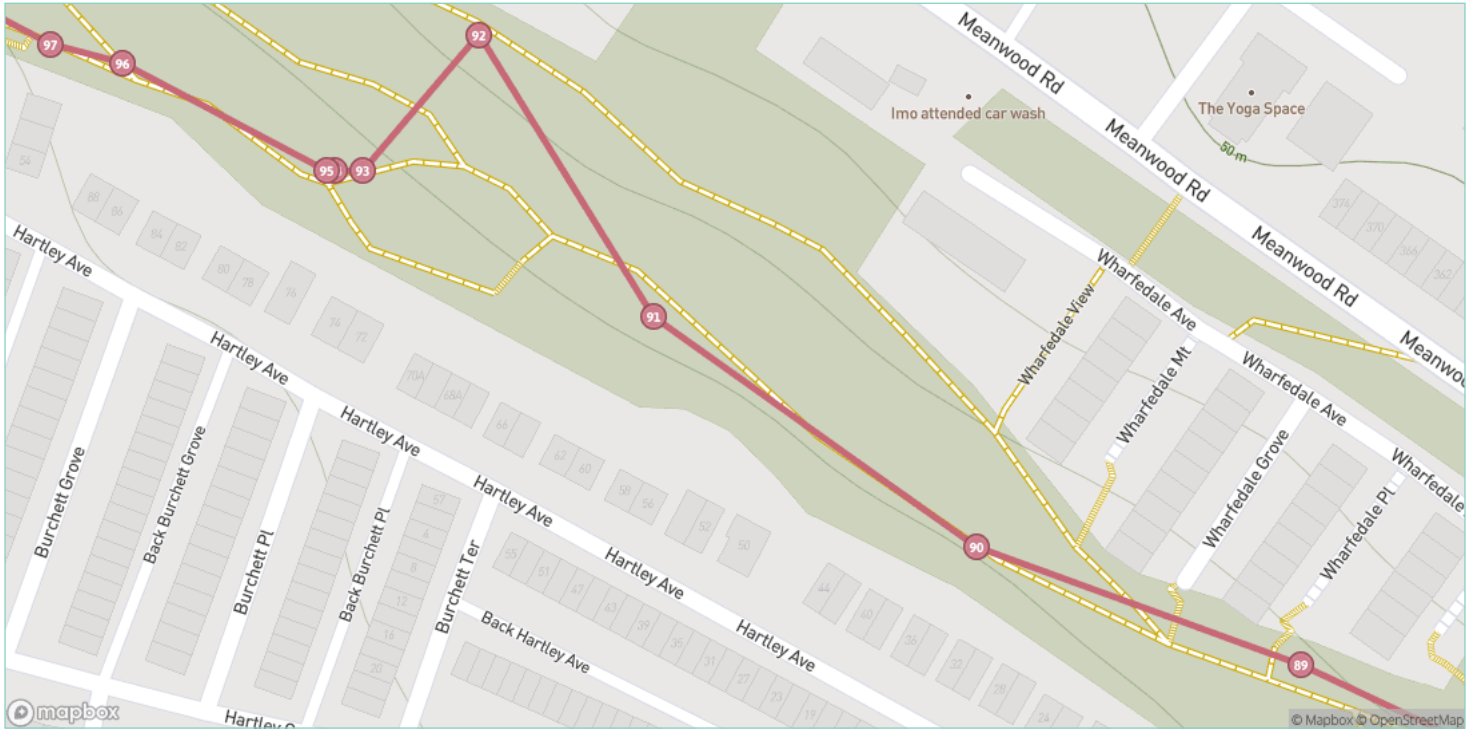
**Step 84:** You might need to step onto the road here, so be careful of any cars coming behind you.

**Step 85:** Take the path up the hill towards the barrier. We are making our way to Woodhouse Ridge through the woods.

**Step 86:** Remember to look down to see what is growing beneath your feet. This is Cow Parsley and will grow some heads of white flowers in summer.

**Step 87:** Among the natural woodland plants, the local residents have planted some spring bulbs to brighten up the path.

**Step 88:** Follow the path above the houses.



**Step 89:** Amazing that people could build houses on such a slope!

**Step 96:** See if you can spot the street art and graffiti as you go.

**Step 90:** Continue along the path between the trees.

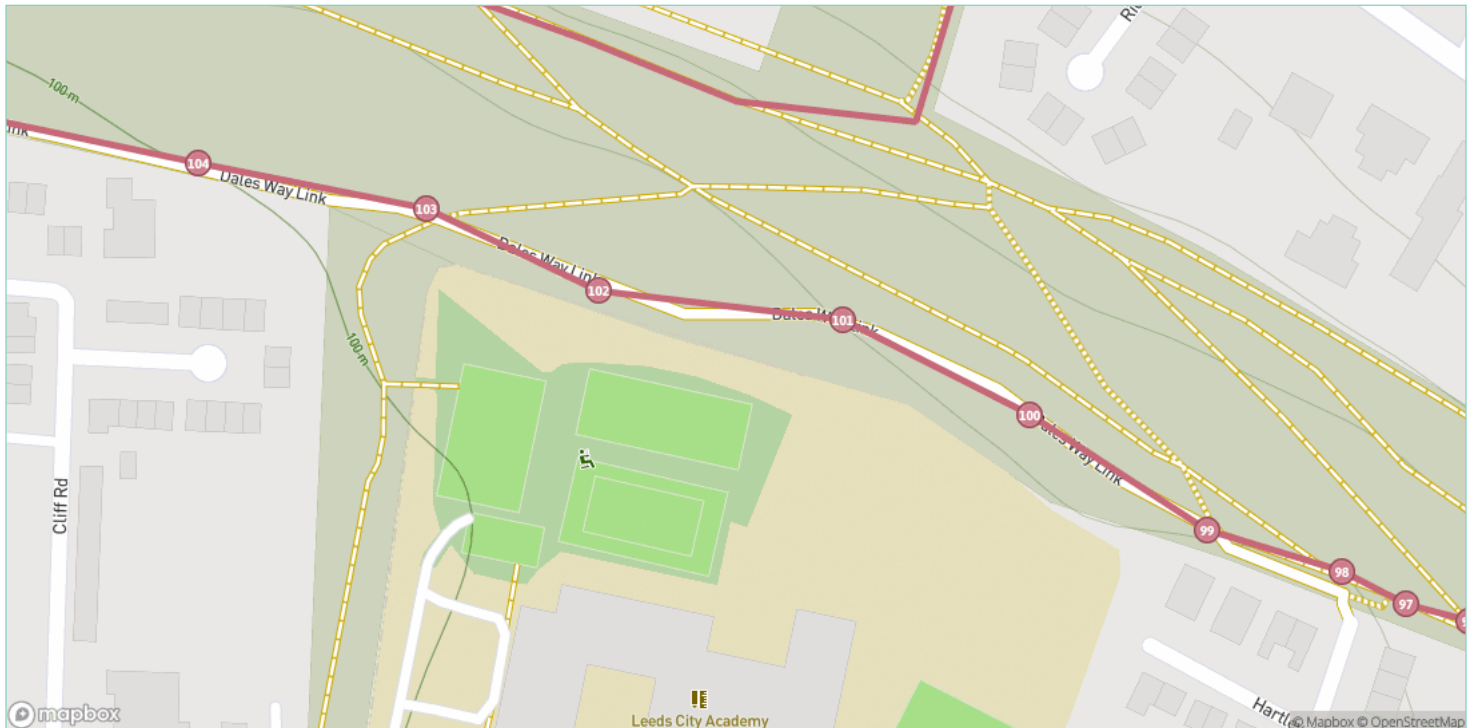
**Step 91:** There are plenty of benches to take a seat and enjoy the sounds of the wood and take the weight off your feet for a while.

**Step 92:** You might spot some ferns or their curled up fronds (new leaves curled up like a snail) as you walk along.

**Step 93:** There is a beautiful mural showing the animals you can find in the woods. It's by local muralist Jayde Bell also known as Eye Violet.

**Step 94:** Can you spot the bear on the old tree stump?

**Step 95:** Continue along the winding path.



**Step 97:** The wall has been so beautifully decorated with artwork which brightens up the more urban areas.

**Step 98:** These are the flowers of the wildflower flowering currant. The berries are loved by birds so you will often see them coming to feed.

**Step 99:** Continue along the path. Do you fancy listening to a blossom meditation? If yes, tap the 'Read More' button. 

### Take a breather in blossom

Take a seat on a bench or sit on the grass and enjoy a little breather amidst the blossom. Grab your headphones and try this short guided 5 minute blossom meditation.

If you've never tried meditation before, this is the perfect way to start. Adding just 5 minutes of mindfulness to your day can help slow things down and boost your mood.

### Blossom Meditation

<https://www.youtube.com/watch?feature=shared&v=fKmb7a4YNEU>

**Step 100:** Stop along the way to feel and explore the textures of the bark of the trees. Each one is unique and has so many unusual patterns.

**Step 101:** If you bend down to take a photo, you can get a very different view of the woodland. These Viola look so much bigger from down here.

**Step 102:** Woodhouse Ridge was a Victorian public park from 1879. This is why you will find Rhododendrons in the woods. They were once formal gardens.

**Step 103:** Continue along the path to meander next to the wall.

**Step 104:** See how many different kinds and colours of moss you can spot in this particularly shady part of the walk.



**Step 105:** Carry on along the route of the Meanwood Valley Trail.

**Step 106:** This is a carved memorial of Claudio Stahl, a well loved Leeds musician who died in 2021. It even includes a portrait of his cat.

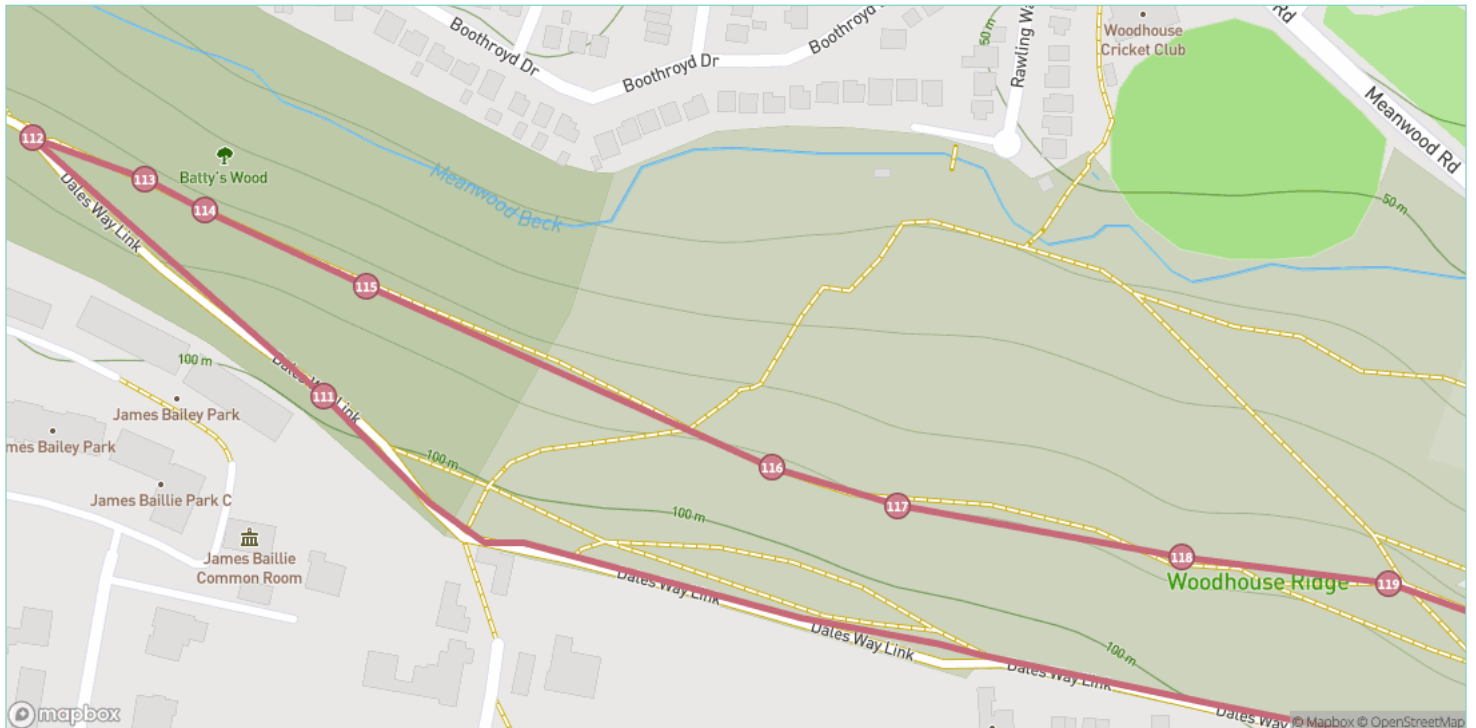
**Step 107:** Look out for cheeky squirrels enjoying the food from the trees and watching you wander.

**Step 108:** Follow the path beneath the house with the bay window.

**Step 109:** Imagine being able to look out into the woods from your home.

**Step 110:** Carry on along the path.

**Step 111:** In spring the woods will begin to smell like garlic from the carpet of wild garlic plants. They have pretty white flowers as well.



**Step 112:** At the end of the hill, turn to your right to take the path taking you down the hill. It runs beneath the path you just left.

**Step 113:** This hilly bank will become blush with bluebells in the spring.

**Step 114:** Continue along the path beneath the branches high in the sky.

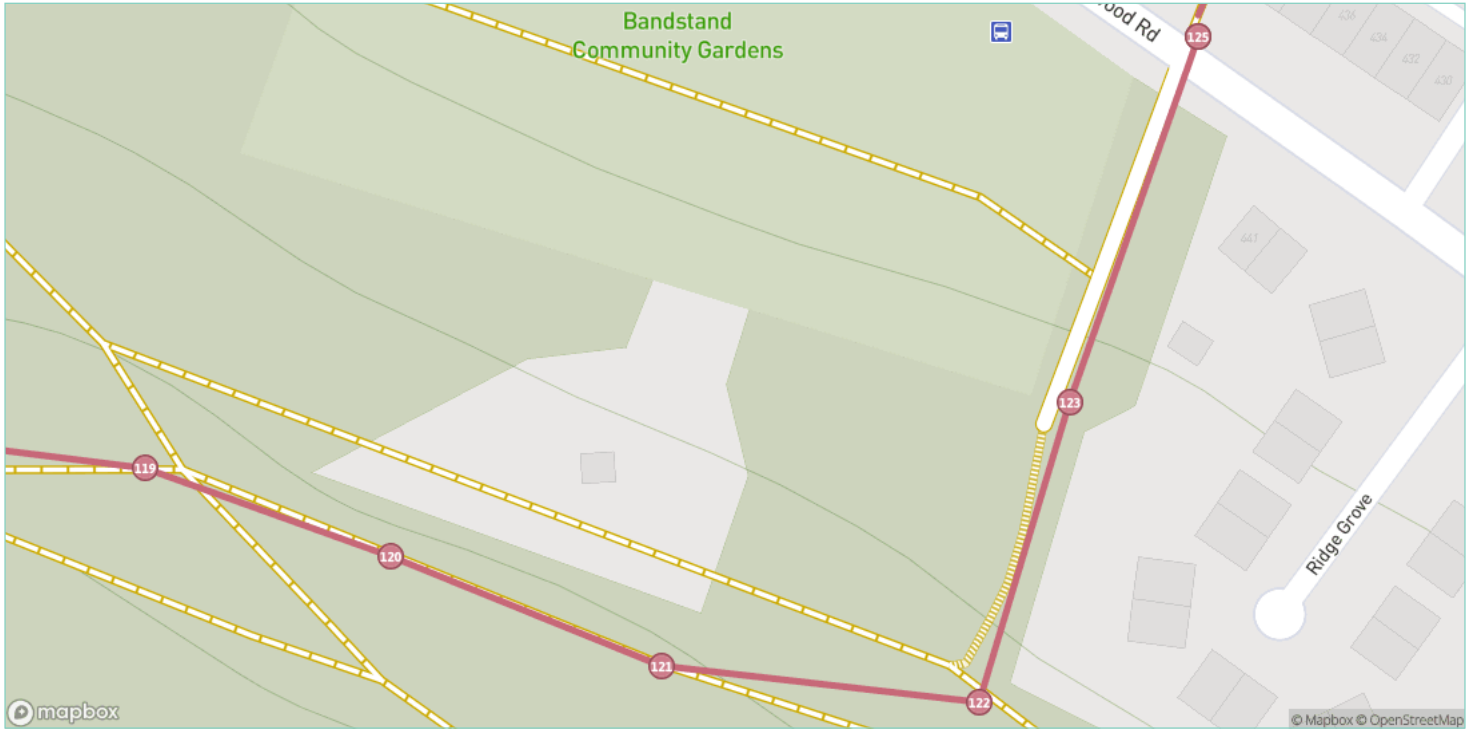
**Step 115:** Look out for more Rhododendrons. If you visit in summer you will see them flowing in their beautiful pinks, whites and yellows.

**Step 116:** Carry on along the path.

**Step 117:** Look out for toadstools and fungus growing on the trunks of fallen trees. They have so many different shapes, colours and textures.

**Step 118:** Follow the path down the hill. Keep left at the fork.

**Step 119:** Be sure to stop and read the information signs to learn more about the original designs of the park.



**Step 120:** Look down toward the base of the old Victorian bandstand. It would have been a central point to events in the Victorian times.

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**Step 121:** Follow along the path.

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**Step 122:** Take the stairs to your left and made your way down to the path at the bottom.

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**Step 123:** Head down the slope along the side of the houses towards Meanwood Road.

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**Step 124:** Cross back over towards Cafe Rolette and you have finished your walk around Sugarwell Hill, Meanwood Valley and Meanwell Ridge.

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**Step 125:** We hope you enjoyed this walk about Meanwood Valley. You can discover more walks in-app anytime and if you enjoyed this walk, why not share it with family or friends? Just tap the 3 dots to get the link. 🌸

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