

Down Grange 2km Trail

Walk, jog or run this varied 2km route around Down Grange Sports Complex.

This way-marked route can be used for training purposes or simply as a relaxing leisure activity. It is suitable for beginners and athletes alike and is a fun way to maintain or improve your fitness levels.

Why not walk your dog, push your buggy or let your children lead you around the trail. You may even like to test yourself to see how quickly you can complete the course!

Marker posts will guide you around the 2km route.

Have fun!



Walking is not without risk so please be mindful of the current weather conditions, the terrain underfoot and of falling deadwood on windy days.