



Weetwood

— HALL ESTATE —

SLEEP • TRAIN • WIN

The perfect location for performance camps, overnight stays and pre-match meals.



HOTEL, SPORTS & TRAINING FACILITIES

Weetwood Hall Estate is the only venue in Leeds where you can train, stay, dine and park all on one site which makes us the perfect location for performance camps, overnight stays and pre-match meals.

We have a proven track record of hosting professional teams from many different sports including Rugby League, Rugby Union, International & County Cricket, competitive Cycling and Football.

The Estate is regularly chosen by top teams and sports governing bodies for overnight stays or pre-match meals.

LOCATION

Situated on the A6120 Outer Ring Road just 4 miles from Leeds City Centre, Weetwood Hall is easily accessible with excellent motorway links, the estate is also just 4 miles from Leeds Bradford Airport should you wish to fly into Leeds.

Many of the main sports venues in the area are within close proximity to the hotel:

- Headingley Stadium (for Rugby & Cricket) – 1.9 miles
- Elland Road (Leeds United) – 6 miles
- Valley Parade Bradford (Bradford City) – 9 miles
- The Edge (University of Leeds Sports, Fitness and Wellbeing Centre) – 3 miles
- The Brownlee Centre and Cycle Circuit (half a mile)

THE HOTEL

The four star hotel is situated within 9 acres of woodland and gardens, built around a 17th century Jacobean Manor House.

The facilities below will help you unwind and enjoy a great night's sleep following your training session or help prepare for your match.

- Twin bedded rooms with two double beds and air conditioning
- Double rooms for single occupancy
- Complimentary room upgrade for Team Manager or Coach
- Bespoke menus to suit your requirements or supply your own menus
- Private dining room for breakfast, lunch, pre-match meals and dinner
- Meeting rooms for team briefings
- Sky Sports throughout the hotel
- Free Wi-Fi throughout the hotel
- Free onsite coach parking







OUTDOOR TRAINING FACILITIES

On the estate site are the University of Leeds training facilities at Sports Park Weetwood and adjacent are Bodington Playing Fields. We work closely with the University to offer you a range of facilities to meet your needs for training or playing.

Sports Park Weetwood (accessible via the hotel car park) has a portfolio of high class facilities that include the following:

- County standard cricket pitch – including a high class training facility endorsed by Yorkshire County Cricket Club and the ECB
- FIFA quality and World 22, DESSO 3G Rubber Crumb Pitch
- Two LANO International Standard Water Based Hockey Pitches
- Two LANO 5 aside sand dressed MUGA courts – suitable for 5 aside football and tennis
- Premier Grade Rugby Pitch, recognised regionally and nationally for its quality
- Two Premier Grade Football Pitches, recognised regionally and nationally for their quality
- Premier Grade Grass Lacrosse Pitch

Renovated in 2017, Bodington Playing fields now hosts a 1.6km cycle circuit and The Brownlee Centre. The Cycle circuit is a fantastic, traffic free tarmac circuit that allows a safe training environment, or a space for recreational cycling.

Road bikes and adapted bikes for people with disabilities are available for use on the circuit.

The facility also includes 11 Premier Grade Grass Pitches – all equipped with the industry leading goals for lacrosse, football and rugby.

COOKRIDGE HALL GOLF CLUB

For those wishing to relax and enjoy a round of golf, we can arrange for you to play at the nearby Cookridge Hall - an 18 hole championship golf course with a floodlit driving range.





State of
the art gym
designed by
sports
professionals
for sports
professionals

HOTEL SPORTS GYM

We are delighted to announce the opening of a new onsite gym, fully air conditioned and designed by sports professionals. The gym can be hired privately for your training sessions and is ideal when working in small groups.

The following equipment has been installed:

- Three Concept2 Rowing Machines
- Two Wattbikes
- One Airbike
- Two Standard Running Machines
- Free weights section
- Kettlebells
- Dumbbells
- Punch Bag
- Chest Fly Machine

In addition, we also have two Physio Rooms equipped with hydraulic beds available to use.

Pool sessions can also be arranged locally (short drive away) for small group work.

AlterG ANTI-GRAVITY TREADMILL

Developed with NASA technology to aid rehabilitation following an injury or surgery, the AlterG is also used for effective athletic body conditioning and performance enhancement.

DEFY GRAVITY

The device is created for precise partial weight bearing exercise ideal for:

- Minimising stress related and recurring injuries
- Reduced impact training and athletic injuries
- Strength and conditioning
- Post-surgical rehabilitation
- Weight control and reduction

Here at Weetwood Hall, the AlterG is situated within the Sports Complex in a private self-contained room also equipped with hydraulic physiotherapy bed, we work closely with highly reputable Physiotherapists from local professional sports teams that can offer you a complete package by tailoring programmes and training sessions to your needs.

Alternatively, if you are a Physiotherapist, you can hire the AlterG for 30 minute sessions for your patients, the device is ideal for:

- Athletes including: Rugby, Football, Cricket, Cycling, Swimming, Tennis and many more
- Dancers including: Ballet and Contemporary
- Patients recovering from spinal injuries and other surgeries



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Proud to gift aid profits to the University of Leeds