

ACTIVE TRAFFORD GREENSPACE

# TRAFFORD'S WOODLANDS AND PARKS AT YOUR FEET

GET THE WALKING BUG



Printed September 2015

**redroseforest**





# GET OUT AND ABOUT IN TRAFFORD'S GREAT OUTDOORS

## EXPLORE AND DISCOVER TRAFFORD'S TREES AND WOODLANDS

Walking is one of the best ways to get active and improve your physical and mental wellbeing.

It's been shown to reduce the risk of long-term illnesses such as heart disease, type 2 diabetes and even some cancers. So ditch the treadmill and step outside if you really want to enjoy the benefits.

Across Trafford there's a wealth of parks, trees, woodlands and countryside that's just waiting to be explored. Whatever your age or fitness ability, walking offers a great way to discover local gems such as Sale Water Park, Urmston Meadows and Wellacre Country Park. These beautiful places provide a perfect escape from the pressures of modern city life.

Join Red Rose Forest and a range of other groups in Trafford to discover the woodlands and parks at your feet.

## DID YOU KNOW...

- Walking is amazing exercise for our health and wellbeing
- Every step uses around 200 muscles
- Just one mile can burn up to 100 calories
- 30 minutes of walking 5 days a week can help with weight loss and improve your health
- A pair of comfortable shoes or trainers is all you need to get started

# WALKING IN TRAFFORD

## Red Rose Forest Walks (various lengths, FREE)

Red Rose Forest offers a range of themed walking events across Trafford. The walks are designed to help people explore the great outdoors. For more information contact **Janie** on **0161 8721660** or visit [www.redroseforest.co.uk](http://www.redroseforest.co.uk).



## Trafford Community Leisure Trust Health Walks (60 minutes, FREE)

Health walks are short organised walks led by a trained local volunteer.



### Monday

Worthington Park, 11.00am. Meeting Point: Bowls pavilion (Broad Road entrance)

### Tuesday

Altrincham Leisure Centre, 10:00am. Meeting Point: Leisure centre reception

### Wednesday

Trafford Centre, 9.45am. Meeting Point: Customer Service desk on ground floor

### Thursday

John Leigh Park, 11.00am. Meeting Point: Main entrance on Oldfield Road. **NB first and third Thursday of the month only**

### Friday

Davyhulme Park, 10.00am. Meeting Point: Urmston Library. **NB second and last Friday of month the only**

### Sunday

Longford Park, 10.30am. Meeting Point: main entrance on Edge Lane, junction with Cromwell Road. **NB last Sunday of the month only**



## TRY SOMETHING NEW

### NORDIC WALKS

Nordic walking is a whole body exercise that's easy on the joints and suitable for people of all ages and fitness levels. The technique uses specially designed walking poles and burns more calories than normal walking. Nordic walks are organised by Trafford Community Leisure Trust and cost £5 for the first session (including a lesson) and £1.50 thereafter. Equipment is provided by the instructor.

#### Tuesday

- Davyhulme Millennium Nature Reserve, 11.00am. Meeting Point: Nature reserve car park, Eddisbury Avenue.

#### Friday

- Stretford Leisure Centre, 9.30am. Meeting Point: Leisure Centre reception, Chester Road.
- Sale Water Park, 12.15pm. Meeting Point: Mersey Valley Visitor Centre, Rifle Road

### SATURDAY STROLLERS (4-5 MILES)

These fortnightly walks follow circular routes and are organised by the Ramblers Trafford Group. All walks start at 11:00am and are local to the Trafford area. Non-members are welcome but regular walkers will be asked to join the Ramblers. For more information visit [www.ramblers-trafford.co.uk](http://www.ramblers-trafford.co.uk).

### WALK AND TALK GROUP (2-3MILES)

A local walk around Flixton, Davyhulme and Urmston which offers pleasant surroundings and the opportunity to meet new people. Meeting Point: Delamere Toy Library, Irlam Road, 9.30am on alternate Thursdays. For more information contact **Carol** on **0161 755 3803**.

## SPECIAL INTEREST WALKS

### DEMENTIA FRIENDLY WALK AND TALK (FREE)

A friendly walk and talk group for people with dementia and their carers. The walks are organised by the Alzheimer's Society and Red Rose Forest. Please contact the **Alzheimer's Society** on **0161 962 4769** to book prior to the walk.



#### Tuesday

- Worthington Park, 10.30-12 noon. Meeting Point: Worthington Park, Broad Road entrance.







## OTHER WALKING OPPORTUNITIES

### PARTINGTON WALKERS (6-7 MILES)

Walks for all ages within an hour's drive of Trafford. Minibus transport available at a cost of £4 per person, but booking essential. Suitable clothing, footwear and a packed lunch needed. Meeting Point: Partington Community Centre, 9.00am on the third Sunday of the month. For more information contact **Brian** or **Mary** on **07973688859** or email [partingtonwalker@hotmail.co.uk](mailto:partingtonwalker@hotmail.co.uk)

### RAMBLERS TRAFFORD GROUP (7-12 MILES)

The Ramblers offer a wide range of walks and help to monitor and maintain Public Rights of Way throughout the year. Popular walking locations include the Peak District, Derbyshire, North Wales and Staffordshire. Annual membership to the national charity £34. However membership not restricted to one group. Concessions available. For more information visit [www.ramblers-trafford.co.uk](http://www.ramblers-trafford.co.uk).



### TRAFFORD WALKERS (8-12 MILES)

Trafford Walkers offer weekend walks on alternate Saturdays and Sundays within 40 miles of Manchester. The group also venture further afield and organises four couch trips a year. Regular walks are divided into two categories based on pace and distance. Meeting Point: Lacy Street Car Park, Stretford unless otherwise stated. A car sharing programme is available Annual membership £12. For more information contact **Mike Graves** on **0161 865 5252** or visit [www.traffordwalkers.org.uk/walks](http://www.traffordwalkers.org.uk/walks).

### SOUTH MANCHESTER LONG DISTANCE WALKERS ASSOCIATION (20 MILES)

A varied programme of long distance walks in south Manchester, mid-east Cheshire and the Peak District. Regular walkers will be asked to join the LDWA. Annual membership £13. For more information visit [www.ldwa.org.uk/SouthManchester](http://www.ldwa.org.uk/SouthManchester).





## USEFUL LINKS

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
[www.nhs.uk/Livewell/getting-started-guides](http://www.nhs.uk/Livewell/getting-started-guides)  
[www.tfgm.com/walking](http://www.tfgm.com/walking)  
[www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder)  
[www.walkit.com](http://www.walkit.com)

For more information contact **Red Rose Forest**: email [janie@redroseforest.co.uk](mailto:janie@redroseforest.co.uk). Follow on Twitter [@walkingtrafford](https://twitter.com/walkingtrafford)

## ABOUT THIS GUIDE

This walking booklet has been produced as part of Red Rose Forest's Active Trafford Greenspace and Heritage Trees projects. Active Trafford Greenspace is funded by Transport for Greater Manchester with support from Trafford Sport and Physical Activity Partnership and Trafford Countryside Management Partnership. The Heritage Trees project is funded by the Heritage Lottery Fund



**redroseforest**



**WWW.HERITAGETREES.ORG.UK**  
RED ROSE FOREST TEAM, 6 KANSAS AVENUE, SALFORD, M50 2GL  
TEL: 0161 872 1660 EMAIL: [HERITAGETREES@REDROSEFOREST.CO.UK](mailto:HERITAGETREES@REDROSEFOREST.CO.UK)

