



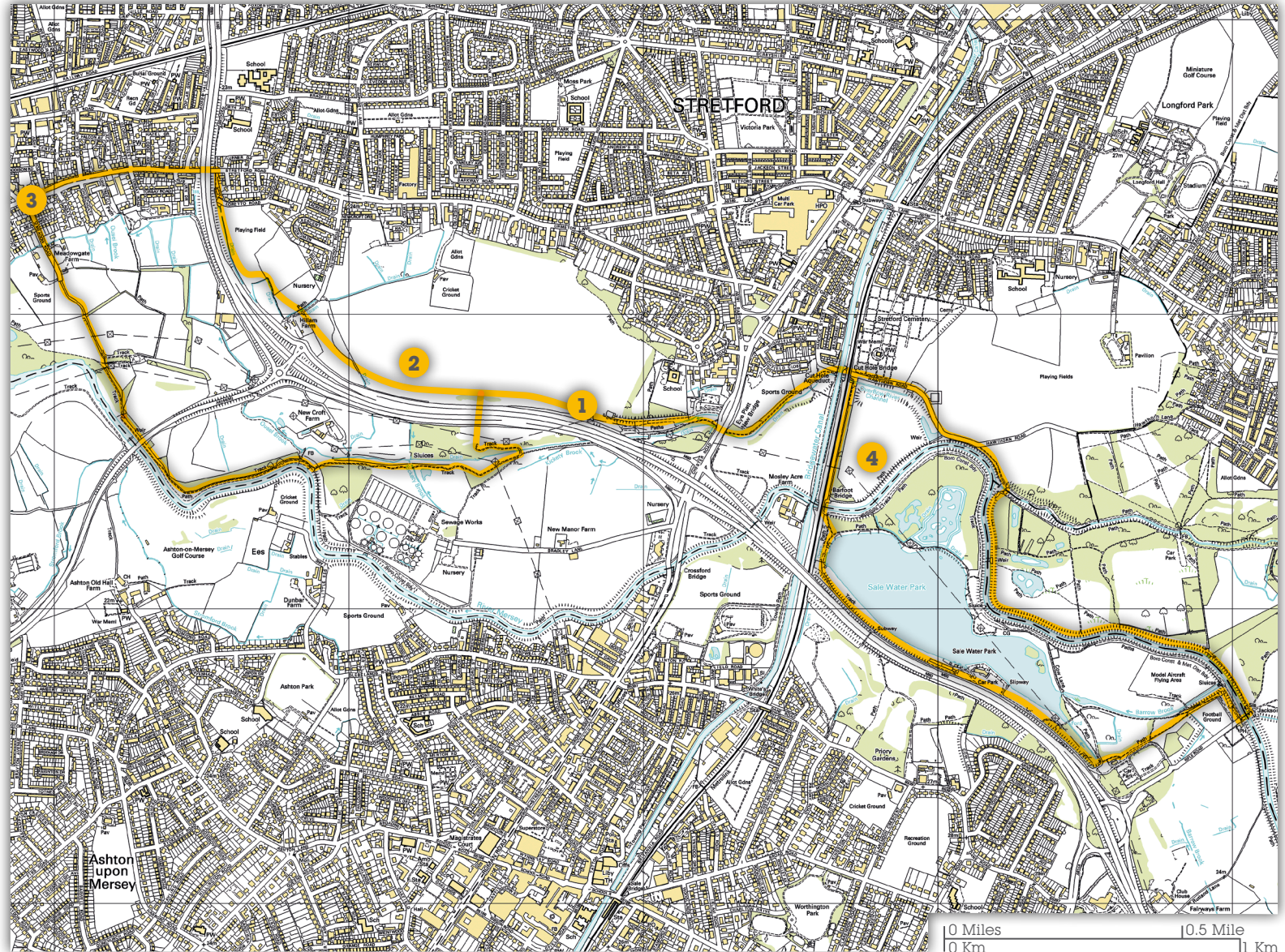
# TRANS PENNINE TRAIL TREK

 Distance: 7.6 miles / 12 km  Allow 3.5 hours

## ACTIVE TRAFFORD GREENSPACE

This walk is one of ten exciting routes designed to help you explore some of Trafford's most beautiful countryside and parks on foot.

Trafford supports a diverse range of open spaces from the historic Longford Park, to visitor attractions such as Sale Water Park and Dunham Massey. Recreational routes, such as the Trans Pennine Trail and Bridgewater Way, pass through the borough's heart, linking local communities and visitors to the Mersey Valley and beyond.



## WALK DESCRIPTION

This route takes people on a journey from Sale Water Park to Urmston and back. The route follows the northern bank of the River Mersey and joins the Trans Pennine Trail (west), towards the A56 and beyond to Stretford Meadows. From here, walkers will pass a smallholding and travel down a narrow alley to join Stretford Road and Meadow Road. Walkers should continue past the riding stables and the Millennium Footbridge to return via the Trans Pennine Trail (east). The final leg bears right under the arches of the Bridgewater Way, offering excellent views of Stetford Ees and Sale Water Park.

## ACCESSIBILITY

Large sections of the Trans Pennine Trail are surfaced. Other paths may become muddy after rainfall.

Suitable for off-road cyclists. Limited access for wheelchairs and prams.

## TOILETS

None.

## START POINTS

**Sale Water Park**, M33 2LX (recommended)

**Jacksons Boat**, M33 2LX

## TRANSPORT LINKS

**Metrolink**: Sale Water Park

## POINTS OF INTEREST

**1 Trans Pennine Trail:** The Trail's journey through Trafford stretches 11 miles from Heatley to Chorlton Brook car park. Visit [www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk) for a more detailed description of the Sale Water Park to Urmston

Eight walk and other routes across the borough.

**2 Stretford Meadows:** The meadow supports marsh orchids and offers a wide range of paths waiting to be explored. Goldfinches, meadow pipits and buzzards can regularly be seen.

**3 The Lord Nelson:** Built in 1805, the building originally functioned as a Court House and had an underground tunnel which connected it to the judge's residence, Trafalgar House (opposite). It later became a coaching inn which provided stables at the rear of the building and permitted bear-baiting at the front.

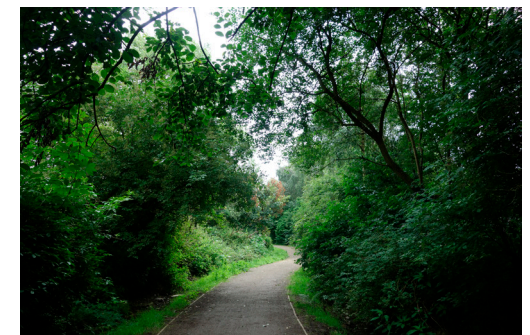
**4 Stretford Ees:** Old flood meadows such as Stretford Ees are found along the river. Farmers once flooded these areas to fertilise the soil in spring and encourage the first 'flush' of new grass.



Stretford Meadows



The Lord Nelson



Trans Pennine Trail