

Trans Pennine Trail[®]



Trail Trips for the West



Liverpool



Manchester



Sefton/West Lincs



Stockport

Lymm to Ashton upon Mersey and return - 17 miles (27.4km)

Suitable for walkers and cyclists. Families can shorten the route accordingly. Use TPT Map 1 West: Irish Sea - Yorkshire.

Start the route at the Ranger Service Information Centre and from the car park turn right and proceed towards Altrincham. Head out towards Heatley and Dunham Massey (National Trust). Once underway there are some fairly short stretches which are broken by crossing points where you should proceed straight ahead. Soon, you'll be heading out into the countryside and towards Dunham Massey!



Dunham Massey Hall - National Trust

Follow the Trail around Altrincham and then you will leave the off-road section of the Trail for a short while. Cross the road onto Dairyhouse Lane (the road section is very well sign posted), where you will eventually turn left into Sinderland Road. Continue until you turn right when you see the sign taking you into Woodcote Road. Keep straight forward past the equestrian feeds establishment through to the next off road section where you will now pass through Dainewell Woods.

Follow the way signs carefully at this point and eventually you will reach the end of the route at the A6144 near to Ashton upon Mersey. If you turn right onto the main road at the hairpin you can continue into Ashton. Alternatively the Trans Pennine Trail continues at this point on through Stretford, the Sale Water Park and Chorlton Water Park Local Nature Reserve to Didsbury and the TPT east.

Getting there: Take the A56 or the A6144 into Lymm, from Eagle Brow on the A6144 near to Lymm centre proceed into Brookfield Road, turn left into Whitbarrow Road and then take the first turn left into Statham Avenue, the Ranger Service Information Centre is on the right.

Useful information: Lymm village is well worth a visit and so is Lymm Dam. You may want to visit the National Trust centre at Dunham Massey or drop into the town of Altrincham. Ashton upon Mersey at the end of the route has all the amenities you might need at the half way point of your day out. Also worth remembering is that from the Ranger Service Information Point at Lymm turning left instead of right will take you through to Warrington in approximately 5 miles.

Spike Island to Pickering Pasture and return - 5 miles/8 km

Suitable for walkers and, cyclists and families (most of this section is off road). Use TPT Map 1: Irish Sea to Yorkshire.

Start the route outside the Catch 22 Cafe on the lower car park at Spike Island. Follow the old canal towpath to the left, in front of the Cafe, for about 400m until you reach a wooden bridge. As you approach the wooden bridge you will see the new Mersey Gateway bridge in front of you.



Transporter Bridge Power House

Turn right over the wooden bridge and follow the tarmac path around to the lock. On the way enjoy the views across the Mersey and look out for the old lime kilns on your right. Along the banks of the river look out for old boat wrecks and wading birds. As you approach the lock the old wet dock will appear on your right hand side. Just after the dock there is another path you can follow this will take you to the old Lime Kilns.

Cross the lock and head left, following the TPT signs along the path with the railings running along it. As the path turns away from the river it will come out on to Terrace road. Turn left and follow this road for approximately 120m. On the left you will find a small community garden.

Follow the signs for the TPT down the ramp and along Victoria Promenade. At the end turn right up the ramp past part of the old Transporter Bridge Power House. Now follow Mersey Road up the hill and turn left into Parsonage Road. Follow this road to the end passing under both road and rail bridges. Then follow the TPT along the banks of the river for about 1.5km until you reach the top of the steps and the white bridge. Stop to enjoy the views across the Mersey. If you are cycling this route then dismount at this point and carefully make your way down the steps and across the white bridge.

As you leave the bridge you enter Pickerings Pasture. Continue along the Trail past the obelisk, until you come to the car park area. Here you will find toilets and a café. You can continue west along the TPT to the end of Pickerings Pasture and beyond to Hale or turn around and retrace your route. You can also explore the many smaller paths that weave across Pickerings Pasture. Follow the route back the way you came back to Spike Island. If you are cycling, then when you go under the two bridges if you choose to go right you will have to dismount as this is a one way road.

Getting there: There is parking at Spike Island Visitor Centre and the Catalyst Science Discovery Centre. From junction 7 of the M62 follow the A557 to Widnes and follow the brown tourist signs to Catalyst. From the south, after coming over Runcorn Bridge (A533), follow the brown tourist signs to Catalyst.

Useful information: There are toilets and a café in the Catalyst (the centre is well worth a visit for families).

Spike Island and Pickering Pasture have a café and toilets (both subject to volunteer availability). Spike Island is acknowledged as the birth place of the British chemical industry. Until the mid-1970's the area was an industrial waste land but was reclaimed between 1975 and 1982 as woodland, wetlands and open green spaces. The area has hosted several events including the Halton Show and the legendary outdoor concert of the Manchester band the Stone Roses.

Broadheath to Dunham Park and return (6.25 miles)

Suitable for walkers, cyclists and equestrians. Use TPT Map 1: Irish Sea to Yorkshire.



Broadheath

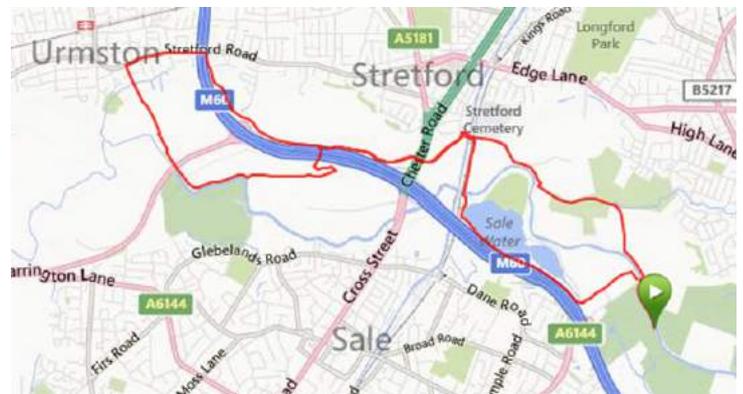
Start and finish at Dairyhouse Lane car park, near Altrincham. From the TPT car park turn left and west onto the Lymm Railway Path. This should be followed for approximately

one and a half miles before turning left off the TPT onto Station Road where you will pass The Rope and Anchor. From Station Road, bear left onto Woodhouse Lane taking you under the aqueduct of the Bridgewater Canal. The entrance to the National Trust's Dunham Park is on your right. The entrance to the park is through the new visitors' centre and is free to pedestrians but cycles must be left out outside. Picnic spots are available in the grounds as well as a popular restaurant within the visitors' area. The ride may be continued by turning right at the park entrance back onto Woodhouse Lane but be ready to turn left onto School Road through the village known as Dunham Town. There is a popular café in the village. Another left turn puts you on the very quiet Back Lane which returns you to The Rope and Anchor where a right turn will take you back to the start of the TPT's Lymm Railway Path. Ensure you turn right onto the TPT following an easterly direction to return you to the car park at Dairyhouse Lane.

Sale Water Park to Urmston Eight - distance is approximately 7.5 miles long

Suitable for walkers, cyclists and equestrians. Use TPT Map 1: Irish Sea to Yorkshire.

Start and finish at Jackson's Boat Public House or Sale Water Park Visitors' Centre. Cross the bridge to the northern bank of the Mersey and turn left to follow the TPT signs (west) through the woods and eventually to Stretford Cemetery and Barton Aqueduct.



Continue to follow the TPT with a left hand turn through the stile and, after a short distance, through the tunnel under the A56. Keep on the TPT until you reach the imposing white suspension bridge which crosses the M60. Do not cross the bridge but continue on the path heading to Urmston. Take the left fork in the path to find the motorway still on your left and a smallholding to your right. At the end of the path head for the narrow alley leading between the houses and the motorway. Now on Stretford Road, turn left. Eventually, you see the Lord Nelson public house on the other side of the road. At this point take a sharp left turn down Meadow Road and past the riding stables. At a set of stiles, continue straight on to reach, but not cross, the green Millennium Footbridge. You are now back on the TPT with some excellent views of the Mersey. Follow the TPT (East) signs to cross the M60 suspension bridge and back along the Trail almost to Hawthorne Lane. However, instead of going through the stile, bear right to the pathway under the arches. Keeping the tramway on your right, you can now follow the path to the head of Sale Water Park.

Take the lower path to reach Sale Water Sports Centre. Refreshments are usually available here or further along the road at the Visitors' Centre. Rather than using the road, the path continues to Jackson's Boat.

Sale Water Park - Northenden - Urmston and return to Sale Water Park - 12 miles (19km)

Suitable for walkers, cyclists and equestrian. Families can shorten the route by turning back at any point. Use TPT Map 1: Irish Sea to Yorkshire.

Start the route at the Mersey Valley Visitor Centre at Sale Water Park. Head away from the visitor centre on the pathway directly outside the centre door. Follow the pathway through Sale Ees and on to Jacksons Boat where you cross the bridge over the River Mersey. After crossing the bridge turn right onto the Trans Pennine Trail towards Chorlton Water Park, Northenden and Didsbury.

After running alongside the Mersey you will find signs to enter Chorlton Water Park. Go clockwise (left) around the lake (where you can also find the visitor centre). Take care to follow the signs for the Trans Pennine Trail (east) when leaving the park. Make sure that you follow the Northenden signs and soon you will find Kenworthy Woods, which you pass through before reaching the Northenden Riverside Park. Cross the main road to access the riverside park and proceed down the pathway until you get to the end. At this point turn around and follow the same route back to Jacksons Boat.



View over Chorlton Water Park near the visitor centre

Instead of going back to the Mersey Valley Visitor Centre stay on the Trail through to the Chorlton Ees Nature Reserve. Pass through the reserve but take time out to check the biodiversity. Chorlton Ees is a network of trails winding through meadows, woodland and rough grassland. You will come across well-established ponds hidden amongst the trees and may find the unusual adders tongue fern amongst the greenery. The Trail is particularly well signed in this area and just keep following the Trans Pennine Trail (west) signs until you take the bridge over the M60 motorway and ride on through the picturesque Kickety Brook which takes you on to Urmston and the A6144 where you can turn around and return to the Mersey Valley Visitor Centre and the end of the ride.

Getting there: To get to the Sale Water Park and more particularly the Mersey Valley Visitor Centre take the M60 motorway until you reach Junction 6 (either direction). If you are travelling eastwards take the exit and turn left at the roundabout. If you are heading west use the same junction 6 but bear right under the motorway before taking the left turn signed Trafford Water Sports Centre.

Useful information: On the route you will pass through or be within close distance of Sale Water Park, Chorlton Water Park (Manchester's first designated local nature reserve is one of the most popular spots in the Mersey Valley), Kenworthy Woods, Chorlton Ees Nature Reserve, Broad Ees Dole Nature Reserve and Kickety Brook. Within these areas you can see a broad array of birds, wildlife and botany. Jacksons Boat or Bridge dates back to 1700-1800. Jackson had been a farmer who provided a ferry service in his boat but the bridge was built in 1816 and there was a toll of half a penny to cross it! There is an excellent café and toilet facilities at the Mersey Valley Visitor Centre and also there is the pub at Jacksons Boat.

Sale Orbital Trail - distance is approximately 11.5 miles long

Suitable for walkers and cyclists. Use TPT Map 1: Irish Sea to Yorkshire.

Start and finish at Lacy Street Car Park, Stretford, M32 8AA. This circular route can be started at any convenient point and walked or cycled in either direction. This guide uses

Lacy Street car Park, Stretford. From here the Bridgewater Way is easily accessed behind the Royal Mail offices. Turn right onto the canal towpath. Within half a mile a TPT sign directs a right turn and at the bottom of the steep slope turn left following the TPT (west) sign. You can now follow the TPT signs for some 5 miles. Look out for the Stable Gate Café at Woodcote Stables before hitting the road section!



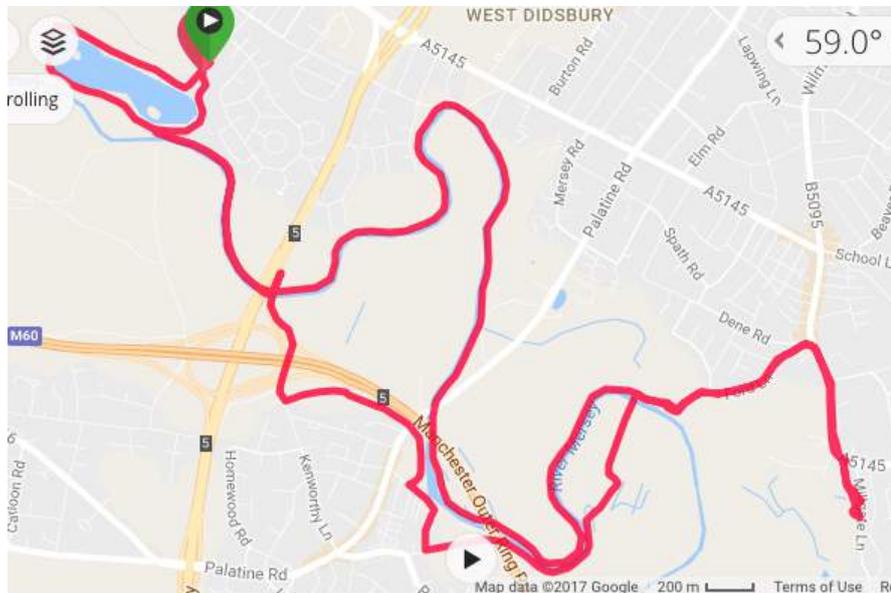
On reaching Broadheath, resist the excellent Lymm Railway Path to turn left along Atlantic Street bringing us eventually to cross the A56 in Altrincham. Make for Halfords car park and look for a small alley with four steps leading down to the canal towpath behind the Sea Scouts. This part of the towpath is to be upgraded next year. A left turn onto the towpath will lead you back to the start of the Trail in Stretford. Once under the M60 bridge be ready to spot the slope taking you back to Lacy Street Car Park.

Useful information: Sale affords some excellent refreshment at The Waterside or The Railway. Just a little further is The Bridge Inn.

Didsbury, a Circuit of Culture (9 miles)

Suitable for walkers and cyclists. Use TPT Map 1: Irish Sea to Yorkshire.

Start and finish from Chorlton Water Park, Manchester (toilets, parking and information).



Take left hand (East) bank of the water park, then take sharp left at signpost to Northenden along river bank. Passing under the Parkway (A5103) bridge follow TPT sign up and over the bridge. Note that you will return on the path along the river. Take left hand path signed TPT through Kenworthy Woods.

Cross Palatine Road by pedestrian lights and continue straight, then turn right before play area and follow one way system. Turn left at St Wilfred's church and continue along Ford Lane. Cross the river using Simon's Bridge and turn right. Take left fork to the car park and continue along the road into Didsbury village where there are lots of opportunities for

refreshment. Turn right on the main road for Fletcher Moss Botanical garden and tea rooms.

Return to Simon's Bridge via Ford Lane. At Simon's Bridge continue straight along river bank and take left path continuing along the river bank. (Note: this is prime flood defence land and the path maybe very sandy in places. In very wet conditions or in winter it may be better to simply retrace the way back along the TPT). Around this point you will reach the familiar Parkway bridge. Stay on the river bank for Chorlton Water Park. Take the left bank of Chorlton Water Park to complete the circuit. Arrive at the car park.

Useful information:

Chorlton Water Park has some fine views, excellent bird watching and good picnic benches. Northenden is a small but busy shopping area. St Wilfred's church has some interesting historical artefacts and the nearby Crown Inn has some interesting beers. Didsbury Village is known for its restaurants, pubs and wine bars. The Royal Oak is famous for its cheese board!

Fletcher Moss Museum is small but houses an art gallery which often puts on some fine exhibitions. See www.didsburyparsonagetrust.org.uk Fletcher Moss Botanical Gardens is a surprising oasis of peace and tranquillity in a busy urban environment see www.fletcherbossgardens.org.uk

The Mersey Valley provides excellent opportunities for walking and cycling. The outward journey is along the Trans Pennine Trail and is passable at all times of the year except the appropriately named Ford Lane can find itself consumed by the river in times of extensive rain. The return trip leaves the TPT and follows the river more closely and this does mean that the surface will not be as good and, on occasions, will not be passible if the River Mersey is on high flood alert. Up to date information is always available at <https://www.riverlevels.uk/flood-warning-river-mersey-at-west-didsbury-and-northenden#.WQiyC3eZONZ>

Torside to Woodhead Tunnels and back to Hadfield and return - 14 miles (22.5km)

Suitable for all abilities of walkers, cyclists and equestrians. Use TPT Map 1 West: Irish Sea to Yorkshire.

Start the route at the Torside information centre where there is a large car park and toilets including disabled toilets. At peak times there is a refreshments point in operation. To join the Trail leave the car park in its top left hand corner and proceed uphill through the memorial area. There is a wheelchair route that winds through the memorial wood and accessed from the (centre) top of the carpark.

When you reach the Trail turn left (east) and proceed towards Woodhead Tunnels. You will need to cross over a small car park (which could be used as an access point to the Trail). There are spectacular views of the Woodhead Reservoir and the "nine holes" bridge, then across to Pikenaze, Audenshaw Clough and Holme Moss. Users wishing to complete the section from Woodhead to Hadfield only may join the route at this point.

When you arrive at Woodhead tunnels you can see the layout of the old station before turning round and heading back towards Torside. There is little danger of getting lost because the Trail is almost single track to Hadfield, After passing Torside you will

eventually need to cross the B6105 Glossop road at the Torside crossing to continue the journey down the Longdendale valley. You will pass the Torside Reservoir, Rhodeswood Reservoir, Valehouse Reservoir and Bottoms which all add to the spectacular views.

On reaching Hadfield you can leave the Trail and go on into the village where there are toilet facilities, shops and a café. Hadfield is famous as the place where the TV programme “League of Gentlemen” was filmed. As you watch the white sails of the dinghies as they dart across the Torside Reservoir, it’s worth remembering the water used to be used to power cotton and paper mills but now supplies nearly a quarter of the water used in Greater Manchester. You could explore the rugged moorland or shady woods along the Trail. Look out for foxes and the rare blue mountain hare on the moors. Listen for grouse and curlew, or the drumming of woodpeckers in the trees.

Discover the rich railway heritage of this historic valley. The Woodhead Tunnels now carry electricity via power cables but once they were a wonder of the great railway age. Over 3 miles long, at least 60 workers died building them.



Getting there: Get to Torside from the A628 Manchester to Sheffield Road and then onto the B6105 across the reservoirs at Woodhead. You can also access Torside from Glossop by taking the B6105. It is worth remembering that although this route is written from Torside the Trail can also be accessed at Hadfield. There is frequent train service to Hadfield from Manchester.

Useful information: There are excellent facilities in Hadfield and also refreshments at peak times at Torside. If you want to connect to the Trail on the east of the Pennines proceed from Woodhead Tunnels over Windle Edge to Dunford Bridge which is approximately 3.5 miles. Cycle Hire at Longdendale cycles in Hadfield.

The Trans Pennine Trail is a national multi user route.

It runs coast to coast between **Southport** and **Hornsea**, linking the ports of **Liverpool** and **Hull**. Towns and cities across the north of England are connected by vibrant countryside, canal towpaths and disused railways.

The Trail is 215 miles between **Southport** and **Hornsea** with a total route mileage of 370 including **spurs** to **Leeds**, **Chesterfield**, **York** and **Kirkburton**. Walkers and cyclists can use the whole TPT with horse riders too on many sections. Easy gradients and surfaced paths make much of the Trail suitable for people using wheelchairs or pushchairs or anybody that likes the going easy.

Further details can be obtained by contacting the following:

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