

WALKING AND CYCLING ARE BOTH GREAT WAYS TO LEAD A HEALTHY LIFESTYLE AND SALFORD HAS SOME GREAT TRAFFIC-FREE ROUTES. THERE HAS NEVER BEEN A BETTER TIME TO EXPLORE THE AREA EITHER ON FOOT OR BY BIKE.

Many of the routes have been built using former railway lines which have very gentle gradients - making them ideal for cyclists and walkers. Once you are on this network of 'loophines', it is possible for you to travel for miles through Salford and to neighbouring districts.

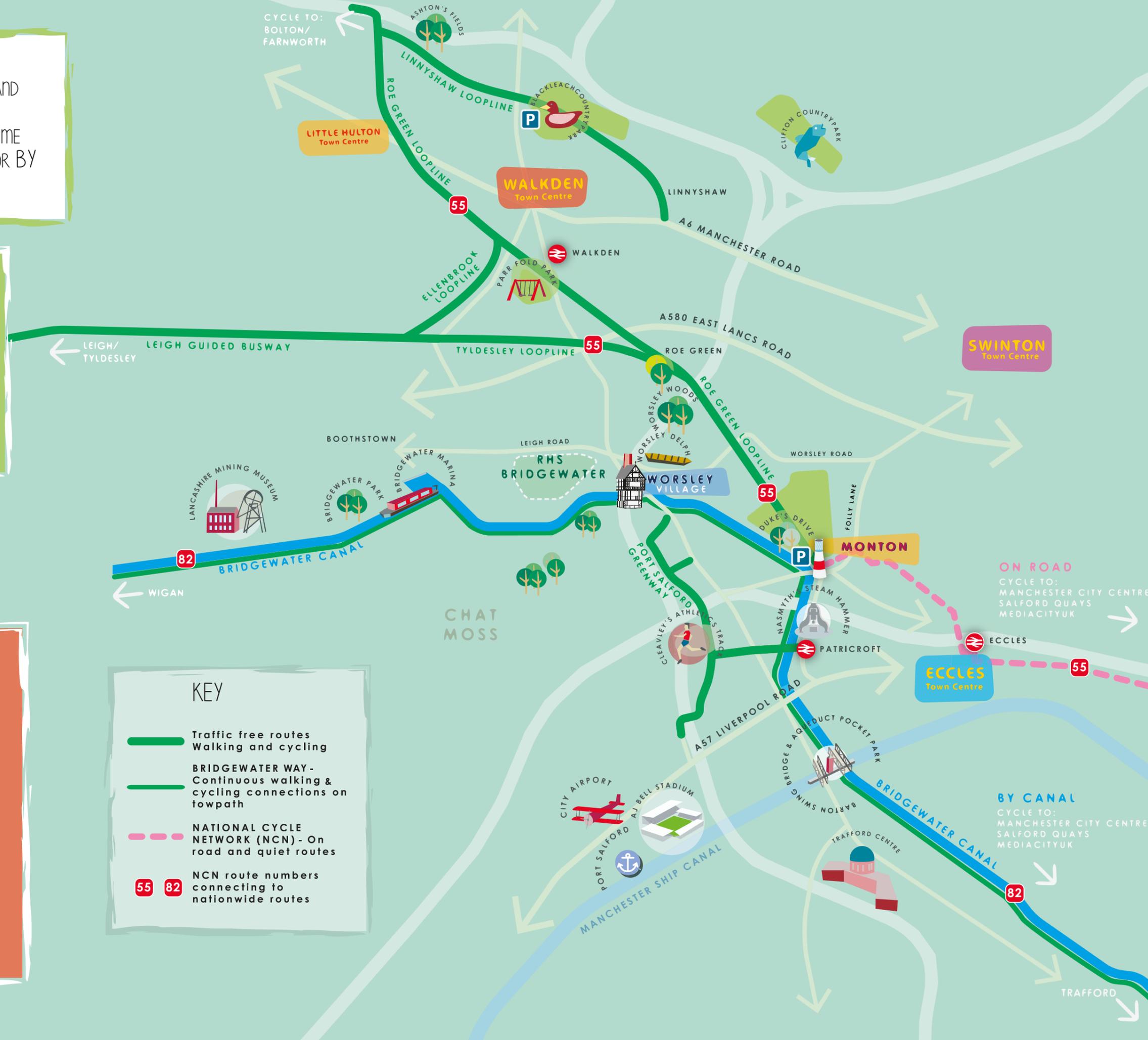
### DID YOU KNOW THAT THESE LINES ONCE SERVED IMPORTANT COLLIERIES?

Salford City Council has been bringing them back into use, providing opportunities for leisure, wildlife, education and safe off-highway commuting.

The loophines link some of the city's amazing recreational areas such as Worsley Woods, the Bridgewater Canal and Blackleach Country Park and they are there for everyone to enjoy - short cuts to school or work, a place to jog or walk the dog, a long distance walk or simply a quiet way to discover Salford's countryside! Roe Green, Linnyshaw and Tyldesley Loophines link to National Cycle Network Route 55.

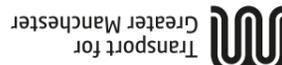
**KEY**

-  Traffic free routes Walking and cycling
-  BRIDGEWATER WAY - Continuous walking & cycling connections on towpath
-  NATIONAL CYCLE NETWORK (NCN) - On road and quiet routes
-   NCN route numbers connecting to nationwide routes



**ON ROAD**  
CYCLE TO:  
MANCHESTER CITY CENTRE  
SALFORD QUAYS  
MEDIACITYUK

**BY CANAL**  
CYCLE TO:  
MANCHESTER CITY CENTRE  
SALFORD QUAYS  
MEDIACITYUK



Further details on Salford's traffic-free schemes can be found at [www.salford.gov.uk/trafficfreecyclerroutes](http://www.salford.gov.uk/trafficfreecyclerroutes)

**FIND OUT MORE AT**  
[www.tfgm.com/cycling](http://www.tfgm.com/cycling)  
 email [cycling@tfgm.com](mailto:cycling@tfgm.com)  
 call 0161 244 1000

TFGM is running free adult cycle training sessions. The courses cover a wide range of abilities, with our expert instructors happy to guide you on your first tentative journey, or offer insightful tips on navigating through rush hour traffic – whatever help you need.

**LOOKING TO REFRESH YOUR CYCLING SKILLS OR NEED A BIT OF HELP GETTING STARTED?**

**FREE CYCLE TRAINING**

# OFF THE BEATEN TRACK

WALKING AND CYCLING IN SALFORD

[WWW.SALFORD.GOV.UK/TRAFFICFREECYCLEROUTES](http://WWW.SALFORD.GOV.UK/TRAFFICFREECYCLEROUTES)



**WORSLEY VILLAGE**  
 Part of its historic centre has been designated a conservation area including the Packet House, a Grade II listed canal side building where people would go and buy tickets for the 'packet boat'. The centre of the village has a charm of its own with its traditional green, surrounded by half-timbered houses.



**BRIDGEWATER CANAL**  
 The Bridgewater Canal towpath in Salford provides a continuous five mile leisure route for walkers and cyclists along the historic waterway. There's never been a better time to explore it with improved towpaths, new information panels, convenient seating and beautiful green spaces. Established in 1761 the Bridgewater Canal was the first true canal and acted as a catalyst for the Industrial Revolution.



**WORSLEY WOODS**  
 The woods occupy around 30 hectares of countryside, located beside the picturesque village of Worsley. The site can be reached from Salford's network of loolines or the historical Bridgewater Canal and has beautiful woodland to amble around with the Kempnough Brook flowing through.



**BRIDGEWATER MARINA, BOOTHSTOWN**  
 The redevelopment of the Marina is bringing life back to the canalside, with its moorings, boat hire and chandlery. The area is also popular with walkers, cyclists and wildlife enthusiasts, attracted by the green space and nearby Chat Moss. Anglers are also returning due to the reappearance of coarse fish in the canal and kingfishers have been spotted in Boothstown.

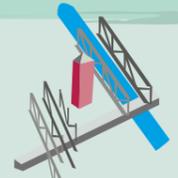
**RHS GARDEN BRIDGEWATER**  
 RHS Garden Bridgewater will transform the lost country estate of Worsley New Hall into a 156 acres garden adjoining the Bridgewater Canal. Due to open in 2019/20 it will restore grandeur and colour to the site with a new lake, the huge ten acre walled garden, café, learning centre and meadow planting.

**BLACKLEACH COUNTRY PARK AND RESERVOIR**  
 This park is a green haven within the city where you can enjoy the countryside on your doorstep. Officially designated as a Local Nature Reserve in 2004, this site has also received the prestigious Green Flag award. Just half a mile north of Walkden town centre, it's an ideal place to take a stroll, enjoy a picnic, go cycling or fishing, feed the ducks or watch out for wildlife. Blackleach Reservoir helped to supply water to the underground canal network during the mid-1700s, which transported coal directly to Worsley Delph. Over 100 species of birds have been recorded at Blackleach and forms a locally important site for overwintering birds and breeding birds.



**PORT SALFORD GREENWAY**  
 Port Salford Greenway provides a safe and pleasant route between Worsley and Winton that avoids Barton Lane and Worsley Road with improved accessibility to a number of green spaces and leisure uses including Cleavley allotments, Cleavley football pitches, Winton Bowling, Tennis and Social Club, Alder Forest and AFC Monton.

**BARTON AQUEDUCT POCKET PARK**  
 Barton has a long association with crossing points. James Brindley's amazing stone aqueduct of 1761 took the Bridgewater Canal high up over the River Irwell and brought crowds to Barton to gaze at the sight of boats in the air. You can still see the foundations of the original aqueduct at the Pocket Park as well as the Victorian era Swing Aqueduct.



**LOOLINES**  
 Roe Green loolines runs from Roe Green to Bolton via Little Hulton and was originally opened in 1870 - it cut the cost of transporting coal into Manchester by 25%. It links Manchester to Bolton via Salford, with Little Hulton and also with Ellenbrook Looline at Tynesbank in Walkden. The Linyshaw Looline used to be part of a canal and horse-drawn tramway network and is now a recreational route between Little Hulton and Walkden. The route provides an alternative route around Walkden on the old railway lines, now cycle paths, along peaceful green corridors. Tydesley Looline links to the multi-user path that has been built alongside the guided busway at Newearth Road.

**MONTON VILLAGE**  
 Monton is home to one of the quirkiest landmarks in the area - Salford's only lighthouse, which sits beside the canal. The old railway loolines, which once carried coal and other goods through Monton during the Industrial Revolution, has been transformed for cycling and walking and now forms a popular link to the canal, Worsley, Roe Green and beyond.



**CLIFTON COUNTRY PARK**  
 This nature reserve is approximately 48 hectares of scenic urban fringe countryside and a delightful area with woods, meadows, ponds and a lake to explore. There are guided walks throughout the year, and the Rangers Team are involved in kids activities, environmental education and help families to discover the rich wildlife and industrial history the park has to offer.

