

Leave the car behind

Stockport's Green A-Z gives you the perfect means to plan a pleasant walk or cycle ride. Coming in eight sections it covers:

1. Brinnington, Reddish and the Heaton
2. Offerton, Cheadle and the Town centre
3. Hazel Grove and Bramhall Park
4. Bramhall, Woodford and East Cheadle Hulme
5. Gattley, Heald Green and Cheadle Hulme
6. Marple, High Lane and Strines
7. Bredbury, Romiley and Woodley
8. Compstall, Marple Bridge and Mellor



<http://actonco2.direct.gov.uk>

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2. It's cleaner and relaxing

Car drivers suffer three times higher levels of air pollution than pedestrians on the adjacent pavement. The air is even cleaner in green areas because it's away from traffic, and plants can filter out some pollutants. While you're walking or cycling, you can relax and take in the scenery and wildlife.

Walking or cycling instead of taking the car reduces your impact on the environment. For further information, the following website may be visited:

Why not walk or cycle?

Stockport Green

A to Z

Section 4: Bramhall, Woodford and East Cheadle Hulme

1. It's healthy

Five lots of moderate activity per week, such as walking or cycling for 30 minutes, is enough to stay fit and healthy. Regular walking or cycling can:

- reduce the risk of heart disease and strokes
- maintain a healthy weight
- relieve stress (which drivers stuck in traffic may experience).
- prevent depression and increase self-confidence
- prevent osteoporosis ("brittle bones")
- increase stamina, strength and aerobic fitness
- release endorphins ("happy hormones"), producing a sense of well-being



Map 2: Woodford



To Map 1

Key

- | | | | |
|-----------------------------|--|----------------|----------------------------|
| | café | | church |
| | pub | | telephone |
| | golf course | | parking |
| | bowling green | | post office |
| | tennis court | | residential area |
| | cricket pitch | | greenspace |
| | basketball pitch | | allotments |
| | shops | | industrial area |
| | school | | dog waste bin |
| | bus stop on busier routes | | chemist / health centre |
| | postbox | | pedestrian crossing |
| | | | recycling |
| | | | station |
| paths in green space | | streets | |
| | dry, level and clean | | pleasant and green |
| | does not meet all three of above criteria | | pleasant and quiet |
| | not part of public network | | less busy (with greening) |
| | | | less busy (not greened) |
| paths in built space | | | other (with greening) |
| | straight, lit, wide and greened | | other (not greened) |
| | straight and lit | | not part of public network |
| | adequately cleaned but may be neither lit nor straight | | motorway |
| | not part of public network | | |
| | other | | |

Selected Green or Quiet Streets

(South Section: Woodford)

Bridle Road	G4	Meadway	H2
Jenny Lane	F3		

Selected Streets with Greening

(South Section: Woodford)

Blossoms Lane	D2	Hall Moss Lane	D1
Chester Road	B5-H3	Moor Lane	F3
Church Lane	D3		

For more information on walking and cycling visit the Stockport website www.stockport.gov.uk. The route of the Fred Perry Way which passes through this area can be found through the search engine on the Stockport website or by contacting the Parks and Recreation Team at parks@stockport.gov.uk

You will walk this far in 10 minutes if you are a fast walker

You will walk this far in 10 minutes if you are a slow walker

