

### Did you know

Walking can help you reduce your stress levels, improve your mood and keep your bones healthy and strong. For example, a 25 minute brisk walk every day can add up to seven years on your life, and walking for just 20 minutes can burn off around 100 calories.

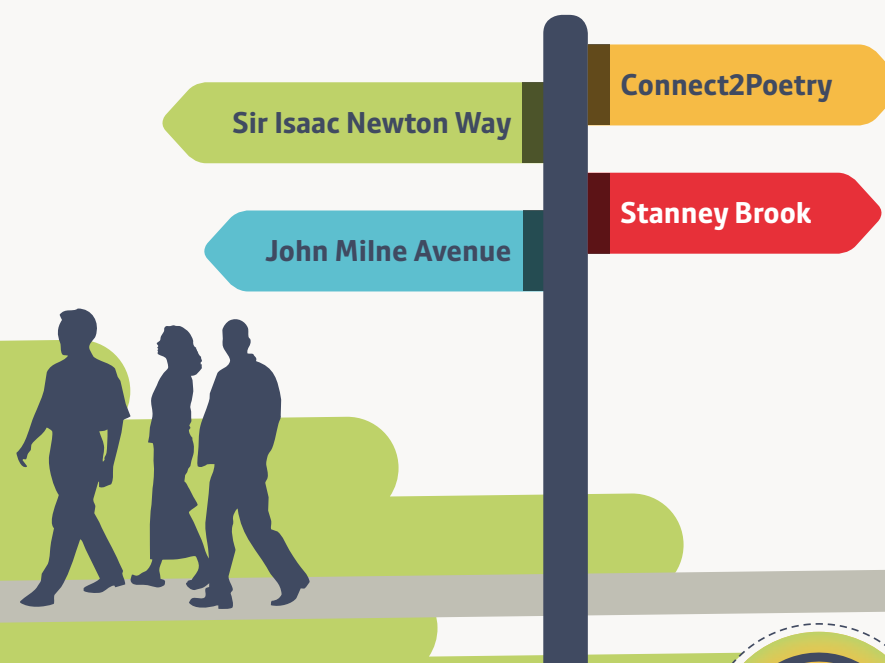
Transport for Greater Manchester is committed to promoting walking, encouraging people of all age groups and fitness levels to get out and walk. Whether you are exploring your local area, walking as part of your daily commute or taking in some fresh air during your lunch break we are here to help!

This self-led walk is part of a wider series of walks in and around Greater Manchester. For more information on the other walks in this series, or on how we can help you, head to our walking pages [www.tfgm.com/walking](http://www.tfgm.com/walking)



## All in your stride...

### Kingsway self-led walk



A step-by-step guide of discovery



Created for Transport for Greater Manchester by Pauline Lloyd, Manchester Tour Guide

© Crown copyright and database rights 2015 OS 0100022610. Use of this data is subject to terms and conditions. You are granted a non-exclusive, royalty free, revocable licence solely to view the Licensed Data for non-commercial purposes for the period during which Transport for Greater Manchester makes it available; you are not permitted to copy, sub-license, distribute, sell or otherwise make available the Licensed Data to third parties in any form; and third party rights to enforce the terms of this licence shall be reserved to Ordnance Survey.

## All in your stride... Kingsway business area



- 5** Now cross Sir Isaac Newton Way at the pedestrian lights, re-enter the traffic-free bridleway (see signpost) and follow the path until you reach John Milne Avenue. Turn left and walk along John Milne Avenue to the junction with John Boyd Dunlop Drive.

Alternatively if you want a longer walk continue on the bridleway and join up with John Milne Avenue (dotted line).

### START/FINISH 1

#### The junction of John Milne Avenue and John Boyd Dunlop Drive.

Kingsway Business Park lies between Rochdale and Milnrow. Today they are residential towns. In the past they were textile centres, weaving woollen cloth in the Middle Ages, later turning to cotton-spinning during the Industrial Revolution.

Several of the roads in Kingsway Business Park are named after famous British scientists. John Boyd Dunlop, for example, developed the pneumatic inflatable tyre, initially for his son's bike. John Milne – a local boy, raised in Milnrow – became a geologist and mining engineer in Japan, where he worked on inventing a seismograph to detect and measure earthquakes.



- 2** With John Boyd Dunlop Drive to your left, walk along John Milne Avenue to the roundabout at the junction with Sir Isaac Newton Way (A6193). Shortly before the roundabout, cross John Milne Avenue. At the roundabout, bear right onto Sir Isaac Newton Way and cross the road.

English mathematician and physicist, Sir Isaac Newton, has been described as one of the most influential scientists of all time. Even in non-scientific circles you'll readily hear that seeing an apple fall from a tree inspired his theory of gravitation. British astronaut, Tim Peake, called him "Britain's greatest scientist" when he announced that he was naming his International Space Station mission Principia after Newton's famous book.



- 4** Turn left and walk along Lower Lane until you reach some stone and metal bollards spanning the road. At this point, Lower Lane ends and the path becomes a traffic-free bridleway (see signpost). Walk along the path until you reach Sir Isaac Newton Way.

Rochdale borough has over 25 miles (40 kms) of traffic-free walking and cycling routes. To raise awareness of this, a public art project called Connect2Poetry was set up in 2012. Off the route of this walk, yet only some 600 yards (0.55 kms) to your right, towards the roundabout at Michael Faraday Avenue, stands one of their plaques engraved with a poem The Larks by modern local writer, Seamus Kelly.

A famous local poet of the past, John Collier, spent most of his life in Milnrow. Writing in the 18th century under the pseudonym Tim Bobbin, he composed satirical poetry in a strong Lancashire dialect. He is buried at St Chad's Church in Rochdale town centre and remembered with other Lancashire dialect writers on a monument in the town's Broadfield Park. He is also commemorated by The Tim Bobbin pub in Urmston, where he was born.



- 3** Walk along Sir Isaac Newton Way, then continue as the footpath slopes away from the road. When you reach the barred gates at the end of Ashfield Lane, you are entering a traffic-free area. Take the left turn, signposted 'Bridleway', and follow the path as far as the T-junction with Lower Lane (which is accessible by vehicles, so please take care).

Close to the barred gates at Ashfield Lane, the footpath twice crosses a watercourse called Stanney Brook. The name Stanney is said to derive from the Lancashire dialect word stanner, which means ridge of stones. Stanney Brook eventually flows into the Roch, the river that passes through Rochdale town centre.

