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

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 throughout Greater Manchester, 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





All in your stride...

Stepping Hill self-led walk

1905 Infirmary Porter's Lodge

orter 3 Louge

Bullock Smithy

Fred Perry Way

Hazel Grove Mills

A step-by-step guide of discovery

30-45 MINUTES 2 KMS

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