

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 and its partners are committed to promoting walking throughout Greater Manchester, encouraging people of all age groups and fitness levels to get out and walk.

Thank you

This self-led walk has been created by the collaborative working of Transport for Greater Manchester, The Friends of Alexandra Park, and Stockport Metropolitan Borough Council.



All in your stride...

Alexandra Park self-led walks



A step-by-step guide of discovery



Created for Transport for Greater Manchester by the Friends of Alexandra Park, with assistance from Stockport Metropolitan Borough Council.

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Transport for
Greater Manchester

All in your stride... Alexandra Park area

20-25
MINUTES
1.65 KMS

5 This area once housed an aviary stocked with exotic birds – the birds were supplied by a Mr John Murphy from Heaton Norris, who changed the birds in accordance to the seasons.

6 The Park Pavilion was constructed in the early 20th century and is currently used by a variety of different groups. The popular bowling greens are the venue of the annual Stockport Bowls Festival.

1 Originally the extensive gardens and pleasure grounds of Edgeley House, home to the Sykes family, the park was later purchased by the council and opened on 25 April 1908. The old single storey buildings, possibly the former stables, now used as the council's depot, is the only section of the house still standing.

4 The skate park was opened in 2017, spearheaded by the Alexandra Skatepark Association, who were passionate about seeing a local skating facility free for all to use. The facility is suitable for skateboarding, stunt scooters, BMX and roller skating.

3 The three reservoirs were originally constructed to house water for the former Bleach Works. They were purchased by the council in 1990 and their banks re-landscaped, they are currently managed and stocked for fishing. Day tickets can be purchased to fish on the open water; the two fenced waters are run privately for club members only.

2 Edgeley Park was presented to the town as a breathing place by the Sykes family, in celebration of Queen Victoria's Golden Jubilee. It opened on 1 May 1889, "for the purpose of a public parks or pleasure ground." By 1908, the reservoir was being utilised as a boating lake, complete with boathouse.

15
MINUTES
1 KM

All in your stride... Edgeley Park area

