

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



Transport for
Greater Manchester

All in your stride...

MediaCityUK self-led walk



A step-by-step guide of discovery



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

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All in your stride... MediaCityUK area



START/FINISH 1 On The Green outside The Studios, Piazza, MediaCityUK.

The digital creative world that is MediaCityUK stands on the site of Manchester Racecourse, which was located here for over 30 years, 1867-1902. Buffalo Bill's Wild West show played here to sell-out audiences in the winter of 1888.

2 Turn right, walk along The Green between Quay House and Bridge House, and cross the footbridge over the Manchester Ship Canal.

The Manchester Ship Canal was opened by Queen Victoria in 1894. During the six years it took to build, it was known as 'the Big Ditch' and was the world's largest construction project. The Ship Canal was built so that ocean-going ships could sail over 30 miles inland to Manchester.

On the opposite side of the Ship Canal from MediaCityUK is ITV's permanent production set for Coronation Street. Coronation Street was created by Tony Warren, who drew his inspiration from the people and stories around his grandmother's home in Archie Street in nearby Ordsall.

3 At the end of the footbridge, turn left and walk along Trafford Wharfside, passing the back entrance of the Imperial War Museum North.

The Imperial War Museum North (IWMN) opened in 2002. It focuses on showing how human lives are affected by war. The design, by world-renowned architect, Daniel Libeskind, was inspired by dropping a china teapot and evokes a globe broken in pieces and reassembled. Libeskind's other work includes the Jewish Museum in Berlin and the reconstruction masterplan at Ground Zero in New York.

Trafford Park was originally a deer park and mansion, home to the local landowners, the De Trafford family. They sold up when the Ship Canal opened and Trafford Park industrial estate opened two years later, in 1896, to service and supply the new Docks along the Ship Canal.

4 Continue along Trafford Wharfside and cross the Lowry footbridge.

The MediaCityUK footbridge you crossed earlier is a swing bridge and the newest bridge on the Ship Canal. The Lowry footbridge is a lifting bridge. Although The Quays area is no longer a working port, the Ship Canal has to remain navigable by shipping in case of emergency, so all bridges must be able to allow ships to pass.

5 At the end of the footbridge, take the steps or the path to the right and walk down to the canal side and along the Promenade.

Along the Promenade, a walkway of plaques was created in 1994 for the centenary of the Ship Canal. The plaques display quotes and memories from people who sailed the canal, worked at the docks or lived nearby.

Manchester United's Old Trafford stadium can be seen across the canal. It's England's largest club stadium, with a capacity of over 75,000. Manchester United moved here from Clayton in 1910.

The large body of water to your right is the headwater where departing ships would turn. This headwater is too small for the modern super-container ships, as are the locks along the Ship Canal. This was why Manchester & Salford Docks had to close in 1982.

10 Cross The Quays mini-roundabout, when you come to the Metrolink tramlines, cross with care and walk through The Green, bearing left past the Blue Peter Garden, to Piazza and the MediaCityUK Studios.

The Blue Peter Garden, well-known nationally by Blue Peter viewers of all generations, was moved here with BBC Children's TV, when that department transferred to Salford from London. The garden contains footprints in cement of various Blue Peter presenters, and the memorial to the first-ever Blue Peter dog, Petra, which was flown in by helicopter.

9 Continue along Huron Basin to the mini-roundabout at The Lowry.

The Lowry opened in 2000 as Salford's Millennium Project. It was planned primarily to display Salford Council's wonderful paintings by local artist, L S Lowry – the largest publicly-owned collection of Lowry paintings in the world. The shape of The Lowry building loosely resembles a ship and evokes the heritage of this area.

8 Take the steps and/or slope at the end of Mariner's Canal, turn left and walk along Erie Basin, pass under Detroit Bridge and continue along Huron Basin.

After eight decades of water pollution by shipping, an ongoing water aeration programme keeps Huron and Erie Basins clean enough for open-water swimming. Bubbles at two or three places down the centre of the basins identify the aeration activity. The first open-water swim event to take place here was in the Commonwealth Games triathlon in 2002.

7 Pass the Watersports Centre, turn left and walk along Mariner's Canal.

This small canal is lined with willow trees as a symbol of Salford. The Latin name for the willow is salix and the name Salford means a ford near willow trees.

6 Continue along the canal side and down the slope to the back of Helly Hansen Watersports Centre.

Helly Hansen Watersports Centre is home to Agecroft Rowing Club, one of the world's oldest rowing clubs. It was founded in 1861 by 'gentlemen amateurs' and was originally based at Agecroft Hall.

Notice, on the wall to your left as you approach the Watersports Centre, the Merchant Navy War Memorial. The vast majority of seamen who passed through the Port of Manchester were civilians.

