

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...

Mirrlees Fields, Stockport self-led walk



Woodsmoor Station

Stepping Hill Hospital

MAN Diesel Plant

Hampton Wood

Further information about the Fred Perry Way may be found at www.stockport.gov.uk/walks-and-trails/fred-perry-way

While on this walk, please keep to the Fred Perry right of way. Help others enjoy the route too by taking litter home and keeping dogs under control.

A step-by-step guide of discovery

20-25
MINUTES
1.7KMS

Created for Transport for Greater Manchester by Mirrlees Fields Friends Group

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All in your stride... Mirrlees Fields, Stockport

20-25
MINUTES
1.7 KMS

Fishing Pond

Nine different species of fish can be found here. The pond supports a wide variety of amphibians and invertebrates. It is also a fine hunting ground for many species of bats. An ideal visiting time is during the twilight hours.

Bird Life

55 species were spotted in 2016/17. They included Buzzards, Canada Geese, Collared Doves, Woodpeckers, Herons, Wagtails, Kestrels, Tawny Owls, Long-Tailed Tits and Willow Warblers.

The often-wet land attracts Mallard Ducks, Pin-footed Geese, Heron and Canada Geese.



Old Oak Tree

The stream was once a field boundary 300 years ago. It now flows down to the Ladybrook at Bramhall.

From here you can see a lone, old oak tree, possibly having started life as a tiny acorn dropped by a squirrel a century ago. Most trees on the fields are Alder or Oak. The rest include Ash, Beech, Cherry, Chestnut, Elder, Holly, Hazel, Larch, Maple and Willow.



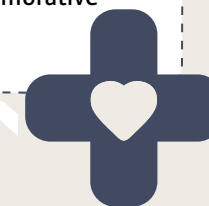
MAN Diesel Plant

On your left the trees shield the MAN Diesel and Turbo offices and training centre. The German-owned company builds marine engines used throughout the world. Mirrlees Fields are named after the original factory, Mirrlees, Bickerton & Day, built in 1907, and were sports fields until the 1980's.



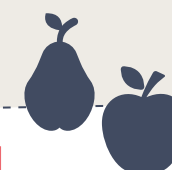
Stepping Hill Hospital

Stepping Hill Hospital was opened in 1905 by Stockport Poor Law Union because of overcrowding at the Workhouse in the town centre. The Workhouse later became St Thomas' Hospital. Inside the main entrance at Stepping Hill there is a commemorative plaque opposite the reception desk.



Community Orchard

Through the thickets you will see a hazel grove and a community orchard, both planted in 2016. As the fruit trees mature and bear fruit, please help yourself.



Hampton Wood

New housing estate built on factory land. You may notice a sub-station close by where the old farm buildings once stood. You can still see cobbles from the farmyard. In the 1950's a large cart horse called 'Boxer' lived here and was fed peppermints, his favourite treat, by the locals.

