

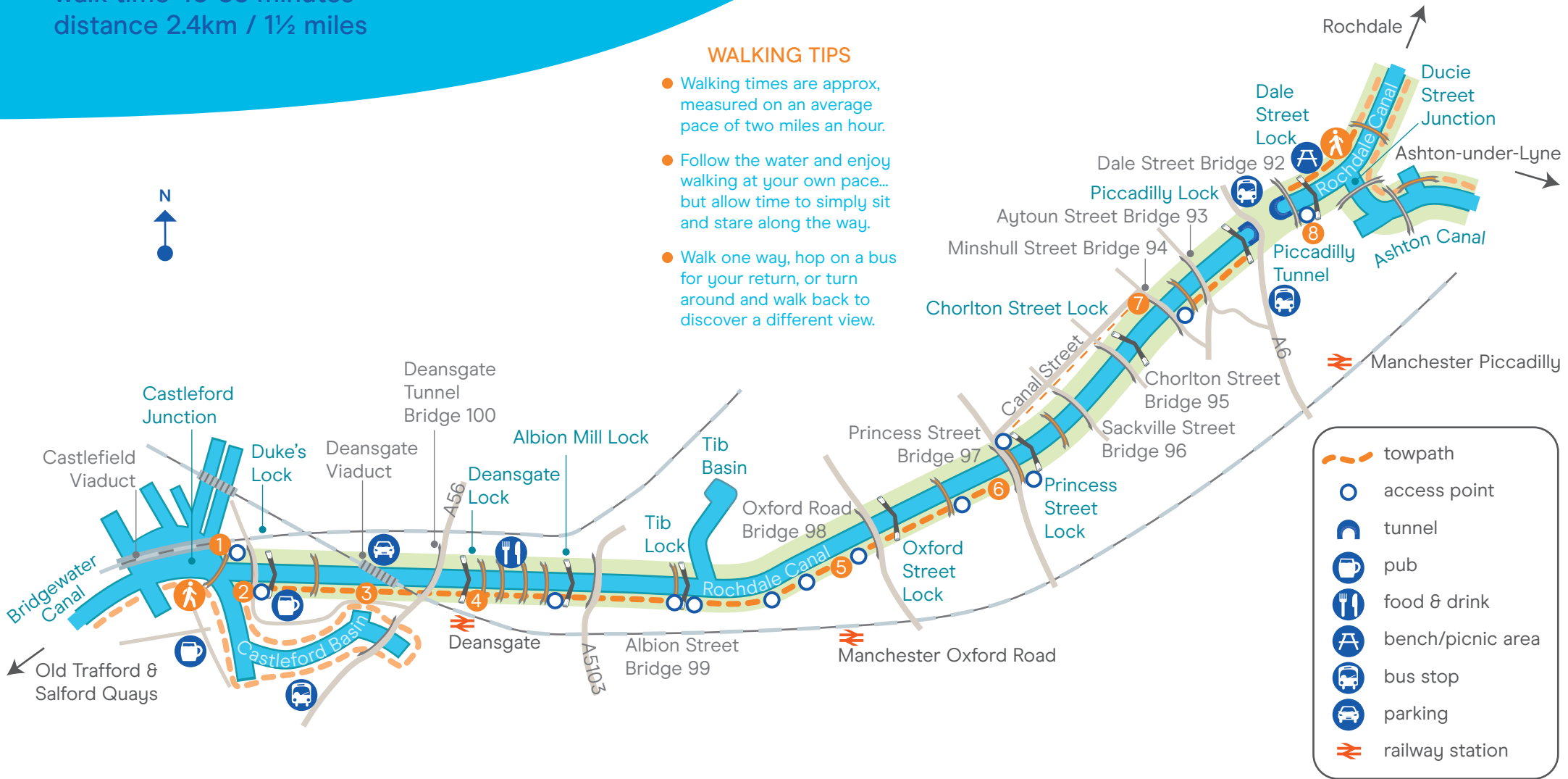
Manchester Wellbeing Walk

Castlefield to Piccadilly

walk time 45-55 minutes
distance 2.4km / 1½ miles

WALKING TIPS


- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- Walk one way, hop on a bus for your return, or turn around and walk back to discover a different view.



The Walk - Step by Step

This walk leads through the heart of Manchester's canal heritage, passing restored former mills and warehouses and even diving under buildings. By the late 1800s, Manchester was spinning cotton for the world, and hordes of cotton mills earned the city its nickname 'Cottonopolis'. Manchester was home to the first canal, leading the way for the fortunes of the nation, and the Rochdale Canal, completed in 1804, was the first trans-Pennine water route, busy with barges laden with cotton, coal, grain and wool. Today this buzzing contemporary city embraces its water, making an intriguing and dynamic walk.



 The dramatic Castlefield Junction is where the Bridgewater Canal ends and the Rochdale Canal begins.

1 Grade II-listed Castlefield Viaduct dominates Castlefield Basin and part of the canal. A section of it has recently been transformed into a 'sky park' filled with over 3,000 plants and trees.

2 Setting off from the cobbled Castle Street Bridge by the stunning Merchant's Warehouse, follow the towpath of the heavily locked Rochdale Canal as it starts its climb out of Manchester at Duke's Lock.

3 The towpath passes under the ornate skewed red and white cast-iron Deansgate Railway Viaduct before disappearing briefly under Deansgate Tunnel Bridge which carries the A56 over the canal.


4 Between locks 91 and 90, a series of bridges cross the canal to the popular area of Deansgate Locks, with bars housed in the railway arches. The towpath heads under Albion Bridge and along a run enclosed by buildings, opening up again around Tib Lock 89 and Tib Basin.

5 The canal is lined with restored warehouses and new apartment buildings before you need to duck your head under Oxford Street Bridge to lock 88. The view ahead shows the tall chimney of the now Grade II-listed Bloom Street Power Station.

6 Go under Princess Street Bridge and turn at the lock to cross the footbridge to the opposite bank. Follow Canal Street as the canal travels through the now world famous gay village, passing Chorlton Street Lock. Be aware of cars as you cross Sackville Street and Chorlton Street.

7 At Minshull Street Bridge, cross to go through the gate to re-join the towpath. After Aytoun Street Bridge, the canal disappears into Piccadilly Tunnel, a dramatic world of columns and colourful artwork under a towering 18-storey office block for Piccadilly Lock. It can be low in parts so keep your head down.

8 Coming back up for air at Dale Street Lock, turn up the slope to the road and cross to the other side of the canal. Go through the original entrance arch to Piccadilly Basin by the now Grade II-listed Rochdale Canal Company Offices to rejoin the towpath.

 Benches offer the perfect vantage point to watch boats negotiate the right turn under the buildings of Ducie Street to the Ashton Canal, while the Rochdale Canal continues its climb north. And when you're ready, hop on a bus or retrace your steps back to Castlefield from a new perspective.

CANAL: Rochdale

START: Castlefield Junction
OS Grid ref: SJ830975 Postcode: M3 4LZ

FINISH: Ducie Street Junction
OS Grid ref: SJ848981 Postcode: M1 2JB

DISTANCE: 2.4km / 1½ miles

APPROX TIME: 45-55 minutes

PUB/CAFÉ: Various at Castlefield, Dukes 92 by Duke's Lock, various at Deansgate, Canal Street & Piccadilly

PARKING: Nearest car parks – Collier Street (postcode: M3 4NH) & Dale Street (postcode: M1 2EQ)

TRAIN: Nearest train station – Manchester Deansgate, Oxford Road & Piccadilly
National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

BUS: Traveline
Tel: 0871 2002233 www.traveline.info

