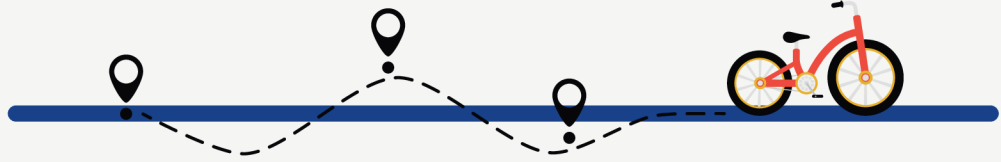


NMCP



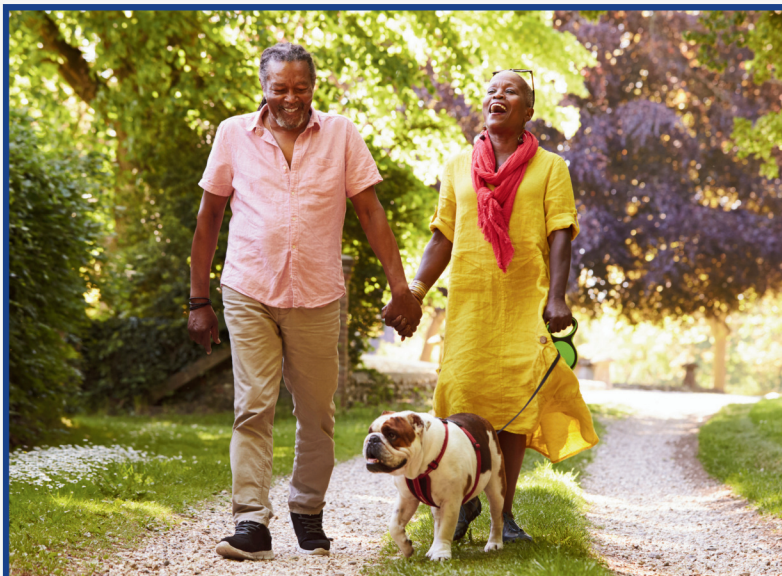
NEIGHBOURHOOD MOVES: LOCAL SPACES. LOCAL FACES. ACTIVE PLACES.

Your FREE guide to getting active around
stunning locations of Manchester



LET'S GET MOVING, TOGETHER!

Being active doesn't have to cost a thing - and you don't need to go far. This booklet shows you the best free and **low-cost** ways to move more in M8, M9, M18, M22 and M40. Whether you walk the dog in your local park, join a dance class, or try a new sport, every step counts. Getting active is great for your body, your mind, and your community.



How to use this guide:

- Find your local area
- Explore the list of activities
- Try something new - bring a friend!

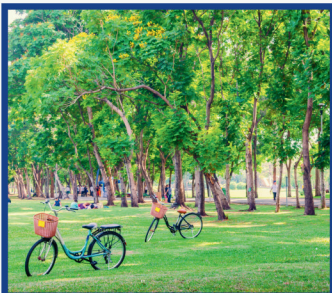
GET ACTIVE

No gym? No problem, your neighbourhood is your playground!



EVERYDAY MOVEMENT

- Take a brisk 10–15 minute walk around your block or to the shops
- Climb the stairs instead of the lift
- Get off the bus one stop earlier and walk the rest



PARK ACTIVITIES

- Go for a jog, cycle, or scooter ride on the park paths
- Organise a family picnic with outdoor games (frisbee, football, tag)
- Try a nature treasure hunt with kids (find 5 leaves, 3 birds, 1 flower)



SOCIAL & GROUP FUN

- Join a local walking, football, or dance group
- Start a “walk & talk” with friends or neighbours
- Volunteer for a community clean-up - good for fitness and friendships!



LITTLE CHALLENGES

- Aim for 30 minutes of movement most days
- Try one new activity this month (yoga, badminton, cycling)
- Explore all parks and tick them off!



M8

CHEETHAM PARK

••• Elizabeth Street, Cheetham Hill, M8 8BQ



Cheetham Park is perfect for a quick breath of fresh air between errands, a family play session, or a relaxed afternoon picnic. Pair your visit with a wander around Cheetham Hill's cafés or community hubs.

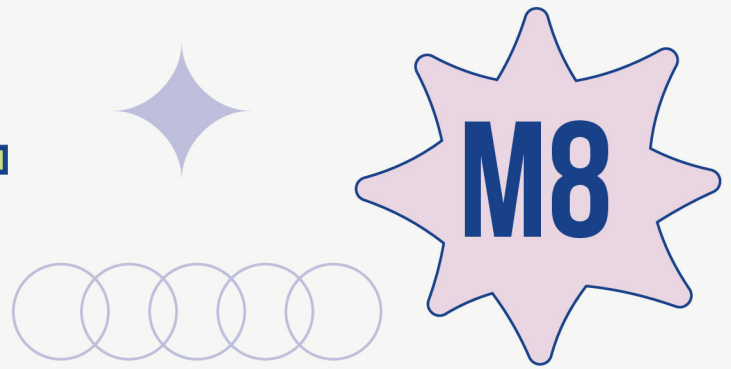
Things to Do:

- Play a friendly tennis match.
- Let the children enjoy the play area.
- Stroll among the trees and seasonal flowerbeds.
- Rest in the Victorian shelter and take in the history.

Facilities

- Children's Play Area - Equipment for a range of ages.
- Multi-Use Games Area (MUGA) - For football, basketball and informal games.
- Tennis Courts - Free to use, but booking is needed.
- Tree-Lined Paths - Perfect for short walks or a gentle jog.

CRUMPSALL PARK



Ash Tree Road, Crumpsall, M8 5RX



Crumpsall Park is one of Manchester's oldest parks, transformed in 1890 from cemetery grounds and home to historic reminders like a preserved lodge and obelisk.

Things to Do:

- Play football or basketball in the MUGA.
- Bring the kids for safe outdoor fun.
- Join a community event like a litter pick.

Facilities

- Large play area for children under 12.
- Multi-Use Games Area and 5-a-side pitch.
- Residents' Visitor Centre with free Wi-Fi.
- Walking trails and seasonal events

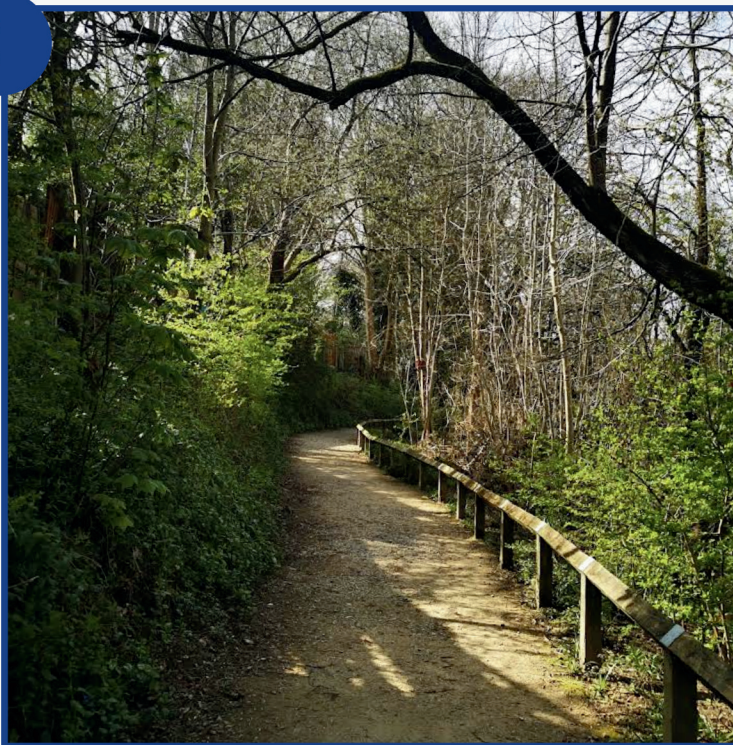


M8



HERRISTONE ROAD PARK

● ● ● Herristone Road, Crumpsall, M8 4PN



This compact neighbourhood park is a family-friendly spot with open lawns, a dedicated play corner for younger children, and a MUGA for ball games. It's a peaceful green space that's ideal for short visits or quick bursts of activity.

Things to Do:

- Take the kids to play on swings and slides.
- Challenge friends to a quick ball game.
- Enjoy a quiet picnic or reading session

Facilities

- Play area for children aged 8 and under.
- Multi-Use Games Area for informal sports.
- Grassy areas for picnics or casual games

Good to Know

Dogs not allowed in the play area



MORE ACTIVITIES



● ● ● Other Local Activity Spots in M8 ● ● ●

Abraham Moss Leisure Centre & Library (M8 5UF)

The library offers books for all ages, including multilingual titles, plus free Wi-Fi, printing and internet access. It runs family activities like Storytime and LEGO club. The leisure centre features two swimming pools, a gym, fitness studios, squash courts, a sports hall, a sauna and steam room and the North's first Indoor Urban Cricket Centre.

Manchester Jewish Museum (M8 8LW)

Situated in Cheetham Hill, this fascinating museum explores Jewish heritage and culture through interactive exhibits and family-friendly events. Entry is free for M8 residents with an M8 Membership, making it an affordable cultural day out.

Museum of Transport (M8 8UW)

Just a short distance away in Cheetham Hill, the Museum of Transport showcases historic buses, trams, and memorabilia. It's a hands-on, educational experience for kids and adults, with very low entry fees.

Free

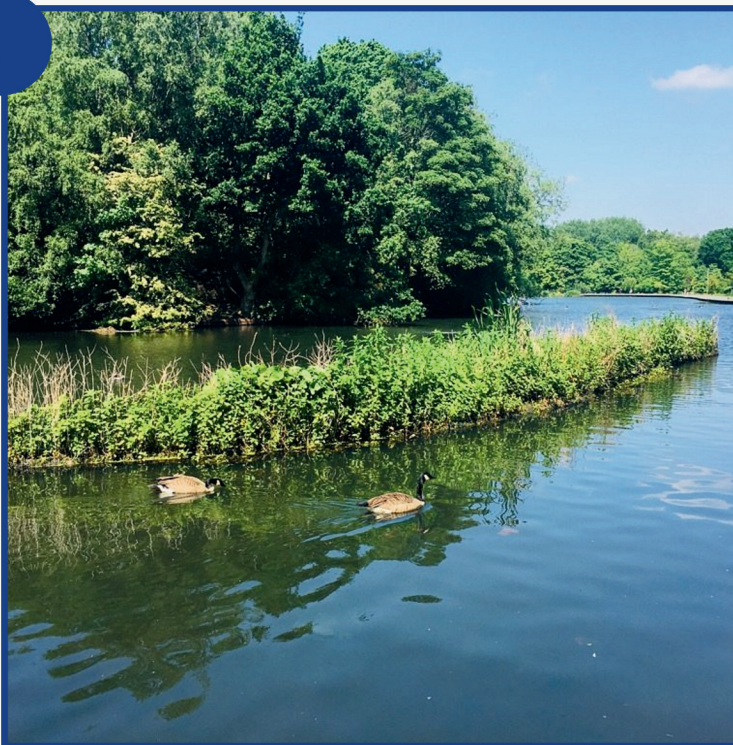
Under-17s can enjoy free swimming at Abraham Moss and other centres with an MCRactive card (weekends and school holidays). Inclusive swim sessions for SEND children are also available at nearby centres. Many local libraries provide free activity packs during school holiday



M9

BOGGART HOLE CLOUGH

● ● ● Charlestown Road, Blackley M9 7DF



Boggart Hole Clough is an ancient woodland and one of Manchester's oldest parks. It's been a popular spot for locals since Victorian times, with deep valleys, a large lake, and mature trees creating a peaceful, countryside feel.

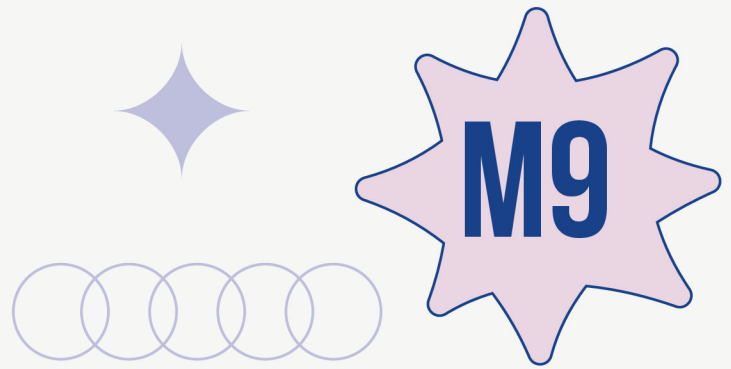
Things to Do:

- Walk or jog along the woodland paths
- Take kids to the play area
- Sit by the lake for a picnic or spot ducks and swans
- Try a bit of fishing (permit required)

Facilities

- Woodland Trails - scenic routes through ancient forest
- Jogging & Walking Paths - great for exercise or gentle strolls
- Play Area - fun equipment for children
- Picnic Spots - benches and grassy areas near the lake
- Fishing Lake - coarse fishing available with permit

QUEEN'S PARK



Queens Park Road, Harpurhey, M9 5FQ



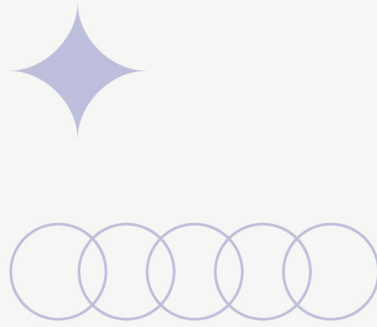
Opened in 1846, Queen's Park is one of Manchester's very first municipal parks. Its Victorian layout, bandstand, and formal gardens make it a favourite for relaxed strolls and community events.

Things to Do:

- Take a relaxed walk through the tree-lined paths
- Play with the kids in the playground
- Visit during summer for bandstand events
- Enjoy a coffee and people-watch from a bench

Facilities

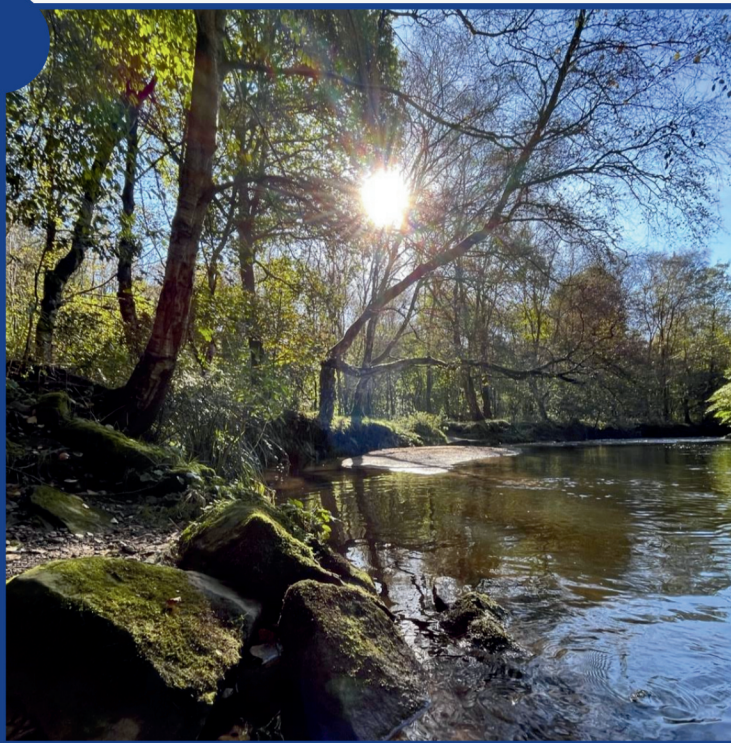
- Tree-Lined Paths - perfect for relaxed walks
- Bandstand & Gardens - a classic Victorian centrepiece
- Children's Playground - swings, slides, and climbing frames
- Benches & Lawns - sit back and enjoy the views
- Dog-Friendly Areas - space for a safe dog walk



BLACKLEY FOREST



Victoria Avenue, Blackley, M9 7HW



Blackley Forest was planted in the 1950s to celebrate the Queen's coronation. Today it's a designated Local Nature Reserve with a thriving ecosystem.

Things to Do:

- Take a mindful woodland walk
- Spot birds, foxes and squirrels
- Enjoy a quiet moment by the river
- Bring a sketchbook or camera to capture the scenery

Facilities

- Woodland Reserve: Mature trees and shaded paths
- Riverside Trails: Follow the River Irk
- Seating Areas: Quiet spots for resting
- Wildlife Habitat: Perfect for nature spotting



MORE ACTIVITIES



● ● ● Other Local Activity Spots in M9 ● ● ●

Harpurhey Neighbourhood Project (M9 5PR)

A community centre offering a wide variety of activities - from over-50s wellbeing classes (e.g., Tai Chi, “Knit & Natter”) to community choir, creative workshops, and sewing sessions, most with minimal cost (£1 for some)

Manchester Youth Zone (M9 8AE)

Manchester Youth Zone in Harpurhey (M9 8AE) is a vibrant space for young people aged 8-19 (up to 25 with additional needs). Open daily, it offers sports, arts, and personal development activities, helping local youth learn, grow and make friends in a safe, supportive environment.

Harpurhey Leisure Centre (M9 4AF)

A lively community hub with gym facilities, fitness classes, swimming lessons and a soft play area- perfect for keeping active and having fun for all ages.

No.93 Wellbeing Centre (M9 5BG)

A community-focused hub, operated by Greater Manchester Mental Health NHS Foundation Trust (GMMH), it offers a welcoming space for individuals seeking support with mental health and overall well-being.



M18

DEBDALE PARK

Hyde Road, Gorton, M18 7LJ



Debdale Park is one of Manchester's biggest parks and a local treasure. With two large reservoirs, it offers watersports like sailing, canoeing, and kayaking. There's also plenty of space for cycling, football, walking, or simply enjoying a picnic with family and friends.

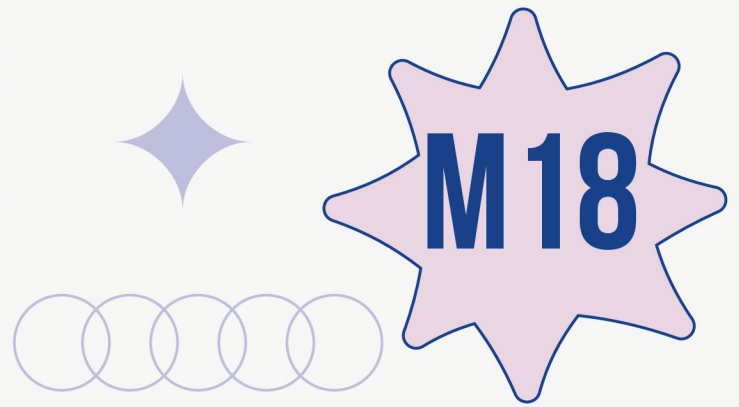
Things to Do:

- Join watersports at Debdale Outdoor Centre
- Cycle around the safe park routes
- Walk the woodland paths and lakeside trails
- Enjoy playgrounds and open space for kids

Facilities

- Watersports - sailing, kayaking, canoeing at Debdale Outdoor Centre
- Cycle & Walking Routes - safe paths for cycling, jogging & strolling
- Playgrounds - fun spaces for children of different ages
- Football Pitches - for casual kickabouts and community matches

BROOKDALE PARK



Abbey Hey Lane, M18 8RT



Brookdale Park is a spacious, multi-use green area that's popular for football and family activities. Its mix of open fields, woodland, and paths makes it great for both active sports and peaceful walks.

Things to Do:

- Join a kickabout or community football game
- Explore woodland paths with family or pets
- Take part in outdoor fitness or running
- Relax in a quieter natural setting

Facilities

- Children's Play Area: Slides, swings & climbing structures for ages 3- 8.
- Multi-Use Games Area (MUGA): Space for football, basketball & other sports.
- BMX Track & Skate Park: Ramps & tracks for BMX riders & skateboarders.
- Tennis Courts: Free-to-use
- Bowling Green: Lawn bowling facility.



M18



GORTON PARK



Mount Road, Gorton, M18 7JU



One of Manchester's oldest parks, Gorton Park is full of character and history. With wide lawns, tree-lined paths, and a family play area, it's ideal for both relaxation and activity. It's also a hub for local community events.

Things to Do:

- Take part in community events
- Enjoy open-air exercise, relax on the lawns
- Explore Gorton's history.

Facilities

- Children's Play Area (for ages 12 and under)
- Multi-Use Games Area (MUGA) for sports
- Football Pitches, including one senior pitch
- Skateboarding area

Good to Know

Dogs not allowed in the play area



MORE ACTIVITIES



●●● Other Local Activity Spots in M18 ●●●

Gorton Hub (M18 8HE)

Gorton Hub is a modern community centre on Garratt Way, M18, providing a variety of services and activities for local residents. From health and wellbeing programs to learning workshops and family-friendly events, the Hub is designed to engage and support the community while offering spaces for social and educational activities.

Rainbow Haven (M18 8TJ)

Rainbow Haven focuses on supporting refugees, asylum seekers, and migrants in the Gorton area. The centre provides digital skills training, job application assistance and community support services, fostering inclusion and helping residents build confidence, skills and connections within their local neighbourhood.

Wright Robinson Leisure Centre (M18 8TE)

They offer a wide range of sports and fitness facilities. Visitors can use the gym, sports hall, swimming pool, and outdoor pitches, as well as participate in group fitness classes or youth sports programs. It's a hub for staying active & enjoying structured physical activities in the community.

Free

Gorton Library hosts various free events, including local history groups, digital drop-ins, yoga classes, and arts and crafts sessions. It's a hub for learning and community engagement



M22

RIVERSIDE PARK

● ● ● Mill Lane, Off Palatine Road, Northenden, M22 4HJ



Riverside Park is a tranquil, community-focused green space nestled along the River Mersey in Northenden, Manchester. Established in 2008, it offers a blend of natural beauty and recreational facilities, making it an ideal spot for outdoor activities and relaxation

Things to Do:

- Riverside walks and cycling along the River Mersey
- Children's play area (ages 5-16)
- Picnicking in open green spaces
- Wildlife spotting and photography
- Explore sculptures and art installations

Facilities

- Play area for kids
- Cycle paths
- Car parking
- Open daily from dawn to dusk
- Scenic river views and sculptures
- Green Flag Award for quality and safety

PEEL HALL PARK



Wythenshawe, Manchester M22 5HP



Peel Hall Park is a well-maintained local park that serves as a hub for outdoor activities and community gatherings. Its central location makes it easily accessible for residents and visitors alike. The park is designed to accommodate various interests, from sports enthusiasts to families seeking leisure activities.

Things to Do:

- Children's Play Area
- Casual Sports: Utilise the open spaces for informal sports and games.
- Walking & Relaxation: Stroll along the park's pathways or relax on the benches, enjoying the serene environment

Facilities

- Multi-Use Games Area
- Open Green Spaces
- Seating Areas
- Accessibility: Paths and facilities designed to accommodate all visitors, including those with mobility challenges.



M22

PAINSWICK PARK

● ● ● Wythenshawe, Manchester M22 1GG



Painswick Park is a vibrant local park that caters to a diverse range of outdoor activities. Its central location makes it easily accessible for residents and visitors alike. The park is designed to accommodate various interests, from sports enthusiasts to families seeking a relaxing environment

Things to Do:

- Fishing: Day and season permits are available through the Woodhouse Park Anglers club.
- Skateboarding: A dedicated skateboard area
- Walking & Nature: The park offers accessible paths suitable for walking, jogging, and leisurely strolls.

Facilities

- Children's play area (for under 15s)
- Multi-Use Games Area (MUGA)
- 5-a-side football pitch
- Skateboard area
- Fishing pond



MORE ACTIVITIES



● ● ● Other Local Activity Spots in M22/M23 ● ● ●

Wythenshawe Park (M23 0AB)

A large green space with gardens, woodlands, and open fields. Offers a children’s play area, MUGA, football pitches, tennis courts, a community farm, and scenic walks. Great for families, sports, and picnics.

Wythenshawe Forum Leisure Centre (M22 5RX)

A community hub for physical activity & learning. It features a 25m swimming pool, fully equipped gym, fitness studios, and a sports hall hosting a variety of group classes. The centre also houses a library and café, making it a versatile space for all ages.

Wythenshawe Sports Ground (M23 0BD)

A versatile venue for local sports and community activity. The facility includes football pitches with changing rooms and accessible amenities. It caters to organised teams, casual games, & community groups, providing a safe and well-maintained environment for outdoor exercise and recreational sports.

Free

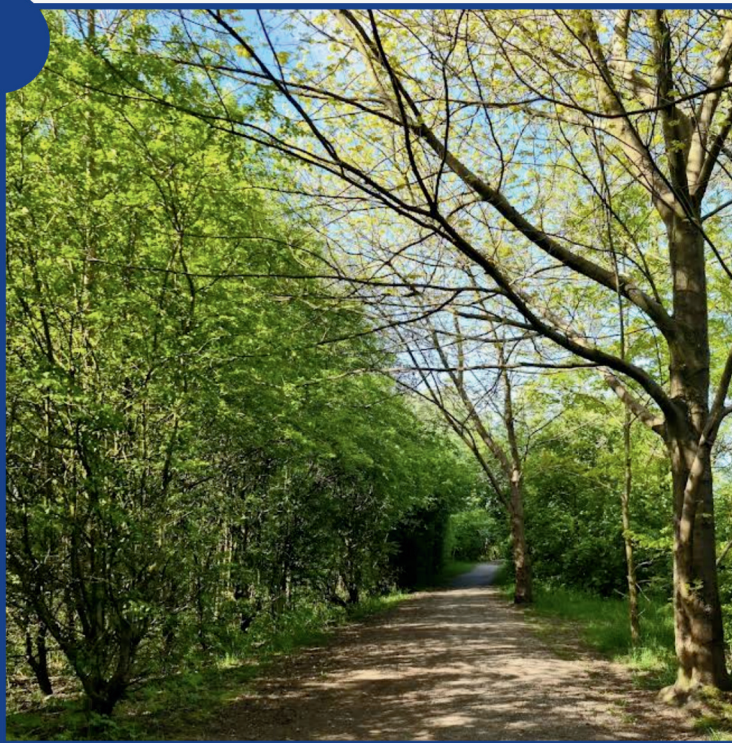
Check out Wythenshawe Forum for information on free youth activities and free adult education courses
www.wythenshaweforum.co.uk



M40

BROADHURST PARK

● ● ● St Mary's Road, New Moston, M40 0FJ



Combines active sports areas with peaceful nature zones, also home to FC United's stadium. Whether you're interested in attending a football match, enjoying outdoor activities, or exploring natural habitats, Broadhurst Park offers a diverse range of experiences for visitors of all ages.

Things to Do:

- Watch or play in a football match
- Take kids to the play area
- Walk the nature trail for a quieter experience
- Picnic with friends or family

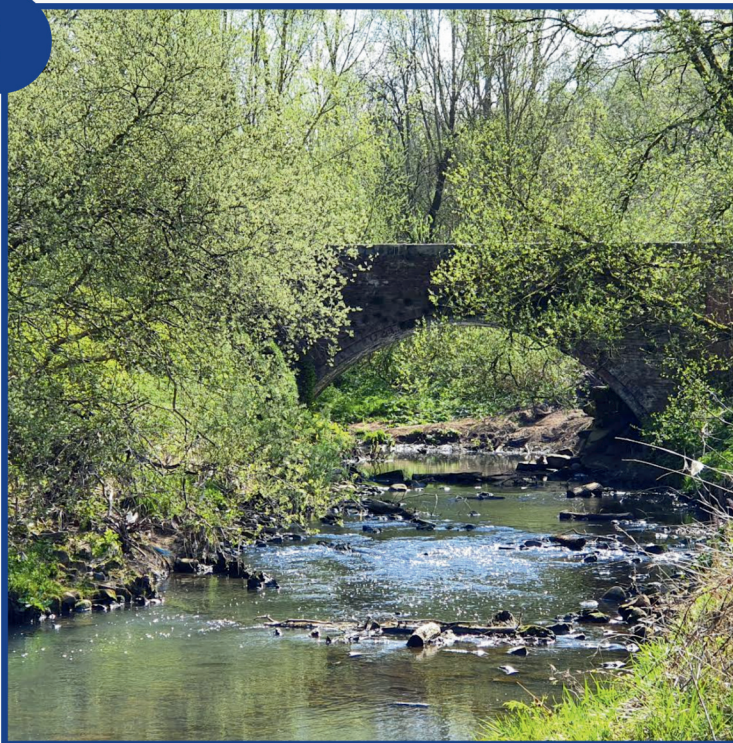
Facilities

- Children's Play Area: Designed for ages 3 to 10.
- Multi-Use Games Area (MUGA): Suitable for various sports.
- Tennis Courts: Free to use with prior booking.
- Bowling Green: Available for public use.
- Pond Dipping Platform: Ideal for nature exploration.

CLAYTON VALE



Edge Lane, Clayton, M40 1GP



Clayton Vale, along the River Medlock in Clayton, Manchester, was transformed from an industrial site in 1986 into a lush Local Nature Reserve. Today, it's a vital green space, home to wildlife and a favourite spot for community recreation.

Things to Do:

- Ride the MTB trails or bring kids for beginner routes
- Go for a family walk or jog through the woodland
- Watch wildlife - butterflies, birds, and wildflowers
- Capture some nature photography

Facilities

- Mountain Bike Trails: Graded routes (easy to expert)
- Woodland & Meadow Paths: Scenic walking routes
- Riverside Path: Runs alongside the Medlock
- Rest Stops: Benches dotted along the trails



M40

MOSTON BROOK (GREEN CORRIDOR)

● ● ● Access via Moston Lane or St Mary's Road, Moston, M40



Moston Brook, part of Manchester's Green Corridor, is a revitalised natural area running through Moston. Once neglected, it has been transformed into a vibrant habitat for wildlife and a peaceful green space for walking, cycling, and community recreation.

Things to Do:

- Walk or cycle the full green corridor
- Spot birds, squirrels, and seasonal flowers
- Combine it with a visit to Broadhurst Park or Clayton Vale

Facilities

- Walking & cycling paths for year-round use
- Multiple access points for easy entry
- Habitat restoration and water quality improvements
- Community events and nature activities
- Nature reserves supporting local wildlife



MORE ACTIVITIES



Other Local Activity Spots in M40



The Simpson Memorial Hall (M40 9NB)

A hub offering free weekly activities: English conversation and 'Easy English' classes, sewing and drop-in advice sessions, digital support drop-in sessions, coffee mornings plus fitness and creative workshops.

Ten Acres Lane Sports Complex (M40 2SP)

A popular spot for sport and fitness. It has a floodlit 3G pitch for five- to eleven-a-side football, a big indoor sports hall, and the National Taekwondo Centre with martial arts sessions for all ages. With parking, changing rooms, and full accessibility, it's perfect for booking a match, joining a class, or getting involved in holiday activities

Miles Platting Community Library (M40 1NY)

A hub for the local community. The library offers a wide range of books, digital media and free internet access, while also hosting activities for all ages- from children's storytime and craft sessions to coffee mornings and board games for adults.

Free

Residents of the M40 area can enter special draws to win complimentary tickets to selected events at Co-op Live. Winners are chosen randomly and notified by email, giving local people a chance to enjoy live music and entertainment for free.



TRANSPORT



This page provides general information on bus and tram services you can use to reach the areas highlighted in this booklet. Whether you're coming from Manchester city centre or travelling locally

M8 – Harpurhey, Moston, Newton Heath

- M8 8BQ (Harpurhey)
 - Bus: 118 from Piccadilly Gardens
 - Tram: Pink Line → Queens Road / Monsall
- M8 5RX (Moston)
 - Bus: 81 or 81A from Piccadilly Gardens
 - Tram: Pink Line → Newton Heath and Moston
- M8 4PN (Newton Heath)
 - Bus: 83 from Piccadilly Gardens
 - Tram: Pink Line → Newton Heath and Moston
- M8 5UF / M8 8LW / M8 8UW
 - Bus: 118, 81, or 83 depending on exact location
 - Tram: Pink Line → Monsall / Newton Heath and Moston

M9 – Cheetham Hill, Crumpsall

- M9 7DF / M9 5FQ / M9 7HW / M9 5PR / M9 4AF / M9 8AE / M9 5BG
 - Bus: 59 or 52 from Piccadilly Gardens
 - Tram: Pink Line → Queens Road / Cheetham Hill / Newton Heath and Moston (depending on postcode)

M18 – Gorton

- M18 7LJ / M18 8RT / M18 7JU / M18 8HE / M18 8TJ / M18 8TE
 - Bus: 201 or 203 from Piccadilly Gardens
 - Tram: Blue Line → Debdale Park / Cemetery Road



TRANSPORT



This page provides general information on bus and tram services you can use to reach the areas highlighted in this booklet. Whether you're coming from Manchester city centre or travelling locally

M22 – Wythenshawe

- M22 4HJ / M22 5HP / M22 1GG / M22 5RX
 - Bus: 103 from Piccadilly Gardens
 - Tram: Airport Line → Wythenshawe Town Centre

M23 – Wythenshawe / Gatley

- M23 0AB / M23 0BD
 - Bus: 103 from Piccadilly Gardens
 - Tram: Airport Line → Wythenshawe Town Centre

M40 – Harpurhey / Cheetham Hill

- M40 0FJ / M40 1GP / M40 9NB / M40 2SP / M40 1NY
 - Bus: 118 or 52 from Piccadilly Gardens
 - Tram: Pink Line → Monsall / Queens Road

For more detailed information on routes, timetables, and travel options, please visit the Bee Network website: www.tfgm.com/beenetwork



NEIGHBOURHOOD MOVES

Local spaces.
Local faces.
Active places.



North Manchester
Community Partnership