Salford Royal Rock
Health walks route information

Start point:
Salford Royal Rock

Type of route:
Predominately pavements. Some off road and muddy paths

Health Walk pace:
1 hour 10 minutes
On route

1. Starting with your back to the Salford Royal Rock on Stott Lane near the A & E entrance. Turn Left and Continue forwards on the footpath towards Eccles Old Rd.

2. Cross over Eccles Old Rd at the designated crossings and turn left onto Eccles Old Rd. Turn right onto Wilton Rd, Continue forwards on the footpath crossing at Timothy Close, Vestris Drive and Vandyke Ave until you reach Orient Rd.

3. Cross over Orient Rd and turn left. Turn right on Otranto Ave and continue forwards on the footpath.

4. Cross over Oxford Rd and turn left, continue forwards on the footpath and turn right onto Hereford Rd. Continue forwards on the footpath as the road loops around to the left.

5. Turn right at the bottom of Hereford Rd onto the side alleyway adjacent to Winchester Rd. Continue forwards on the footpath with Swinton Park Golf course on the right.

6. Continue forwards on the footpath passing a school on the left. Turn right at the T Junction (Swinton Park Golf Course on the right).

7. As you walk over the small stream (over small concrete bridge), turn right onto the muddy path. Continue forwards on the muddy path and turn right at the cross section of the path and continue forwards on the muddy path keeping to the right [Swinton Park Golf Course on the right].

8. Turn right onto the footpath (facing subway) and continue forwards on the footpath with the East Lancs Rd on the left. Cross at the Swinton Park Golf Course entrance, continue forwards on the footpath and turn right onto Runnymead Rd.

9. Continue forwards on the footpath crossing at CliftonVille Dr, Parkstone Dr and Magna Carta Court until you reach Welwyn Dr.

10. Cross Welwyn Dr and turn left and continue forwards on the footpath. Cross over at Bankstone Dr and turn left towards Lancaster Rd.

11. Turn right onto Lancaster Rd and continue forwards on the footpath crossing at Oxford Rd, Orient Rd and Voltaire Ave until you reach Eccles Old Rd.

12. Turn right onto Eccles Old Rd and continue forwards on the footpath. Cross over Eccles Old at the designated crossings and turn left onto Stott Lane and continue forwards along the footpath until you reach the Salford Royal Rock.

Map key:

- Walk route
- Railway
- Motorway
- A road
- Roads
- B road
- Short route
- Waterways