



1. Marple Locks and Marple Aqueduct

Marple

Start:

Marple Locks - close to Marple train station

Overview:

One of the most scenic and historic canal routes in Greater Manchester. It's a short, easy-to-follow stretch packed with industrial heritage, countryside views, and one of Britain's most impressive aqueducts.



2. Middlewood Way

Marple

Start:

Rose Hill Train Station (nearest access point High Lane, SK6 8AY)

Overview:

Middlewood Way is one of Stockport's best-known long, flat, and accessible walking routes, following an old railway line from Marple to Macclesfield.

It's ideal if you want an easy, scenic walk with history, wildlife, and multiple access points close to Stockport.



3. Heaton Mersey River

Heaton Mersey

Start:

Parking is available at Burnage Rugby Club, with access to the path located behind the club.

Overview:

Heaton Mersey Vale Nature Park and nearby green spaces, offering gentle riverside paths, wildlife-rich meadows, and easy access from local streets and public transport.

It's an ideal short, scenic outing for all abilities, with multiple loop options and plenty of historical interest woven into the landscape.



4. Happy Valley Nature Reserve

Bramhall

Start:

Happy Valley, off Bridge Lane in Bramhall

Overview:

Happy Valley is a peaceful woodland corridor following the Lady Brook between Bramhall and Hazel Grove. Most walks here are easy, scenic loops that take you through mature trees, riverside paths and into Bramhall Park.

It's a great spot for relaxed, family-friendly walking with routes typically ranging from 3 to 5 miles.



5. Reddish Vale

Reddish/Brinnington

Start:

Various starting locations from Reddish and Brinnington, central point would be Reddish Vale Visitors Centre

Overview:

Reddish Vale offers one of Stockport's most scenic and varied walks, combining riverside paths, meadows, woodlands, wildlife-rich wetlands, and the iconic railway viaduct.

It's an easy-to-moderate walking area with multiple route options, making it ideal for casual walkers, families, and nature lovers.



6. Etherow Country Park

Etherow Country Park

Start:

George Street, SK6 5JD

Overview:

Etherow Country Park is a historic nature reserve in Compstall with lakes, woodland walks, rich wildlife, and easy visitor access, making it one of Stockport's most popular scenic walking spots, there are plenty of options to adapt the walk to suit your needs.



7. Stockport Town Centre

Local culture stroll

Start:

Stockport Town Centre

Overview:

Stockport Town Centre is a compact mix of heritage landmarks, riverside views, and modern shopping areas right on your doorstep.

It's an easy, urban route that blends historic sites like the Market Hall and St Mary's Church with newer developments such as Redrock and Merseyway and Viaduct park.



8. Woodley Canal Walk

Woodley

Start:

The route begins on the canal opposite The Navigation pub in Woodley

Overview:

A gentle riverside route along the River Tame with woodland, wildlife, and easy paths. It's one of the calmest, most accessible local walks, ideal for a short outing or a longer loop with the option of walking into Haughton Dale Nature Reserve.



Step out your front door and discover how walking in Stockport can help you feel **happier, healthier and more connected.** With group walks and lovely local routes, it's never been easier to get moving and enjoy where you live.

This guide features the following walking spots:

1. Marple Locks and Marple Aqueduct
2. Middlewood Way
3. Heaton Mersey River
4. Happy Valley Nature Reserve
5. Reddish Vale
6. Etherow Country Park
7. Stockport Town Centre
8. Woodley Canal Walk



PEAK HAPPINESS

FIND IT IN STOCKPORT

Take the scenic route to feeling great and explore local walking spots in Stockport.



Life Leisure is an agent of Stockport Metropolitan Borough Council

