

**Handy tip**

Why not visit our online Journey planner [my.tfgm.com](http://my.tfgm.com) where you can view full bus timetables and route maps, as well as up-to-date information on any planned changes to services.

Buses are an affordable and convenient way to travel. Many modern buses have free wi-fi, perfect for business travel and commuting. Some routes also feature separate bus lanes with traffic light priority.

There are several services that stop in and around MediaCityUK, including buses from Manchester city centre, Intu Trafford Centre, Hulme, Swinton and East Didsbury.

Outside Salford Crescent station frequent bus services from Salford Crescent station are just 1.5 miles from MediaCityUK. Located on both the Manchester to Preston and Manchester to Southport/Kirkby lines, the station offers frequent direct services from Preston, Lancaster, Blackpool, Southport, Bolton, Wigan, Ashton-under-Lyne, Stalybridge and Manchester Victoria.

Local Link offers minibuses which are booked in advance and shared with other passengers, offering low-cost, flexible and accessible transport in areas where other services are limited. The Salford Local Link serves MediaCityUK. Visit [www.tfgm.com/localink](http://www.tfgm.com/localink) and plan journeys with [www.nationalrail.co.uk](http://www.nationalrail.co.uk) and [my.tfgm.com](http://my.tfgm.com) to find out more.

If you work at MediaCityUK, taking the train could be a cost effective alternative to travelling by car.


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Walking is a cost-free way to travel, requires no equipment and just a moderate level of fitness.

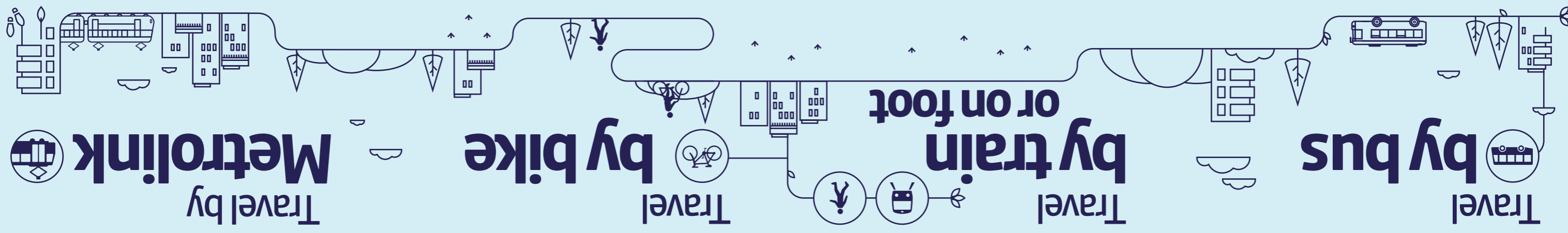
Just 30 minutes walking each day can have a significant improvement on your health by reducing the risk of heart disease, stroke and many serious illnesses. With Salford Crescent station just a 30 minute walk from MediaCityUK, why not walk it? To find out more about the health benefits of walking and news about our walking events go to [www.tfgm.com/walking](http://www.tfgm.com/walking)

Cycling can save you time and money, improves health and reduces stress levels. Free cycle training and maintenance courses are available throughout Greater Manchester. There is also secure parking at the Cycle Hub at MediaCityUK.

MediaCityUK is well connected to cycle routes across Greater Manchester. The Inwell River Park route, National Cycle Network Route 55, and The Bridgewater Way makes cycling from Manchester city centre, Old Trafford, Chorlton, Eccles, Roe Green, Sale, Altrincham and beyond quick, easy and convenient. [www.tfgm.com/cycling](http://www.tfgm.com/cycling)



MediaCityUK's Cycle Hub behind Orange Tower has space for over 300 bikes under full cover. It is protected by CCTV and smart card entry. It has showers and changing facilities and membership starts from less than £2 per week. Members also get access to other Cycle Hubs across Greater Manchester. Join at [www.tfgm.com/cycling](http://www.tfgm.com/cycling)



MetroLink provides a fast and easy alternative to travelling by car, with no need to worry about where to park at the end of your journey.

MediaCityUK has its own MetroLink stop, with a service every 12 minutes from Manchester Piccadilly. The Eccles to Ashton-under-Lyne (via Piccadilly) services stop at Broadway and also run every 12 minutes. Making your whole journey by MetroLink could be cheaper and faster than by car. Even if you need to use your car to access the MetroLink network, there are park and ride facilities at 23 MetroLink stops across Greater Manchester.

Information on changes and service updates for MetroLink are available at [www.tfgm.com](http://www.tfgm.com)

### More information to help make your journey smoother

For local public transport information call 0161 244 1000 7am-8pm Mon-Fri, 8am-8pm Saturday, Sunday and public holidays.

For more information on travel across Greater Manchester, from timetables, routes and concessionary passes, to tips and information on bus, rail, MetroLink, walking and cycling facilities, visit [www.tfgm.com](http://www.tfgm.com)

### get me there

Travelling around Greater Manchester is getting smarter with **get me there**. Greater Manchester's new smart ticketing system. Printed tickets will be a thing of the past, with **get me there** providing a smart card that will allow seamless travel across different modes of transport, making public transport easier to use, more flexible and better value too. Find out more at [www.getmethere.com](http://www.getmethere.com)

### Planning your journey

To get the most from your commute, it's worth planning ahead. There's plenty of information available about your transport options from the online journey planner, which creates journey routes and gives access to timetable information. Visit [my.tfgm.com](http://my.tfgm.com) and start planning today!

### Choosing the right ticket

A weekly, four-weekly or annual public transport ticket could make your regular journey cheaper. If your journey involves more than one operator, a System One Travelcard could be the best option, giving you unlimited travel on any bus, or various combinations of bus, train and MetroLink.

### Travelshops

Information about a range of travel choices can also be found at Travelshops, located in bus stations across Greater Manchester.

## Public transport around MediaCityUK is changing

With new improved cycle routes, better bus links and more MetroLink services, exploring your travel choices for work is easier than ever before.

If you work in MediaCityUK, this guide will give you the information you need to decide the best way to travel here.

By considering the way you travel, you may be able to get around quicker, save money, or become more active.

For details about journey planning and travel choices visit [www.tfgm.com](http://www.tfgm.com)



Your pocket guide to transport in **MediaCityUK**

Making the most of your transport choices

[www.tfgm.com](http://www.tfgm.com)

