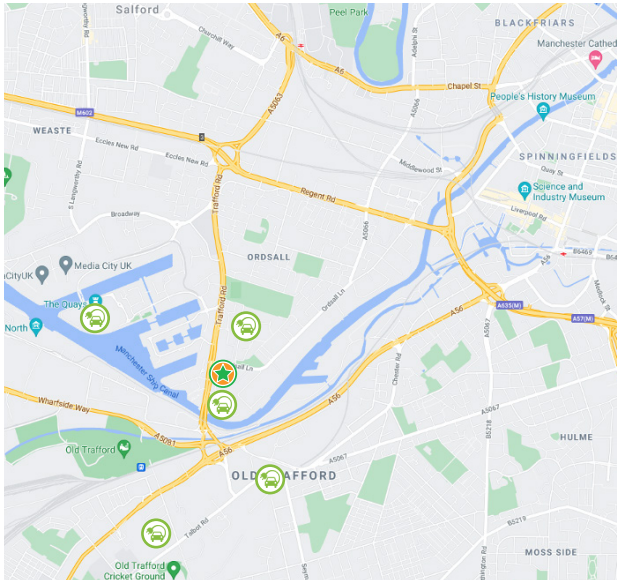


Green travel plan for Metro, Manchester

Metro, 2nd Floor, 33 Trafford Road, Exchange Quay 2, Salford, M5 3NN



Key



Office with onsite parking



Electric charging point

Introduction

BAM's North West Regional office is located on the 2nd Floor in the Metro Building at 33 Trafford Road before the orange arrow entrance to Exchange Quay. Metro Office is next to the Metrolink Exchange Quay Tram Stop which links directly to Manchester City Centre and Manchester Piccadilly Train Station. The office is approximately 2 miles from Manchester City Centre and is accessed from Trafford Road.



Car

Junction 3 of the M602 motorway is only 3 minutes by car.

There is secure parking over 2 levels plus motorbike and cycle parking on site.

AA Route planner can be accessed at:

[The AA Roadwatch](#)

[Live Manchester Traffic & Travel Updates](#)

[Euro Car Parks](#) – 120 spaces - Capital Quay – 5 minute walk.

[Lowry Centre](#) – 1800 spaces -Salford Quays – 11 minute walk.

Copthorne Hotel Car Park – approx. 60 spaces – off Trafford Road – 2 minute walk

BAM staff, operatives and visitors are always encouraged to car share wherever possible.



Bus

The following bus service numbers are available from Manchester City Centre, Deansgate Stn. X50 (includes 11 min walk). Salford Crescent Train Station no 73. www.firstgroup.com



Cycle

There is existing provision of specific cycle lanes around the surrounding roads of the site. Cycles can be secured by owners on site. cycling.tfgm.com/Pages/maps/districts/Salford.pdf



Walking

The footways leading to and from the site are well maintained and well lit with plenty of space for pedestrians



Airport

Manchester Airport is 10 miles away approximately 30 minutes by car. Taxi Est. £25.



Taxi Service

First Taxi: 0161 669 4600.

Green travel plan for Metro, Manchester

Metro, 2nd Floor, 33 Trafford Road, Exchange Quay 2, Salford, M5 3NN



Train

Deansgate Train Station 1.8 miles
Salford Crescent Train Station 2 miles
Trafford Park Train Station 2.1 miles
Manchester Piccadilly Train Station 2.9 miles
Manchester Victoria Train Station 3.4 miles

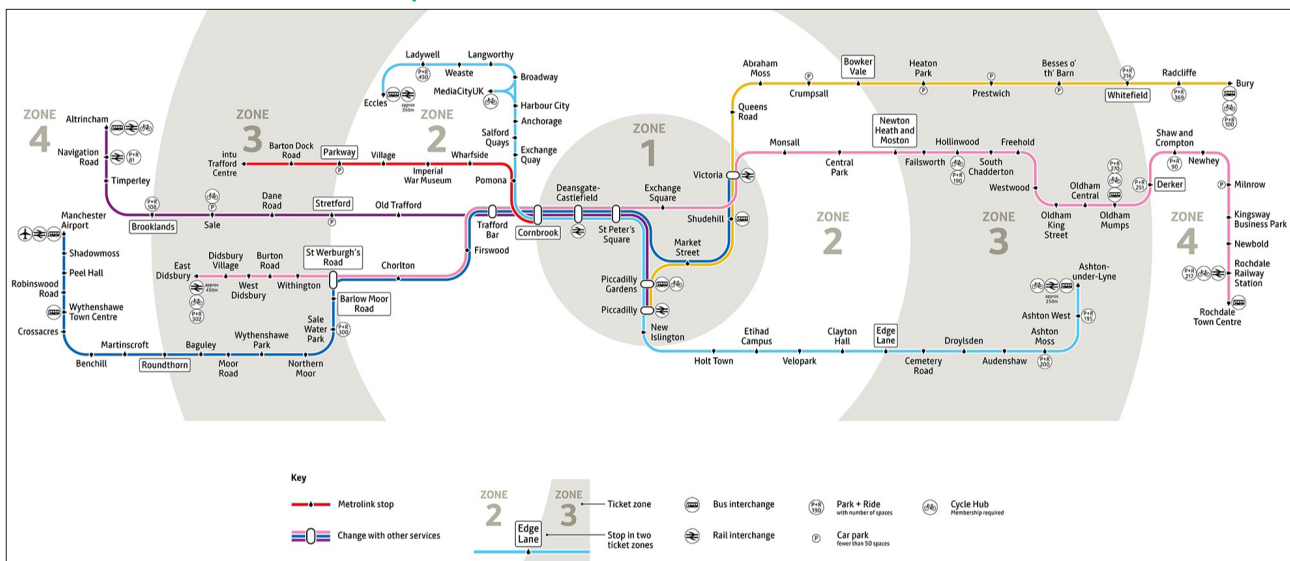


Tram

The Exchange Quay Metrolink station runs directly behind the Metro building which runs every 12 minutes with a journey time of 10 minutes to Manchester City Centre.

www.metrolink.co.uk

Greater Manchester tram map



Virtual Conferencing

The site has the ability to host conferencing via Teams and teleconferencing.

Transport for Greater Manchester: 08712 002 233

Northern Rail: 03442 413 454

National Rail Enquiries: 08457 484 950