

# Leisure options in the picture

Trafford is brimming with a wide range of leisure and entertainment options, for residents and visitors alike.

And options are increasing all the time, with the opening of the multi-million pound Apollo cinema complex in Altrincham (pictured below) in November 2006 and facilities at the new Ice Dome in the town coming on stream in a phased launch this spring.

The continuing commitment to bringing excellent leisure opportunities to the area confirms the borough's intentions to provide only the best for those who live in or visit Trafford.

Whether you enjoy dining out, watching or taking part in a sport, visiting the theatre or learning more about the past at an elegant National Trust property, you will find just the right venue in the borough.

With new restaurants and café bars opening in all areas of Trafford to supplement the many excellent ones already in existence, booking tables for that special meal will be no problem, whatever your tastes.

The borough is particularly well blessed with restaurants serving a complete range of traditional English and ethnic dishes from around the world. And

you can balance the effects of enjoying good food and wine by getting out and about in the fresh air at one of the borough's many parks or gardens. Alternatively, you could take advantage of the exercise facilities at one of Trafford's gyms or health and fitness centres. For a day out this spring and summer, the National Trust property at Dunham Massey is particularly picturesque with its magnificent hall and gardens, containing a wide range of flora and fauna.

Visitors will find Trafford top of the league as far as sport is concerned. The borough is home to Manchester United's world famous football club, Lancashire Cricket Club and Nationwide Conference team Altrincham.

For those wishing to participate in their favourite sport, there is also a vast number of associations, clubs and venues in the area, including Sale Water Park, which is a centre for water sports in the area. Arts enthusiasts can check out what is being featured at the Waterside development in Sale, which houses the Robert Bolt Theatre and the airy and spacious Lauriston Art Gallery.

The Garrick in Altrincham is one of the other theatres in the borough staging excellent productions during the year.

