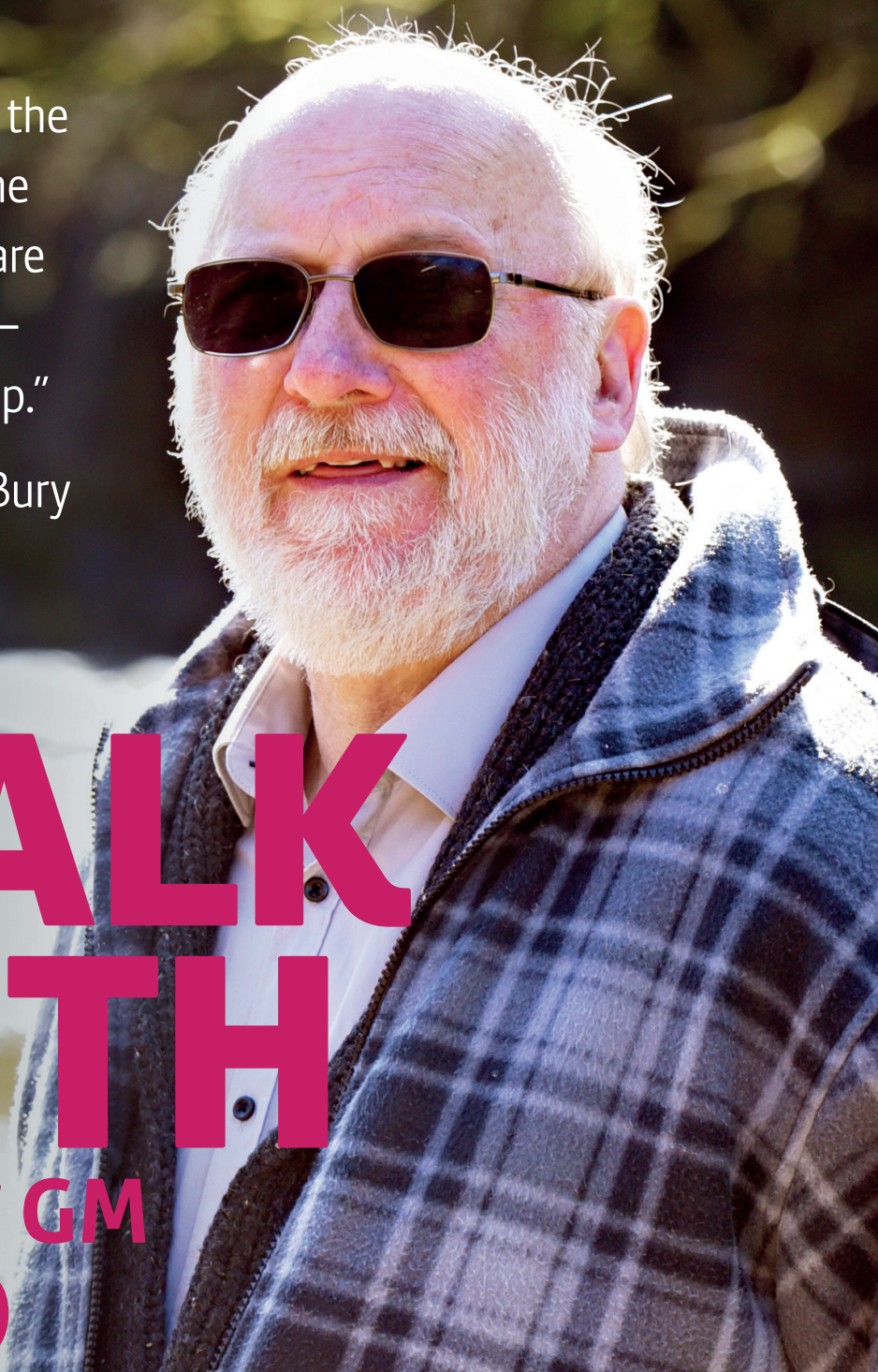


"I like the solitude on long walks and the scenery and the sense of achievement at the end of it. The short walks are something quite different – they're about the friendship."

Brian, Bury



 **WALK  
WITH  
US** GM

This May, there are hundreds of long and short walks on offer. Join Brian and see what you can achieve.

"On the journey to and from nursery, I can focus on the children, finding out about their day and playing games with them."

Chris, Manchester



**WALK  
WITH  
US<sup>GM</sup>**

Many of our free, led walks are specially designed to capture the imagination of your little ones, but why not try ditching the car and making short journeys on foot this May?

 Transport for  
Greater Manchester

[tfgm.com/walking](https://tfgm.com/walking)  
[facebook/TfGMWalking](https://facebook.com/TfGMWalking)  
[#WalkWithUsGM](https://twitter.com/WalkWithUsGM)

“The first lunchtime walk I did saw me at the back of the group. I had to ask that we stop halfway round so I could get my breath back, but I felt good. Now I’m at the front of the group.”

Liz, Oldham



WALK  
WITH  
US<sup>GM</sup>



Liz is proof of how something as simple as a walk can be beneficial to your health. Find hundreds of walks to help you get more active at [tfgm.com/walking](https://www.tfgm.com/walking).

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“I spend most of my working day looking at a screen so taking a walk at lunchtime is the perfect way to take a break and recalibrate for the afternoon.”

Liz, Manchester

**WALK  
WITH  
US<sup>GM</sup>**

With walks departing every day in May, the only question is where in Greater Manchester will you take a screen break?

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