



# BREAKTIME BIKE RIDE

Why not swap the doom scrolling for a lunchtime ride

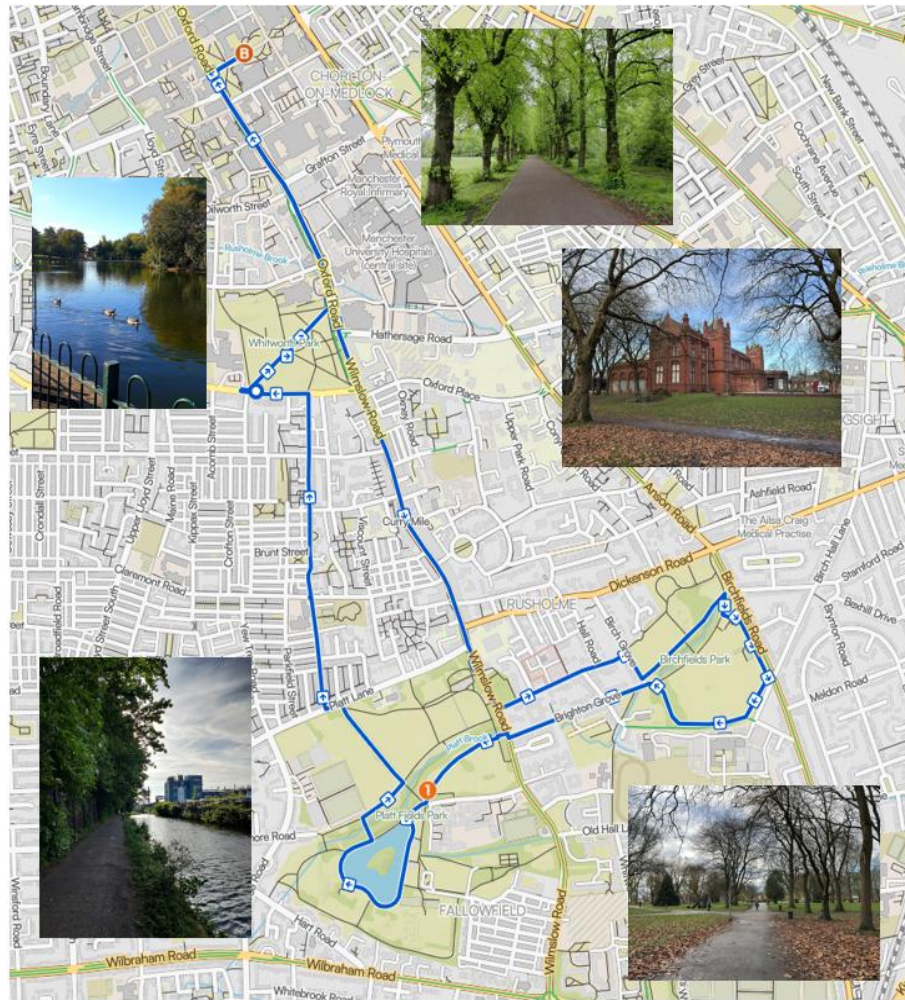
Whether you head out solo or with a friend or colleague, it's a great way to reset during the day. Get out, enjoy some of our local parks, grab some fresh air, burn a few calories, and take in the sights along the way. This self-guided ride is around 8km and takes approximately 45 minutes – perfect for a lunch break or a quick reset during the day.



Starling Bank Bikes

## No bike? No worries.

As part of our Wellbeing Event, you can enjoy free bike hire with Starling Bank Bikes between 8–26 June We have 10 free bike hire vouchers available on a first come, first served basis, each giving you 100 free minutes. Simply email [es@manchester.ac.uk](mailto:es@manchester.ac.uk) and quote “BREAKTIME BIKE RIDE” to claim yours.



*Please consider wearing a helmet for your safety.*

Join our new **Active Commuter Community**.

Whether you're a regular rider, getting back in the saddle, or just curious to give it a go, A friendly space for staff making their journeys to campus more active, affordable and sustainable - by bike, on foot, on wheels, or with public transport - where you can pick up tips, hear about events and initiatives, connect with others, and share your own experiences and ideas along the way [click here to sign up](#)

