MANCHESTER 1824
The University of Manchester

BREAKTIME BIKE RIDE

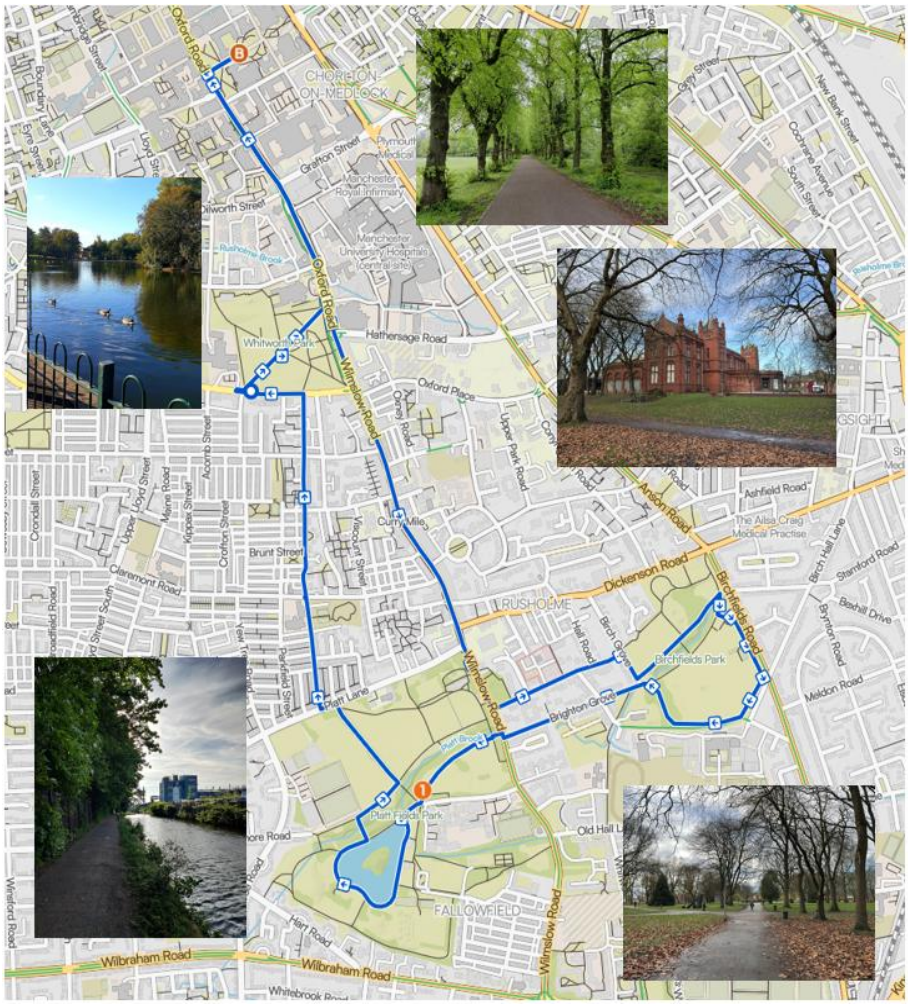
Why not swap the doom scrolling for a lunchtime ride 🚴
Whether you head out solo or with a friend or colleague, it's a great way to reset during the day. Get out, enjoy some of our local parks, grab some fresh air, burn a few calories, and take in the sights along the way. This self-guided ride is around 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 Drive Less this October campaign, you can enjoy free bike hire with Starling Bank Bikes between 5th October to 6th November 🚴 We have 20 free bike hire vouchers available on a first come, first served basis, each giving you 200 free minutes.
Simply email 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

ACTIVE COMMUTER COMMUNITY