



**This October, we're bringing together events, discounts, challenges and practical resources to help colleagues find ways to use their cars less.**

**Each week, we're showcasing a different way to travel to work - with lots of opportunities to try something new, whether you want to make a big change or simply swap one or two car journeys.**



## WEEK 1: CYCLING

Whether you're already a regular cyclist or haven't been on a bike in years, there are plenty of ways to make cycling part of your journey to campus.

Cycling can be a great way to build some exercise into your day, avoid traffic and make your commute a little more enjoyable - while also helping to reduce carbon emissions and create a healthier, cleaner environment. And you don't have to cycle every day to make a difference.



## COLLEAGUE EVENTS

### GROUP CYCLE COMMUTE TO CAMPUS

New to cycling to campus, or just fancy some company? Join a group of colleagues and cycle in together, led by one of our more experienced staff cyclists.

We'll have group rides starting from locations across Manchester, on different dates and times throughout October.

**Take a look at the group commutes [here](#)** and contact the ride leader directly to book your place and confirm arrangements. Everyone who takes part will receive a free breakfast voucher.

### DR BIKE - FREE BIKE REPAIRS

Is your bike out of action or in need of some TLC? Get it checked and minor repairs carried out by a professional bike mechanic from at our Dr Bike session.

Tuesday 13th October 9-12pm | Brunswick Park (or if bad weather - Biko Bikes Workshop, behind Student Union) | Free for our colleagues. Just turn up on the day, first come first serve.

Add a placeholder to your diary [HERE](#)

### STARLING BANK BIKES: HOW TO USE TRAINING

Learn how to use the yellow Starling Bank hire bikes. Drop in anytime during the three-hour session and receive 200 free minutes to get you started.

Tuesday 27th October 11.30am, - 2.30pm | Outside the Museum | Free for our colleagues

Add a placeholder to your diary [HERE](#)

### CYCLE CONFIDENCE BUILDING SESSION

Build your confidence and feel more comfortable cycling under the guidance of a cycling trainer. Bring your own bike or borrow one on the day. \*PRE-BOOKING REQUIRED\*

Thursday 15th October 10am-11.30pm | University Place Square | Free for our colleagues

Book your place → [HERE](#)

### CYCLING QUIET ROADS TRAINING

Learn how to use quieter roads and feel more confident navigating your journey by bike. \*PRE-BOOKING REQUIRED\*

Wednesday 21 October 12pm – 1.30pm | University Place Square | Free for our colleagues

Book your place → [HERE](#)

### 1-TO-1 BIKE MAINTENANCE WITH A MECHANIC

Got a bike problem you'd like to fix yourself, or simply want to know a bit more about looking after your bike? Book a 25-minute 1-to-1 session with a professional bike mechanic. The slot is yours to ask questions, get some basic hands-on training, or talk through a problem you'd like to tackle yourself. You're welcome to bring a friend along too.

Tuesday 13th October | Brunswick Park | Free for our colleagues | \*PRE-BOOKING REQUIRED\*

Choose your 25-minute slot: 12.30-12.55pm / 1-1.25pm / 1.30-1.55pm

Book your place → [HERE](#)

### MORE EVENTS ACROSS MANCHESTER

Alternatively, Transport for Greater Manchester (TfGM) is offering a range of free cycling training sessions for our colleagues. [View dates, venues and book HERE](#)



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## COLLEAGUE DISCOUNTS & OFFERS

### STARLING BANK BIKES – 200 FREE MINUTES

Fancy giving bike hire a go? Our colleagues can get 200 free minutes on Starling Bank Bikes this October – more than enough to get you started. All we ask is you tell us how you got on at the end of the month! To get your vouchers download our [\*\*CommuteUoM\*\*](#) app and go to the rewards page in the 'Statistics' section.

### NO TIME TO WASTE – EXTRA REWARDS

[Join our Sustainability Platform](#), making it easy and rewarding to build greener habits. Log your driving-less commutes throughout October and beyond to earn Green Points - with the chance to unlock extra rewards and monthly prizes.

### GET A DISCOUNTED D-LOCK

Don't have a decent lock for your bike? Register your cycle with campus security and you can qualify for a £15 D-lock, normally worth around £40. [Apply HERE](#)

### TRY AN E-BIKE FOR FREE

Curious about e-bikes? Cycling UK is offering our colleagues a free one-month e-bike loan throughout October: [Find available dates and book HERE](#)

### LOOKING FOR A SECOND-HAND BIKE?

Manchester Charity Bike Shop in Chorlton has a great range of refurbished bikes to get you started. Plus, colleagues can get 10% off bike servicing throughout October with your staff ID. [More details HERE](#)

### GET YOUR BIKE ASSESSED FOR FREE

Is your bike in need of a little TLC? The team at Platt Fields Bike Hub can carry out minor repairs while you wait. For bigger issues, book a free bike assessment and get a quote for any repairs needed. They're also offering colleagues free one-off Saturday sessions throughout October, including Dr Bike, Learn to Fix Your Bike and cycling courses [More details HERE](#)

### £5 OFF A FULL BIKE SERVICE

Show your staff ID at Never Mind the Bike Shop and our colleagues can get £5 off a full bike service. Located just a short walk from campus, they also sell new and second-hand pedal bikes and e-bikes, carry out repairs, and are Manchester's main Cube and Orro bike dealers. [More details HERE](#)

### CYCLE TO WORK SCHEME – NOW UP TO £5,000

Ready to buy a bike? Our Cycle to Work Scheme can help fund your new wheels, with the limit recently increased to £5,000 (subject to affordability).

The scheme can also be used for e-bikes, cargo bikes and adapted cycles, helping make cycling more accessible to more of our colleagues. [More Details HERE](#)



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## COLLEAGUE RESOURCES

### FIND CAMPUS CYCLING FACILITIES

Use our [interactive campus map](#) to find where your nearest cycle shelter is and discover [how to use them](#). Got caught in the rain? The campus map also signposts our multiple shower and changing facility locations.

### FREE LEGAL PROTECTION FOR CYCLISTS

Feel reassured while cycling. The University provides free legal protection in the event of an accident for staff members, their family, and friends. [Find more details HERE](#) and [download a copy of your certificate](#) for safekeeping.

### FIND YOUR CYCLING PEOPLE

Looking for someone to cycle with? [CommuteUoM](#) can help you find colleagues travelling at similar times or on similar days, so you can buddy up and cycle together. You can also join our Active Commuter Community Teams channel. It's a great place to share tips, stay motivated, swap ideas and connect with other colleagues and active commuters. [Join HERE](#)

### BREAKTIME BIKE RIDE

Why not swap the doom scrolling for a lunchtime bike ride? Whether you head out solo or with a friend or colleague, it's a great way to get some fresh air, enjoy our local parks and reset during the day. This self-guided 8km ride takes around 45 minutes. Don't have a bike? Try the Starling hire bikes for free. [More details HERE](#).



## WEEK 2: WALK, WHEEL, RUN

Sometimes the simplest way to leave the car behind is to use your own two feet or wheels. Whether you walk, wheel or run all the way to campus, or build a little active travel into part of your journey, every trip makes a difference.

Take the opportunity to slow down, get some fresh air and enjoy the journey, taking in a bit of nature and giving yourself some headspace along the way. You'll arrive with some movement under your belt, while helping to reduce traffic, pollution and carbon emissions too.



## COLLEAGUE EVENTS

### GROUP WALKING / WHEELING COMMUTE TO CAMPUS

Fancy some company on your walk to campus? Join a group of colleagues and walk in together. We'll have group commutes starting from locations across Manchester, on different dates and times throughout October.

**Take a look at the group commutes [here](#)** and contact the walk leader directly to book your place and confirm arrangements. Everyone who takes part will receive a free breakfast voucher.

### GET YOURSELF A WELL-EARNED TREAT!

Walk, run or wheel to work this October, take a selfie when you arrive and send it to [es@manchester.ac.uk](mailto:es@manchester.ac.uk) to claim a £5.50 Food on Campus voucher – a little reward from us to treat yourself to a nice coffee and healthy snack!

### WALK, WHEEL – GET ACTIVE YOUR WAY

Looking to get moving, whether you're a complete beginner or already enjoy running? There are plenty of ways to get involved, from university running groups and organised events to free community runs. You can run, jog, walk or wheel at your own pace, with options for all abilities.

- **Purplewave** – The University's Purplewave series brings colleagues and students together through a programme of active events throughout the year, culminating in the Great Manchester Run 10K on 23 May 2027. **Find out more and book**
- **UMRun** – Join the University's weekly staff and student running groups, with sessions suitable for all abilities and led by England Athletics-affiliated leaders. **More details HERE**
- **Parkrun & Community runs** – Free, weekly, welcoming events where you can run, jog, walk, volunteer or simply come along and join in. South Manchester parkrun takes place every Saturday at Platt Fields Park, with Birchfield's Community Run offering free 2K and 5K events on Sundays. **Find your local parkrun**

## COLLEAGUE DISCOUNTS & OFFERS

### EXPLORE OUR AFFORDABLE ACTIVE MANCHESTER MEMBERSHIPS

Kick-start your fitness journey with our great-value membership packages, designed to support every goal and lifestyle. With flexible options and access to top-quality facilities, staying active has never been easier. Our gyms and studios are open to everyone - students, staff, and the local community - so you can train in an inclusive, welcoming environment. **More details HERE**

### SPORTICIPATE – FREE, BEGINNER-FRIENDLY SPORT & ACTIVITY

Fancy trying something new? Sporticipate is our beginner-friendly programme, giving colleagues and students the chance to try a wide range of sports and activities – from team games and martial arts to fitness and wellbeing sessions.

Most sessions are free, equipment is provided, and everyone is welcome. **More details HERE**



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## COLLEAGUE RESOURCES

### FIND CAMPUS FACILITIES

Need somewhere to have a shower or get changed? Find all our active travel facilities on our [interactive campus map](#)

### EXPAND YOUR ACTIVE TRAVEL NETWORK

Looking for someone to walk, wheel or run with? [CommuteUoM](#), our dedicated travel app for colleagues and students, makes it easier to connect with other active travellers and set up or join a group commute. Watch this video [for more details](#).

You can also join our Active Commuter Community teams channel. It's a great place to share tips, stay motivated, swap ideas and connect with other colleagues and active commuters [Join HERE](#).

### WALK AMONG THE GREEN GIANTS

Download the University's free interactive Tree Trail and take a wander around some of our historic trees. Discover different species, find out how old some of our trees are and uncover the stories and heritage behind them – all while getting some fresh air and a bit of movement. [More details HERE](#)

### TAKE A WALK THROUGH OUR HISTORY

Wander around campus and discover the stories behind the buildings and places around you on this self-guided walk. Explore the people, ideas and moments that have helped shape our university, our city and the world. [More details HERE](#)



## WEEK 3: PUBLIC TRANSPORT

Leave the car at home and let someone else take care of the traffic. Whether you're travelling by bus or train, public transport gives you a chance to make better use of your journey - catch up on emails, read a book, listen to a podcast or simply sit back and relax.



You'll arrive without the stress of driving and help reduce traffic, pollution and carbon emissions along the way. And you don't have to make every journey by public transport to make a difference.

## COLLEAGUE EVENTS

### COMPETITION: WIN A MONTH OF FREE TRAM TRAVEL!

Could a month of unlimited tram travel change the way you get to campus? We're giving away 5 free one-month tram passes worth over £100 each to help you try a different commute.

To enter, tell us why free tram travel would make a big difference to your current driving commute, and we'll pick the most compelling submissions. Email [es@manchester.ac.uk](mailto:es@manchester.ac.uk) by the 2<sup>nd</sup> November, winners notified by 9<sup>th</sup> November.

### TRAIN / TRAM + BIKE: TRY A STARLING BANK BIKE

Want to combine your train or tram journey with a hire bike? Book a free 1-to-1 session and meet a cycling instructor at a station or hire stations of your choice, who'll show you how to use a Starling Bank Bike for the rest of your journey to campus. You'll also get free minutes to try the bike for yourself! **Find out more and book [HERE](#)**

## COLLEAGUE DISCOUNTS AND OFFERS

### BOOK YOUR TRAIN TRAVEL & WIN £50

Book your train travel through the [CommuteUoM](#) app and, every week you do, you'll be entered into a prize draw to win £50 towards your next train ticket. There are three £50 prizes up for grabs every month.

[More information plus Ts&Cs \*\*HERE\*\*](#)

### 10% OFF A 28 DAY BEE BUS TICKET

Would you be interested in unlimited bus travel across Greater Manchester for 28 days for just £72?

That's £8 less than the usual £80 price, and you can use it for more than just your commute – evenings, weekends, days out and getting around Greater Manchester whenever you like.

If we get 25 or more people interested, we'll be able to bulk buy the tickets on your behalf and offer you this discounted price. [Register your interest \*\*HERE\*\*](#)

### COULD A BEE NETWORK SEASON TICKET SAVE YOU MONEY?

If you regularly use the bus, tram or both, it's worth checking the Bee Network [bus, bus + tram](#) weekly, monthly or annual tickets. Depending on how often you travel, a season ticket could work out cheaper than paying for individual journeys.

Don't want to commit to a season ticket? With the Bee Network's new [tap and pay system](#), just keep using the same card or device and tap on and off for every journey. The system will make sure you never pay more than the capped fare – for unlimited bus and tram travel, that's a maximum of £9.50 a day or £41 a week.



## WEEK 3: PUBLIC TRANSPORT

Leave the car at home and let someone else take care of the traffic. Whether you're travelling by bus or train, public transport gives you a chance to make better use of your journey - catch up on emails, read a book, listen to a podcast or simply sit back and relax.



You'll arrive without the stress of driving and help reduce traffic, pollution and carbon emissions along the way. And you don't have to make every journey by public transport to make a difference.

## COLLEAGUE DISCOUNTS AND OFFERS cont

### SAVE WITH AN ANNUAL TRAVEL SEASON TICKET

If you travel by train, tram or bus regularly, an annual season ticket can be a great way to save on your travel costs. But we know paying for a whole year's travel upfront can be a big expense. There are several schemes that can help, including interest-free loans, so you can spread the cost of your annual ticket through monthly repayments.

Find out more about the options available for Bee Network, Northern and TransPennine travel, and how to apply for an interest-free season ticket loan [HERE](#).

### FREE BUS TRAVEL FROM PICCADILLY & VICTORIA

Commuting to campus by train? If you arrive at Manchester Piccadilly or Victoria, you can travel free between the station and campus on the 147 or 41 bus. Plan your journey here [147 route map](#) and [41 route map](#).

## COLLEAGUE RESOURCES

### COMMUTEUOM – YOUR UNIVERSITY TRAVEL GUIDE

Not sure which bus or train is best for getting to campus? Download the [CommuteUoM app](#) to plan your journey, compare your options and find the best route for you.

### PLAN YOUR JOURNEY – BEE NETWORK

Need to check ticket information, [plan your journey](#) or see live bus and tram departures? Transport for Greater Manchester (TfGM) has everything you need to get around Greater Manchester.

### PARK & RIDE – SKIP THE CITY CENTRE TRAFFIC

Fancy avoiding the traffic and hassle of driving into the city centre? Park at a [Park and Ride](#) and continue your journey by bus or tram.

### TRAIN CANCELLED? JUMP ON A DIFFERENT ONE

If your train is cancelled, you can now use another train operator's service to complete your journey without paying again. Handy to know if you're travelling by train to or from campus. [Find out more HERE](#)

### SAY YELLOW TO BEE NETWORK RAIL

Local rail is joining the Bee Network from December 2026, making it easier to combine train, tram, bus, walking, wheeling and cycling when getting around Greater Manchester.

With simpler ways to plan and pay, nicer stations, better connections, and more information in one place, your journeys should become easier and more joined-up. New rail features are already available in the Bee Network app, so keep checking as the network develops to see how it could help with your journeys. [Find out the latest HERE](#)



## WEEK 4: CARPOOLING

Make the journey part of the day, not just the bit in between. Share your commute with a colleague, take turns behind the wheel, split the fuel costs and enjoy some company along the way.



It's a chance to catch up, chat, share a laugh and perhaps make a new connection - while putting one less car on the road and helping to reduce congestion, pollution and carbon emissions.

## COLLEAGUE EVENTS

### CARPOOL DROP-IN – FIND YOUR MATCH

Thinking about sharing your journey to campus? Join one of our carpool drop-in sessions and we'll help you get set up on the app and connect you with colleagues who are also looking to share a ride or offer a lift.

#### **Come along for a chat and see if you can find your match!**

We'll be running four 30-minute drop-in sessions between 2–13 November. Dates and times to be confirmed – check back for updates.

## COLLEAGUE DISCOUNTS & OFFERS

### BUDDY UP & GET A FREE COFFEE!

Driving to campus? Buddy up with a team member and share your journey instead of driving solo - you'll both get a voucher for a free coffee!

Simply take a selfie together in your car in a university car park and send it to [es@manchester.ac.uk](mailto:es@manchester.ac.uk), along with both your names. Offer runs from 26 October to 20 November.

### LOOKING FOR SOMEONE TO SHARE YOUR JOURNEY?

Want to connect with colleagues who travel your way? Join our official carpool scheme to post your journey or let other drivers know you're seeking a journey. Download the [CommuteUoM](#) app, and [here's how to do it](#). Get a £5 voucher for every carpool journey you post or take via the app, plus you'll be entered into a prize draw to win £100 each! Offer runs from 26 October to 20 November.

## COLLEAGUE RESOURCES

### FIND YOUR CAR SHARE

Use the CommuteUoM app to post your journey or let other colleagues know you're looking for a lift. Connect with others travelling your way and find a car share that works for you. Download the [CommuteUoM](#) app, and [here's how to do it](#).

### MEET AT A FREE CAR PARK

Can't find a colleague to share the whole journey with? Why not meet at a free car park on the outskirts of Manchester, leave one car there and share the rest of the journey to campus?