

Drive less this October: Week 2 – Walk, wheel, or run

Group Walk 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 to claim a £5.50 Food on Campus voucher – a little reward from us to treat yourself to a nice coffee and healthy snack!

Join a Staff Running Group

Fancy running with others? Join a University staff running group with regular 5K runs at lunchtime or after work, plus a women-only group.

All abilities are welcome - whether you're a regular runner or just getting started. [\[LINK\]](#)

COLLEAGUE DISCOUNTS & OFFERS

Get Active for Less

Looking to get more active? There are some great discounted gym options available to our colleagues.

Active Manchester Membership gives you unlimited access to gyms and group exercise classes at the Armitage Sports Centre and Wellbeing Studios for £135 for 12 months - just £11.25 a month! Pay-as-you-go options are also available.

You can also get discounted access to the Aquatics Centre, Sugden Sports Centre and other MCRactive centres.

COLLEAGUE RESOURCES

Find campus cycling 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 Giants

Download the University's 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](#)

THIS WEEK'S CHALLENGE – what will you do differently this month?

Get moving and pledge to walk, wheel or run to campus twice this month!

Every step counts. The British Heart Foundation says that every extra 1,000 steps a day is linked to a 15% lower risk of heart and circulatory disease.