

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

WELLNESS WALK MANCHESTER

2025 Route Map*

With every step you'll be making a difference. Walking for a happier, healthier future and raising funds for a world where diabetes can do no harm.

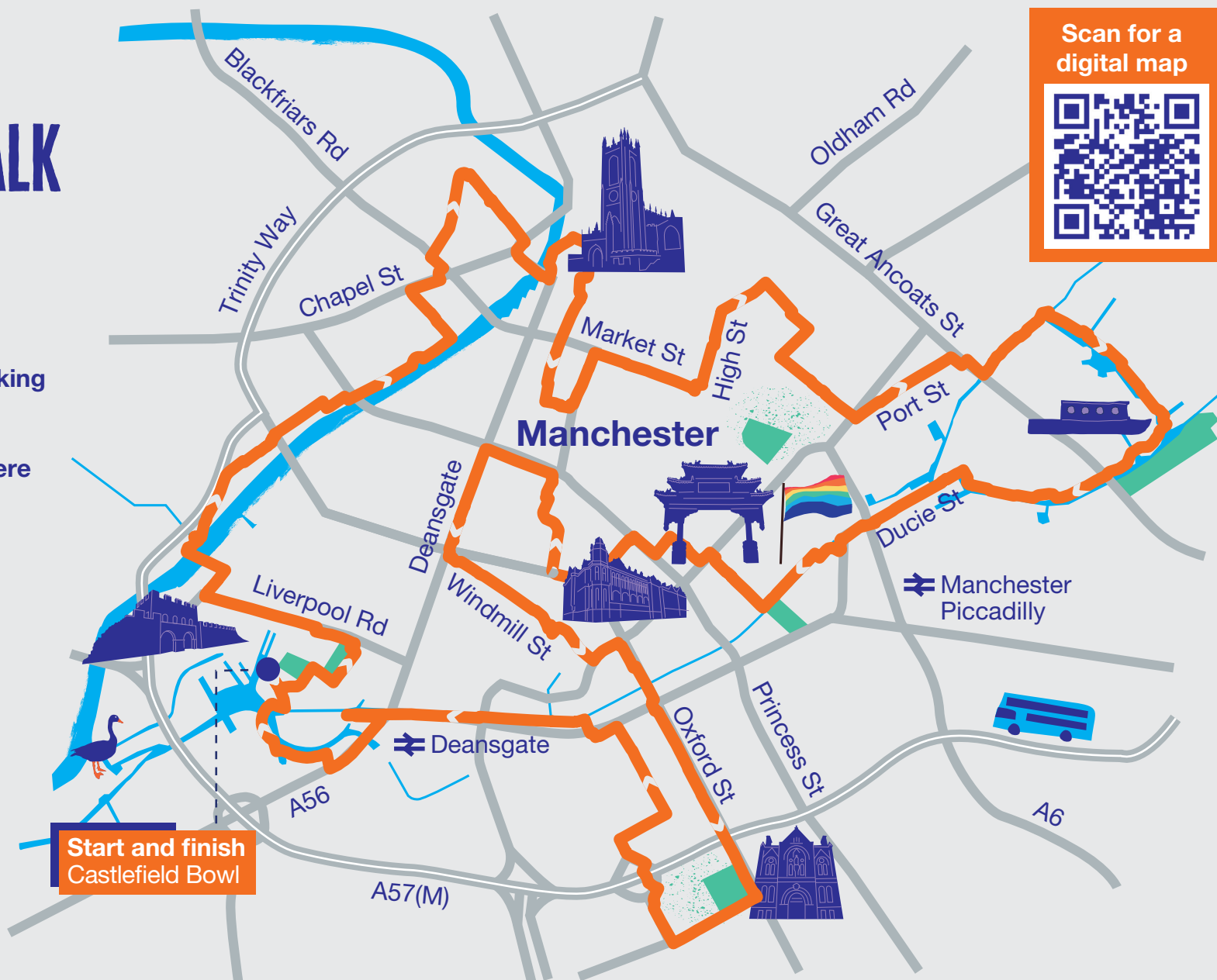
Date: Sunday, 19 October 2025

Start and finish location:
Castlefield Bowl, Rice St, M3 4JR

If you want to use What3words to find the exact location of the venue, please use [///keys.coast.shovels](https://www.what3words.com/keys.coast.shovels).

Start time: Please check your receipt email for your start wave.

Please remember to arrive 30 minutes before your start time.



Scan for a
digital map



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane, London E1 1FH.

* Subject to change and not to scale.

WE HOPE YOU HAVE THE BEST DAY IN MANCHESTER

Things to remember

- Take the walk at your own pace. This is not a race and you should not run.
- There are marshals along the route to guide you around the course.
- Ask an event marshal if you require assistance or need medical support.
- Take care as you walk and use hand railings on all stairs.
- If you are using a wheelchair or pushchair, you will be directed to a step-free alternative.
- Please use bins on route. Please do not drop or leave litter.
- Please keep your dog on a short lead at all times, including at the start and finish areas.
- You will be sharing the path with other members of the public and the route can be busy and uneven in places. We do not have priority right of way.

- If you have any problems, please approach one of the route marshals. If none are available please call the event emergency control number on 07542 549 035.

Personal safety guide

- Please listen carefully to your pre-walk safety talk before you start. This will also make you aware of any route changes.
- Please carry this map with you at all times or download the route to your phone using the QR codes available at the event site.
- The roads are open to traffic, so only use the designated crossing points.
- Please follow all marshal instructions.
- If you can't finish the walk, there are bus stops and train stations on the route to get home or back to the event venue.
- The normal rules of the highway code apply and you need to be responsible for your own safety when crossing roads.

- If you have an accident, feel unwell or need help, please speak to a marshal so that they can arrange medical support.

What to wear on event day:

Wellness Walk t-shirt – wear with pride!

Event number – write emergency contact details on the back and pin to the front of your Wellness Walk t-shirt.

Back message bib – write your reason for walking and pin to the back of your t-shirt.

Your fundraising rewards – Diabetes UK laces (£50), Wellness Walk pin badge (£150) and Diabetes UK beanie hat (£250).



This map was created in advance of the event with the council and landowners' permission and support. Whilst we don't anticipate any changes, the route is subject to small changes. Please follow all instructions from marshals located around the route and at road crossings.

Event Day Emergency Control Number
07542 549 035