

WELLNESS WALK MANCHESTER



YOUR EVENT GUIDE

SUNDAY, 19 OCTOBER 2025

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

READY? LET'S WALK

Thank you so much for being part of Wellness Walk Manchester, and welcome to your event guide. We're so glad to have you on the team and raising money for a world where diabetes can do no harm.

If you are new to exercise, or have any medical conditions which could be affected by increased activity, please check with your doctor before you start training.

Please take a look at our resources page for tips on walking and training.

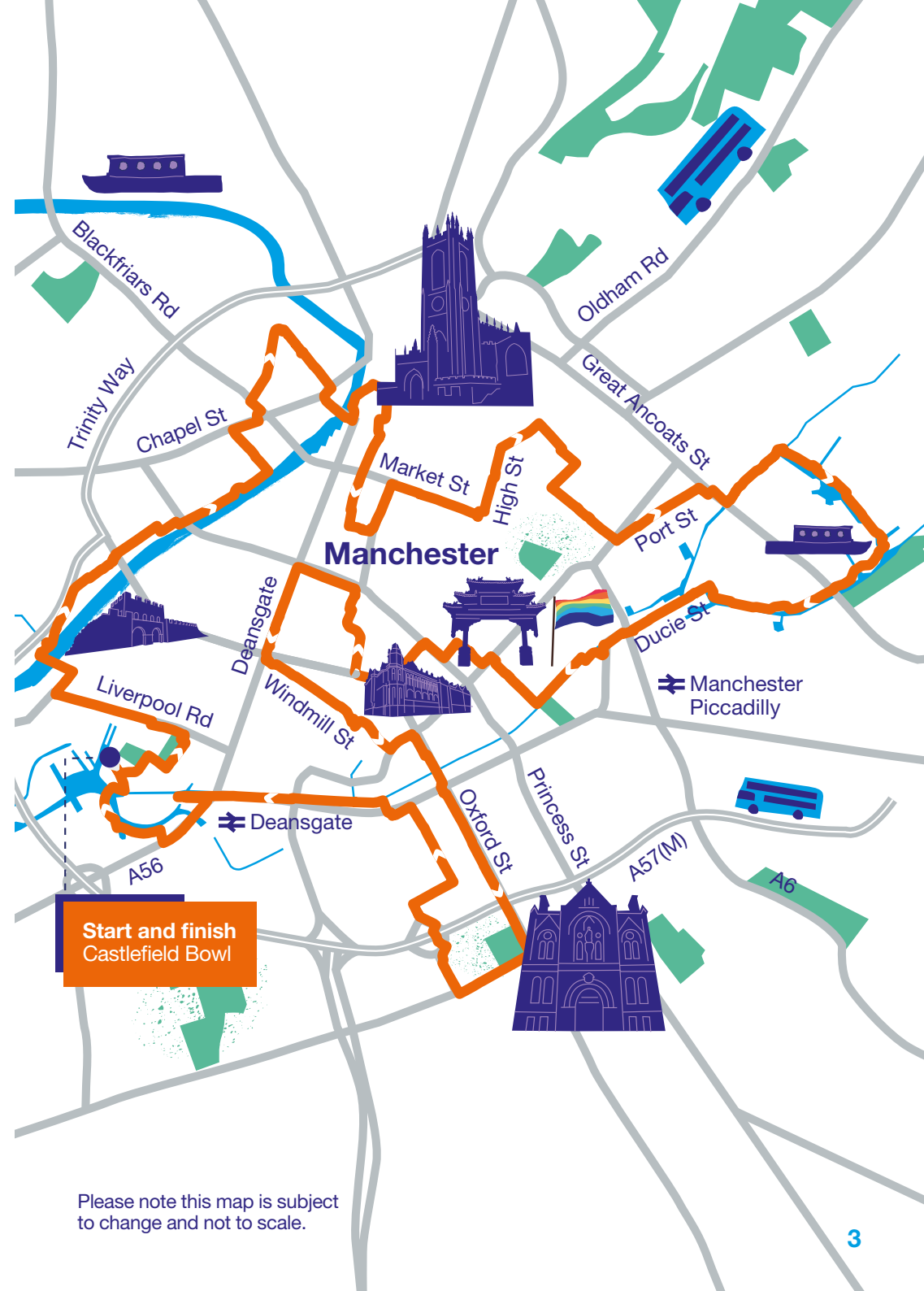
fundraise.diabetes.org.uk/event/wellness-walks/resources

Wellness Walk Manchester is a circular walk and starts and finishes at Castlefield Bowl. Look out for the sea of blue t-shirts, your fellow Wellness Walkers. If you want to use 'What3words' to find the exact location of the event venue, please use [///keys.coast.shovels](https://www.what3words.com/keys.coast.shovels).

The address is: **Castlefield Bowl**
Rice Street, Manchester M3 4JR

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Please note this map is subject to change and not to scale.

THE DIFFERENCE YOU'LL MAKE

Wellness Walks are about making a difference. For your own health, and for everyone living with diabetes.

Living with diabetes is relentless. It can be frustrating and complicated. It can be lonely. Together we can make sure it doesn't have to be.

Your fundraising could keep our trained helpline advisors answering the phone, getting people through the difficult days and supporting them to overcome the challenges diabetes brings.

It could pay for our local support groups, changing lives one cup of tea at a time. Or help us continue to campaign for better care and help us fight to make sure everyone has access to the treatment they need.

Diabetes can also cause complications like sight loss, amputation and stroke. We're working on new treatments to prevent these complications, but it's only with your support that this research is possible.

Every penny you raise helps us to fight for a world where diabetes can do no harm. Thank you for walking with us.



WHAT YOU NEED TO KNOW

How do I get there?

There's lots of ways to get to Castlefield Bowl, but make sure you check your route beforehand and leave plenty of time. If you want to use 'What3words' to find the exact location of the event venue, please use [///keys.coast.shovels](https://www.what3words.com/keys.coast.shovels)

Please note: We want to make sure our events are as environmentally friendly as possible, so we encourage you to use public transport if you can.

By public transport

Wellness Walk Manchester is located conveniently close to Oxford Road, Deansgate and Piccadilly stations. Deansgate is less than 10 minutes walk, with Oxford Road about 15 minutes and Piccadilly less than half an hour.

By road

Please use public car parks near to Castlefield Bowl.

We strongly recommend using public transport where possible. You can check nearby car parks using this link: <https://en.parkopedia.co.uk>

Where will we be walking?

The walk is circular from Castlefield Bowl. You'll start beneath the Castlefield Viaduct before heading along the River Irwell on the Salford side, then cross back into the city centre. You'll pass famous landmarks like the historic Manchester Cathedral, the iconic Midland Hotel, Canal Street and St Peter's Square, as well as taking in the calm of the canals along the way.

Will I receive a map?

We will provide you with an A4 illustrated route map for reference but all our routes are signposted and marshalled.

Always follow the advice of marshals along the route.

Scan the QR code above so that you can download a digital version of the map to your phone as well.

Scan for a digital map



What should I do before I arrive?

Remember to:

- Wear some comfortable clothes and footwear, suitable for the the expected weather conditions.
- Pack a full, refillable water bottle – we'll have water refills available at the start and finish – and your usual snacks to keep you going.
- In a few weeks you should receive your Wellness Walk t-shirt and event number. Please pin your number to your t-shirt on the day. There will be a £1 fee to replace any lost numbers. If you registered after 5th October please collect your t-shirt and event number from 'Event Pack Pick Up' on event day.
- Arrive ready to walk – no baggage hold facilities available.
- Check your individual start time and plan your journey to your start line. The route will be pushchair friendly.

Don't forget we have some brilliant fundraising rewards - Diabetes UK shoe laces when you reach £50, an enamel pin badge when you hit £150 and a Diabetes UK beanie hat if you raise £250. Wear these with pride on event day.

What you'll find at the Finisher's Area

- At the end of your Wellness Walk, collect your well deserved medal and then spend some time relaxing in our Finisher's Area.
- Pose for a photo on our finisher's podium, get a much needed massage, write on our gratitude board or speak to a diabetes expert.
- We'll have water refills available and some Diabetes UK merchandise.
- Bring your picnic and soak up the atmosphere.



What time do I need to get there?

Your start time is in your confirmation email. Please arrive at least 30 minutes before your start time.

Can't find your start time? Email wellnesswalk@diabetes.org.uk and we can confirm it for you.

I chose the wrong start time, can I change it?

Our start waves have participant limits for health and safety reasons. Please email wellnesswalk@diabetes.org.uk with the start wave you want to change from and to. Please get in touch as soon as possible. We can not guarantee to make all changes requested.

Is there a minimum sponsorship?

We ask adult walkers to aim to raise £150. The more you raise the more lives you'll be changing.



KEY TIMINGS

09:00

Start area opens at Castlefield Bowl

10:00

First start wave to set off

10:30

Second start wave to set off

12:30

Walkers start to arrive at the finish line. Activities in the Finisher's Area open – fun for all the family

16:30

Finish line and area closes

How do I send in sponsorship?

The easiest way to collect sponsorship is via your online fundraising page. You can personalise this page by clicking on the link in your confirmation email.

The money raised on your page will come straight to us, so you don't have to do anything else.

For any cash donations you collect with a sponsorship form, you can get it to us by:

Fundraising Page

Pay it onto your online fundraising page.

Cheque

Please make your cheque payable to Diabetes UK. Send it with your sponsor forms, or a covering letter with your name and address on, to: Wellness Walk Manchester, Diabetes UK, 126 Back Church Lane, London E1 1FH.

Credit/Debit Card

Our Supporter Care team are waiting to take your donation. You can call them on 0345 123 2399, Monday to Friday, 9am to 6pm. Make sure you say you're making a donation towards your Wellness Walk Manchester sponsorship.

Please don't bring sponsorship money with you on event day. We are unable to accept any cash on the event day.

Thank you for all of your support.

MAKE EVERY MILE COUNT IN MANCHESTER

What your support makes possible

£30

could help someone identify life changing complications sooner.

£60

could train new professional helpline advisors to help answer every call.

£150

could kick start investment into high-quality research projects which could shape the future of diabetes care.

THANK YOU FOR WALKING WITH US



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

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.



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