

# One Walk Manchester Event Information

## The Basics

### Location:

One Walk Manchester will be starting and finishing at Heaton Park, Middleton Road, Higher Blackley, Manchester M25 2SW

What3Words: ///pound.risks.quiet

**Date:** Saturday 17 May

## Event Day Schedule

**10:00am** Event village opens

**11:00am** Warmup with Pure Gym & opening ceremonies

**11:30am** 5 & 10km Walk starts

Please arrive at the event village with enough time to check-in and enjoy the event day activities.

After the Walk, walkers are encouraged to stay to celebrate your achievements.

The event will close at 3:30pm.

## How to get there

From Manchester City Centre you can take the Green Line from St Peter's Square to Prestwich or Bowker Vale. Both stations are approximately a 30-minute walk to the event site.

**Bus:** The closest bus stations are

Heaton Park accessed by the 90 (Simister - Prestwich - Kersal - Heaton Park circular)

Orange Hill Road accessed by 90, 135, 894, 895, 900

**Car:** There is limited Pay by Phone parking available at Heaton Park Car Park.

Make sure to check your journey online for the latest updates and closures.



# When you arrive

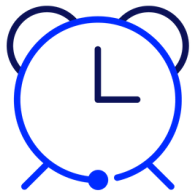
It's nearing the time for the One Walk Manchester and we hope you are getting excited!



All participants are required to sign-in before their walk. Please arrive with enough time to sign-in and enjoy the event day activities.



When you sign-in make sure to let us know who your incredible type 1 superhero is. Everyone walking with type 1 will receive a Superhero cape to wear, so we can celebrate them throughout the walk!



If you are going to be late, or can no longer attend the event, there is no need to tell us. Please just note that after 12:00 we will not be able to let participants start their walk.



Your Breakthrough T1D t-shirt has been sent to you. Make sure to wear it on the day with pride! There will be a designated place to collect or swap your t-shirt.



# More Information about the day



There will be lots to do before you set off on your walk, from talking to exhibitors, getting your face painted to warming up ready to go! So make sure you get there with enough time to enjoy the atmosphere.

Our One Walk's are dog friendly, but please keep your dog on a short lead at all times, including at the start and finish areas.

There is a cafe on site to get your morning coffee. Please make sure you are stocked up with water and snacks for the walk. Water will be available at the finish line for all our walkers.

There will be volunteers at the start and at a few select points on route, please ask them questions or simply say 'Hi'. We couldn't put on our One Walks without our fantastic volunteers!

## Further safety information

One Walk is a fun family (and dog friendly) day out, but we want to keep everyone safe and smiling. So, please listen carefully to your pre-walk safety talk before you start.

There will be medical support based at the start and finish that will be on hand for any medical issues, however in cases of a medical emergency please call 999 and then inform event staff by calling emergency contact number on **07710086250**.

Please follow the highway code at all times, especially when crossing roads. Please use marked crossing points where possible, as all the roads on route are open to traffic.

Whilst on the route, which is open to the public in its entirety, you are responsible for yourself and your belongings.

Most importantly, enjoy the day!

