

Walking



Walking is a great way to get around Greater Manchester. It's free, kind to the environment and good for your physical health and mental wellbeing. A brisk 25 minute walk every day can add up to seven years to your life!

[Watch our health benefits of walking video](#)

[Find out more about the benefits of walking](#)



Plan a walk

- Plan a circular walk in Greater Manchester using our ['Get active' journey](#)



Find a walking group

[Find a walking group in your local area](#)



**Do you know
what we do for
Greater
Manchester?**

[Learn more about
TfGM](#)



**Your new Wigan
Bus Station is
now open**

[Plan your journey](#)



[planner](#)

- Plan an urban walk on [walkit.com](#)
- Plan a country walk with the [Ordnance Survey](#).

Sign up to the walking
newsletter



Walking support for businesses

We can advise you about encouraging walking at your workplace as a way to get fitter and save money:

Find out more about a walking workplace: email walking.works@tfgm.com

A walking workforce is good for your business. Staff who walk to work, or walk during the day, are more likely to be on time, and less likely to take time off.

We can advise your business about encouraging walking - by setting up direct, safe paths segregated from traffic for example, or by installing changing facilities or lockers, and through promotions and events, like Walk to Work Week and lunchtime walks.

free bus is here!
Travel for free in
the city centre

Find out more



Find out how
Metrolink is
performing

Read the Metrolink
performance
reports

Contact us about encouraging staff to walk: email
business.travel@tfgm.com

Download the Walking workplaces toolkit

Sustainable Travel Choices for Business



Walking support for schools

To make walking a natural choice for children, we can improve the quality and safety of walking routes and other spaces used by pupils on their way to school.

Contact us about the school walking programme: email
walking.works@tfgm.com

Also, see campaigns like the [Free your feet challenge](#) with our partner, the 'Living Streets' charity, to encourage children to walk to school:

Walk to School

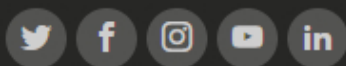
Walk once a Week




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