

One Walk Manchester Event Information

The Basics

Saturday 9 May 2026

Location: One Walk Manchester will be starting and finishing in Heaton Park, M25 2SW

What3Words: ///pound.risks.quiet

How to get there

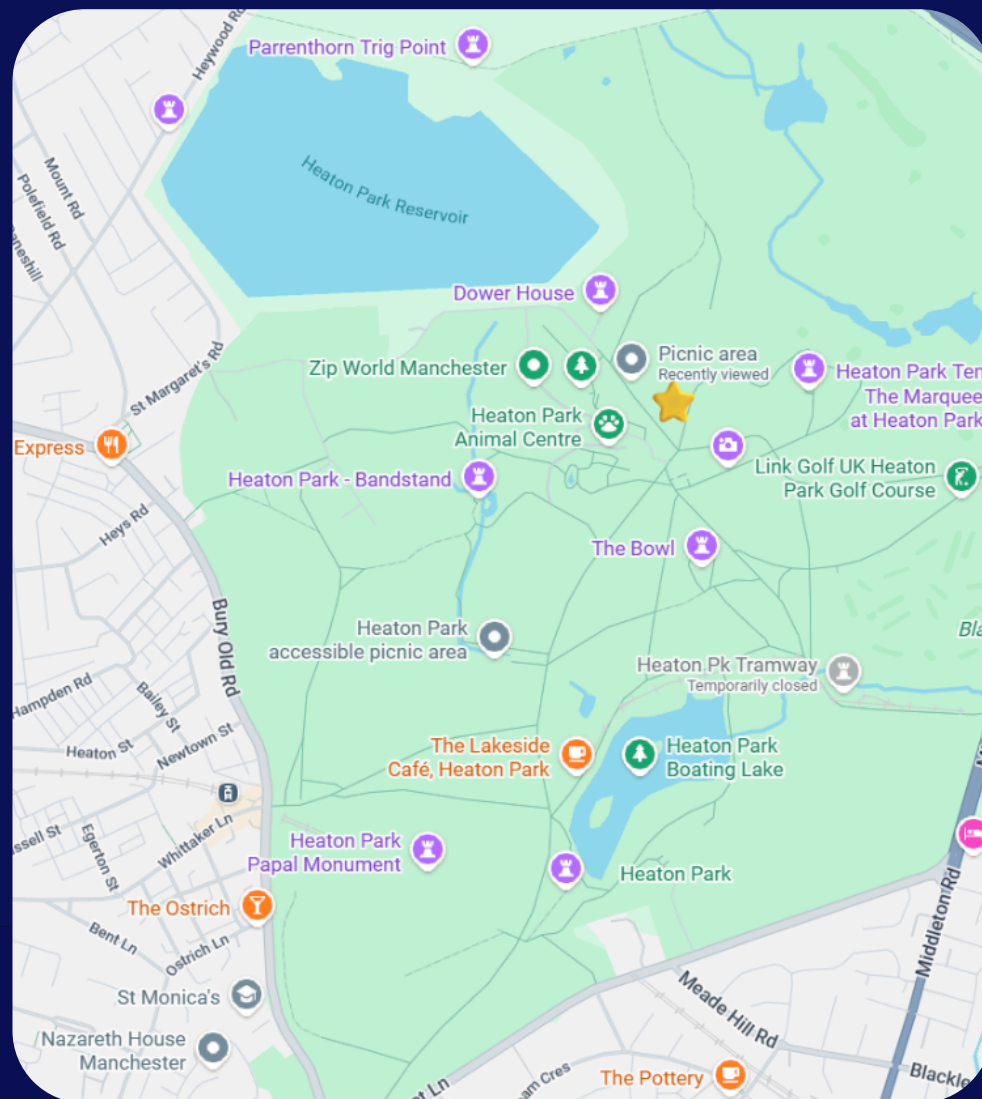
Please see the star on the map adjacent as to where the event village is in the park. The closest entrance is via St Margaret's Road.

Car: There is Pay by Phone parking available at Heaton Park Car Park accessed by **St Margaret's Road** as well as at the Hidden Gem Car Park.

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

Tram: The nearest tram station is **Heaton Park** which is a 15 minute walk away from the event village.



When you arrive

The event village opens at 10am.



All participants are required to **sign-in** at the **registration tent** 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, if you have any issues.



The Event Village

Event Day Schedule

10:00am Event village opens

There will be lots to do before you set off on your walk.

Visit the **Breakthrough T1D Hub** to discover the latest in Breakthrough T1D research, speak with our staff, browse helpful resources and connect with other families in a safe, supportive space.

Browse **Funky Pumpers'** brilliant selection of diabetes essentials and accessories, from patterned patches to fun cases and awareness items.

Chat with **Insulet** about the Omnipod® system and learn more about their work.

Enjoy the children's entertainment with face painting, bouncy castle and meet **Rufus Bear!**

11:00am Opening ceremonies & Warm up

11:30am Walk starts

After the Walk, walkers are encouraged to stay to celebrate your achievements. The event will close at **2:30pm.**

Guest Speakers



Natalie Balmain

Is a Breakthrough T1D Ambassador, award-winning advocate and creative force within the type 1 diabetes community. Diagnosed with type 1 diabetes at the age of 20, Natalie transformed a life-changing diagnosis into a platform for purpose, becoming a powerful voice for empowerment within the T1D community.



Muhammad Ali

On May 9th, 2018, Muhammad made history as the first diabetic in the UK to be granted a professional boxing license by the British Boxing Board of Control. Since then, he's been proving that type 1 diabetes is not a barrier.



Dr Samet Şahin

Is part of an engineering research group working on Breakthrough T1D funded research at the University of Lancaster. In his project funded by Breakthrough T1D, Samet will develop a quick and easy tool to allow healthcare professionals to measure how much insulin a person can make.

The Route

Heaton Park Reservoir


St Margret's Rd

A665

A665

A576

Key

-  Start /Finish
-  Kilometers
-  Direction
-  Café
-  Toilet
-  Parking



Please note the 10km walk is two laps of the 5km

More Information about the day



We will have printed maps available on the day but you can check the route out using [this link](#) and follow it on your phone.

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, but 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, and we encourage you to stay to celebrate your achievements with your medal, until the event closes at **2:30pm**.

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 events phone 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!

