

H1: The 7 Best Sober Things To Do in Manchester

By: Claire Johnson



Manchester is a city that has a lot to offer for those looking for sober activities. In fact, according to [a survey conducted by TripAdvisor](#), Manchester ranked as the 7th best city in the UK for wellness tourism, attracting millions of visitors every year.

Some sober things to do in Manchester include visiting the Manchester Art Gallery, which features a collection of European masterpieces, and taking a stroll through the beautiful Heaton Park, one of the largest urban parks in Europe.

Read on to learn about engaging sober activities that you can enjoy in Manchester. Whether you're a resident looking to try something new or a visitor, there's something for everyone in this vibrant and dynamic city.

H2: 1. Experience Manchester's rich culture.

Manchester is home to some of the most impressive cultural attractions in the UK. From world-class art galleries to fascinating museums, there's plenty to explore and discover.

H3: The Whitworth Art Gallery



Highlights:	Explore modern and contemporary art exhibitions and events
Address:	The University of Manchester, Oxford Rd, Manchester M15 6ER, UK
Contact:	Phone: +44 161 275 7450
Website:	https://www.whitworth.manchester.ac.uk/
Admission:	Free
Operating Hours:	Mon-Sun 10am-5pm

Visitors to the Whitworth Art Gallery can experience the stunning collection of works from a diverse range of artists. They can admire paintings, sculptures, and textiles featuring famous artists like J.M.W. Turner, Pablo Picasso, and Vincent van Gogh.

In addition, they can not only admire the diverse collection of art but also shop at the Whitworth Shop, which features unique and custom-made units and rotating art prints from local and international artists.

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H3: The Manchester Museum



Highlights:	Discover natural history and world culture collections
Address:	The University of Manchester, Oxford Rd, Manchester M13 9PL, UK
Contact:	Phone: +44 161 275 2634
Website:	https://www.museum.manchester.ac.uk/
Admission:	Free
Operating Hours:	Mon-Fri 10am-5pm Sat-Sun 10am-4pm

Manchester Museum offers a diverse range of exhibits, showcasing the natural world and the history of civilizations, as well as changing temporary exhibitions. Visitors can have a fascinating and enriching experience, exploring and interacting with the exhibits.

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H3: The John Rylands Library



Highlights:	Marvel at rare books, manuscripts, and archives
Address:	150 Deansgate, Manchester M3 3EH, UK
Contact:	Phone: +44 161 236 7184
Website:	https://www.library.manchester.ac.uk/rylands/
Operating Hours:	Mon-Fri 10am-5pm Sat 10am-4pm Sun Closed

The John Rylands Library is a stunning building housing an impressive collection of rare books and manuscripts. Visitors can admire the architecture of the building and delve into the collection of early Christian texts and mediaeval psalters.

H2: 2. Escape to the great outdoors in Manchester.

Manchester is home to a variety of outdoor spaces that offer the perfect escape from the hustle and bustle of the city. Whether you're looking to unwind in a park, meander, or stroll the streets, there's a range of options to cater to every preference.

H3: Heaton Park



Highlights:	Enjoy a peaceful escape in a large park with lakes, gardens, picnic areas, and events
Address:	Heaton Park, Middleton Rd, Manchester M25 2SW, UK
Contact:	Phone: +44 161 643 4740
Website:	https://www.manchester.gov.uk/heatonpark

Website:	https://www.manchester.gov.uk/heatonpark
Operating Hours:	Mon-Sun 8am-dusk

Heaton Park is one of the largest parks in Europe and is a beautiful place to visit for a picnic or a leisurely walk. With its rolling hills, lush greenery, and picturesque lakes, this park is the perfect place to escape from the city and relax in nature.

H3: The Northern Quarter



Highlights:	Immerse yourself in the trendy neighbourhood with street art, independent shops, and cafes
Address:	Greater Manchester, Northern Quarter
Website:	https://northernquartermanchester.com/
Operating Hours:	Mon-Sat 12pm-10pm

The Northern Quarter is a vibrant and eclectic neighbourhood with independent shops, street art, and quirky bars. Visitors can wander and explore, finding something new around every corner, and enjoy the nightlife experiences offered in the area.

H3: Rochdale Canal Walk



Highlights:	Scenic walks along the Rochdale Canal
Address:	Rochdale Canal Walk, Manchester, UK
Operating Hours:	Mon-Sat 12pm-10pm

The Rochdale Canal Walk provides a peaceful escape from the city with scenic views and greenery. Visitors can enjoy a leisurely stroll, cycle, or explore local pubs and cafes along the canal.

Along the walk, visitors can also observe the diverse wildlife, listen to the tranquil sound of water, and appreciate the unique architecture of the canal-side buildings. It's a great opportunity to unwind and enjoy the beauty of Manchester from a different perspective.

H2: 3. Find serenity in the heart of Manchester.



Manchester is a city that offers plenty of opportunities to find inner peace and relaxation, even amidst its bustling atmosphere. From finding inner peace in a yoga class to indulging in a luxurious spa experience, there's an adventure for every taste.

H3: Yoga and Meditation Classes

Manchester is home to a variety of yoga and meditation studios, offering the perfect chance to unwind and find inner peace. From hot yoga to gentle restorative practises, there's a class for everyone.

H3: Spa Experiences at the Lowry Hotel Spa



Highlights:	Luxurious spa experiences and treatments
Address:	The Lowry Hotel Spa, 50 Dearmans Pl, Chapel Wharf, Manchester M3 5LH, UK
Contact:	+44 161 827 4000
Website:	https://www.thelowryhotel.com/retreat/
Operating Hours:	Mon-Sun: 9:00 AM - 9:00 PM

The Lowry Hotel Spa is a luxurious spa located in Manchester that offers a range of spa experiences and treatments. Guests can unwind in the indoor pool, sauna, and steam room or enjoy a range of treatments, including massages, facials, and body wraps.

The spa also features a relaxation room where guests can lounge and enjoy refreshments. Whether you're looking for a relaxing day out or a pampering spa experience, the Lowry Hotel Spa has something for everyone.

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H3: The Chill Factore Indoor Ski Slope



For those looking for an indoor activity, the Chill Factore Indoor Ski Slope is the perfect place to go. With its state-of-the-art facilities, you can enjoy the thrill of skiing or snowboarding without having to worry about the weather.

Highlights:	Enjoy indoor skiing and snowboarding
Address:	7 Trafford Way, Trafford Park, Manchester M41 7JA, UK
Website:	https://www.chillfactore.com/
Contact:	+44 161 749 2222
Admission:	Costs vary from £25 for a 1-hour lift pass to £40 for a 4-hour lift pass.
Operating Hours:	Varies

H2: 4. Discover the culinary delights of Manchester.



Manchester is known for its thriving food and drink scene, and there are plenty of options for those who prefer to stay sober. Whether you're seeking a cosy café or an exceptional dining experience, there are a range of options available.

H3: The Tea Room at Albert Square

Highlights:	Savour traditional afternoon tea and cocktails
Address:	10 Albert Square, Manchester M2 5PF, UK
Contact:	+44 161 833 2022
Operating Hours:	Mon-Sun 12pm-10pm

The Tea Room at Albert Square is a charming and elegant café that offers a range of delicious tea, coffee, and light bites. With its beautiful setting and friendly staff, this is the perfect place to unwind and relax.

H3: The Koffee Pot Café

Highlights:	Enjoy coffee and light bites at an independent café
Address:	84-86 Oldham St, Manchester M4 1LE, UK
Contact:	+44 161 236 0685
Website:	https://www.thekoffeepot.co.uk/menus
Operating Hours:	Mon-Sun 8am-6pm

The Koffee Pot Café is a sought-after spot for coffee lovers, offering a relaxed atmosphere, quality coffee, and nutritious food options to recharge and refresh.

Whether you're looking for a quick pick-me-up or a leisurely brunch, the Koffee Pot Café is the ideal destination for those in search of a warm and welcoming atmosphere and delicious bites.

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H3: Vegetarian and Vegan Dining Options

Manchester boasts a vibrant vegetarian and vegan community with diverse choices to cater to different preferences. Whether you're looking for a quick bite or a gourmet meal, you'll find plenty of options that cater to your dietary needs.

With its commitment to plant-based cuisine, Manchester is a hub for ethical eating and a destination for those who want to experience vibrant, flavorful food that's kind to the planet.

H2: 5. Shop for unique treasures in shopping centres and boutiques.



Manchester is a shopper's paradise, with a range of options for those looking for something unique and special. Whether you're seeking an indoor market, or unique boutiques, Manchester has it all, including a variety of [gift shops](#) for perfect presents.

H3: The Afflecks Palace Indoor Market

Highlights:	Unique shopping experience with independent stores selling vintage clothing, handmade jewellery, and more.
Address:	Afflecks Palace, 52 Church St, Manchester M4 1PW, UK
Contact:	+44 161 839 0718
Website:	https://afflecks.com/
Operating Hours:	Tue – Fri 10.30am -6.00pm Sat 10am - 6pm

The Afflecks Palace indoor market is a unique shopping experience that offers a range of independent stores selling everything from vintage clothing to handmade [jewellery](#). This is the perfect place to find something special and explore its eclectic atmosphere.

H3: The Manchester Arndale Shopping Centre

Highlights:	Traditional shopping experience with a range of high-street stores and department stores.
Address:	Manchester Arndale, High St, Manchester M4 1HQ, UK
Website:	https://manchesterarndale.com/
Operating Hours:	Mon - Fri 9:00am to 8:00pm Sat 9:00am to 8:00pm Sun 11:30am to 5:30pm

For those who prefer a more traditional shopping experience, the Manchester Arndale shopping centre is the perfect place to go. With its range of high-street stores and department stores, you're sure to find what you're looking for.

H3: Independent Boutiques and Shops

Manchester is also home to a range of independent boutiques and shops, selling everything from accessories to gifts and homeware. With their unique offerings, these shops are the perfect place to immerse oneself in the local shopping scene.

H2: 6. Find sober fun in various non-alcoholic nightlife activities.



Manchester is known for its bustling [nightlife](#), but there are plenty of sober activities to enjoy as well. Manchester offers a diverse entertainment scene with a variety of options for a night of laughter, music, or film.

H3: The Comedy Store Manchester

Highlights:	Stand-up comedy venue
Address:	The Comedy Store Manchester, 3-4 Watson St, Manchester M3 4EE, UK
Contact:	+44 161 839 9595
Website:	https://thecomedystore.co.uk/
Admission:	\$53 - \$129 (depending on the performance and venue can exceed per ticket)
Operating Hours:	Mon-Wed 11 AM–6 PM Thur 11 AM–12 AM Fri-Sat 11 AM–2 AM Sun 10 AM–12 AM

The Comedy Store is a popular destination for those looking for a night of laughter and entertainment. With a range of stand-up comedy acts, you're sure to have a great time without the need for alcohol.

The Comedy Store also features a variety of comedic styles, making it a great place to discover new talents. Whether you're a fan of observational humour, satire, or something in between, you're sure to find something that tickles your funny bone.

H3: Live Music Venues like Band on the Wall

Highlights:	Live music venue with local and international acts.
Address:	Band on the Wall, 25 Swan St, Manchester M4 5JZ, UK
Contact:	+44 161 834 1786
Website:	https://bandonthewall.org/
Membership:	£30 per year
Operating Hours:	Mon-Sun 10am-2am



Manchester offers a diverse array of music options, catering to fans of jazz, rock, and more. One popular spot is Band on the Wall, which features a range of local and international acts.

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H3: Cinema Screenings and Movie Events

For those who prefer a quieter night out, there are plenty of cinema screenings and movie events to enjoy. Whether you're looking for a new release or a classic film, you're sure to find something that suits your taste.

H2: 7. Experience the thrill of arcade gaming at speciality bars.



Manchester is home to some of the best arcade bars where you can enjoy classic games like pinball, air hockey, and arcade machines, all in a lively and social environment. Here are a few of the best arcade bars to check out in the city:

Arcade Bar	Highlights	Address	Contact	Operating Hours
The Liars Club	Classic arcade games and craft beers	85-87 Lever St, Manchester M1 1FL	0161 236 8090	Mon-Thurs: 5pm-11pm, Fri: 5pm-12am, Sat: 2pm-12am, Sun: 2pm-10pm
Two Minutes to Late Night	Retro gaming and cocktails	11-13 Thomas St, Manchester M4 1DH	0161 832 9245	Tues-Thurs: 5pm-12am, Fri-Sat: 5pm-1am, Sun: 5pm-12am
B.Y.O.C.	Arcade games and street food	39-41 Edge St, Manchester M4 1HW	0161 839 0664	Mon-Thurs: 5pm-12am, Fri-Sat: 5pm-1am, Sun: 5pm-12am

H2: Our Final Thoughts

Manchester is a city that offers a wealth of sober activities and experiences. From its cultural attractions and outdoor spaces to its food and drink scene and shopping options, there's something for everyone.

Whether you're a local or a visitor, be sure to take advantage of all that this vibrant city has to offer.

H2. FAQs about Sober Things to Do in Manchester

How can I stay sober while living in Manchester?

To stay sober in Manchester, you can engage in activities such as exercise, meditation, volunteer work, attending support groups, or participating in sober social events and activities.

What are some things to do in Manchester if you're looking for a more relaxed evening?

For a more relaxed evening in Manchester, you can visit one of the city's parks or gardens, take a scenic walk along the canal, attend a comedy show or live music event, or visit a museum or art gallery.

What are some things to do in Manchester if you want to spend time with friends or family?

For spending time with friends or family in Manchester, you can go bowling, play mini-golf, visit an escape room, have a picnic in a park, or take a tour of the city's famous landmarks.

What do non-drinkers do for fun in Manchester?

For non-drinkers looking for fun in Manchester, there are many options, such as visiting one of the city's museums, galleries, or cinemas, taking a cooking or dance class, attending a fitness or yoga class, or exploring the city's food scene by trying new restaurants and cafes.

ST: 7 Sober Things to Do in Manchester

MD: Looking for sober things to do in Manchester? We listed fun and wholesome things to do in the area, from visiting attractions to doing unique activities!

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Competitor Links

<https://secretmanchester.com/things-to-do-without-alcohol/>

<https://www.designmynight.com/manchester/blog/fun-things-to-do-in-manchester-if-youre-not-drinking>

<https://studentnews.manchester.ac.uk/2022/03/14/ideas-for-sober-socials-in-manchester/>