



Would you like to...

- Boost your mood and move more?
- Learn to ride a bike or adapted cycle, or improve your confidence on a bike?
- Join a local, friendly walking group?
- Discover routes in Balby?

Yes? Then why not try one of Ride, Stride and Thrive's new activities in Balby?

All activities are free and suitable for all abilities and fitness levels. All you need is a comfortable pair of shoes - we have bikes, adapted cycles and walking poles available and can tailor the session to you!

Activities available include:

- Cycle Training
- Group Led Rides
- Group Led Walks
- 1 to 1 Walks
- Personalised Travel Planning



For more information or to refer please scan the QR code, click the link to visit our webpage or contact us!

www.yourlifedoncaster.co.uk/ride-stride-and-thrive

Email: **ridestrideandthrive@doncaster.gov.uk**

Telephone: **07929 655966**



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Balby Activity Timetable July - September 2025

Cycle Training and Group Led Rides

Cycle Training sessions and **Group Led Rides** are available in Woodfield Park (each cycle training session is up to 45 minutes and can be delivered 1 to 1 or with family/friends). Please contact us on the details below to book.

Group Led Walks

- Walk can take up to 30 minutes
- Walk can take up to 1 hour
- Free refreshments after the walk

Monday

10.00am - Hexthorpe Flatts Park, Greenfield Lane entrance, DN4 0HY ●
12.00pm - Linney Centre, Weston Road, DN4 8NF ● ●

1 to 1 Walks and **Personalised Travel Planning** are available throughout the week at a time and place to suit you. Just get in touch to arrange!



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