



### 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 activities in Balby?**

**All activities are FREE including:**

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

**Turn the leaflet over to read more about each activity and the October - December 2025 timetable**



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](http://www.yourlifedoncaster.co.uk/ride-stride-and-thrive)**

Email: **[ridestrideandthrive@doncaster.gov.uk](mailto:ridestrideandthrive@doncaster.gov.uk)**

Telephone: **07929 655966**



City of  
Doncaster  
Council



Active  
Travel  
England

### Cycle Training

Whether you're new to cycling or looking to build confidence, these friendly sessions are tailored just for you!

- 40 minute sessions for adults, delivered 1 to 1, or with friends, family, carers or support workers **every Tuesday 10.00am – 1.00pm at Woodfield Park, DN4 8QP**. Booking essential - contact us to arrange!
- All equipment provided (bikes, adapted cycles & helmets)
- Open to all abilities and fitness levels
- Traffic-free routes around Sandall Park, or sessions on local cycle paths and roads if you wish
- Led by qualified trainers from Pedal Ready

### Group Led Walks

Looking to get moving, meet new people, and enjoy the outdoors? Our group led walks are a great way to do just that!

- Walks last up to 30 minutes and are suitable for all abilities and fitness levels
- We walk at the pace of the slowest walker, with rest stops as needed
- Routes are designed to be accessible for wheelchairs and mobility aids
- No need to book – just turn up and walk with us!

#### **Friday**

10.00am - St John's GP to Balby Library, meet at St John's GP, Greenfield Lane, DN4 0TH

11.00am - Hexthorpe Flatts Park, meet at Greenfield Lane entrance, DN2 0HY

12.00PM - Woodfield Park Walk, meet at Weston Road entrance, DN4 8QP

### 1 to 1 Walks

The Ride, Stride and Thrive team offer friendly 1 to 1 supported walks, tailored just for you! Perfect if you're new to walking in the community or getting active again, these walks will help you build confidence, fitness, and local know-how at your own pace. Contact us and we'll plan your first walk together!

### Personalised Travel Planning

Are you wanting to make more journeys by walking, wheeling, or cycling but aren't sure where to start? Whether you're heading to the shops, commuting to work, joining a group activity, or visiting friends and family, we can support you. We offer 1 to 1 support to help you discover new routes, including practice journeys to build your confidence trying a new way of travelling around Balby. Contact us to arrange a session!