



### 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 Bentley?

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

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

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

Telephone: **07929 655966**



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## Bentley Activity Timetable July - September 2025

### Cycle Training and Group Led Rides

**Cycle Training** sessions and **Group Led Rides** are available in Bentley 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

### **Tuesday**

6.30pm - 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month - Bentley Park, Cooke Street entrance, DN5 0DD, contact us to book on ●

### **Friday**

- 10.00am - Bentley Park, Cooke Street entrance, DN5 0DD ● ●
- 11.00am - Bentley Park, Cooke Street entrance, DN5 0DD ● ●
- 1.00pm - The Avenue, Bentley Family Hub, DN5 0NP ●

**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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