



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

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

Telephone: **07929 655966**



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Bentley Activity Timetable July - September 2025

Cycle Training

Wednesday 10.00am-1.00pm at Bentley Park, DN5 0DD (each cycle training session is up to 45 minutes and can be delivered 1 to 1 or with family/friends). Please contact us to book your session.

Group Led Rides

Led Rides are delivered from Bentley Park. Please contact us for more information and to book your place.

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 - 1st and 3rd Tuesday of every month - Bentley Park, Cooke Street entrance, DN5 0DD, contact us to book your place ●

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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