



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 activities in Bentley?

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

Email: **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 Wednesday 10.00am – 1.00pm at Bentley Park, DN5 0DD**. 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!

October

Friday

10.00am - Bentley Park, meet at Cooke Street entrance, DN5 0DD

11.00am - Bentley Park, meet at Cooke Street entrance, DN5 0DD (up to 1 hour walk)

1.00pm - The Avenue, meet outside Bentley Family Hub, DN5 0NP

November & December

Thursday

10.00am - Bentley Park, meet at Cooke Street entrance, DN5 0DD

Friday

10.00am - Bentley Park, meet at Cooke Street entrance, DN5 0DD

11.00am - Toll Bar, meet outside Villa Gardens Communal Hall, DN5 0LQ

1.00pm - The Avenue, meet outside Bentley Family Hub, DN5 0NP

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 Bentley. Contact us to arrange a session!