



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



Book your FREE session or find out more by scanning the QR code, clicking the link to our webpage or contacting us!

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

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

Telephone: **07929 655966**



City of
Doncaster
Council



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Balby Activity Timetable April - June 2025

Cycle Training

Mondays between 10.00am-1.00pm - Woodfield Park (each session is up to 45 minutes and can be delivered 1 to 1 or with family/friends. Booking essential)

Group Led Rides

Mondays 11.00am-12.00pm - Woodfield Park (Booking essential)

Group Led Walks

Mondays 11.00am-1.00pm - Hexthorpe Park, meet at the entrance on Greenfield Lane. Free refreshments after the walk.

Mondays 2.00pm-3.00pm - Westfield Park, meet at the entrance on Littlemoor Lane.

Thursdays 10.00am-12.00pm - Woodfield Way Park and nature activity, meet at Goodnight, Sleeptight next to Tesco Extra. Free refreshments after the walk.

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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