



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



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
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Council



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Bentley Activity Timetable April - June 2025

Cycle Training and Group Led Rides

From May, **Cycle Training** sessions will be available in Bentley Park (each 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

Thursdays 2.00pm-3.00pm - Toll Bar Park and nature activity, meet at the entrance on Linden Walk.

Fridays 10.00am-12.00pm - Bentley Park, meet at the entrance on Cooke Street. Free refreshments after the walk.

Fridays 1.00pm-2.00pm - Queens Drive Playing Fields, meet in the car park on Queens Drive.

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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