



### 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 Wheatley?

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

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**



City of  
Doncaster  
Council



Active  
Travel  
England



## Wheatley Activity Timetable July - September 2025

### Cycle Training

**Monday 10.00am-1.00pm** at Sandall Park, DN2 5DZ (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 Sandall 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**

- 11.00am - Sandall Park, car park near cafe, DN2 5DZ ● ●
- 1.00pm - Town Fields, Thorne Road entrance, DN2 2JP ● ●
- 6.30pm - Evening walk, contact us to book your place
- 2<sup>nd</sup> Tuesday of every month Sandall Park, car park near cafe, DN2 5DZ ●
- 4<sup>th</sup> Tuesday of every month Town Fields, Thorne Road entrance, DN2 2JP ●

### **Thursday**

- 11.30am - Elmfield Park, Roman Road entrance, DN2 6AA ●
- 1.00pm - Sandall Park, car park near cafe, DN2 5DZ ●

**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!



City of  
Doncaster  
Council



Active  
Travel  
England