



### 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](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



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## Balby Activity Timetable January - March 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

**Tuesdays** 12.00pm-2.30pm - Elmer the Elephant trail, Doncaster City Centre, meet at the bus stop on Weston Road shops (January only)

**Thursdays** 10.00am-12.00pm - Woodfield Way Park and nature activity, meet at Goodnight, Sleight 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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