



## Would you like to...

- Boost your mood and move more?
- 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 walking poles available and can tailor the session to you!

## Activities available include:

- 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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Travel  
England



## Bentley Activity Timetable February - March 2025

### 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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