



Would you like to...

- Boost your mood and move more?
- 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 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

Email: ridestrideandthrive@doncaster.gov.uk

Telephone: 07929 655966



City of
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Council



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Wheatley Activity Timetable January - March 2025

Group Led Walks

Wednesdays 10.00am-11.00am - Grove Gardens, meet at the entrance on Armthorpe Road (13th Jan onwards)

Tuesdays 9.30am-11.30am - Sandall Park meet in the car park next to the cafe. Free refreshments after the walk (13th Jan onwards)

Tuesdays 1.00pm-3.00pm - Town Fields and nature activity, meet at the entrance on Thorne Road (28th Jan onwards)

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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