

Activity Timetable

October - 20 December 2024

All walks are suitable for beginners to intermediate and all led cycle rides take place on local cycle paths.

MONDAYS 10am - 11am

Mindful Mondays

Group walk

Clayton Sports Centre

TUESDAYS 10.30am - 11.30am

WOW

Women's only walks

The Brampton

EVERY OTHER TUESDAY 22 OCT,
5 NOV, 19 NOV, 3 DEC AND
17 DEC 12noon, 1pm and 2pm.

Wheel for wellbeing

Inclusive cycling sessions,
booking is essential

Clayton Sports Centre

WEDNESDAYS 10.30am - 12noon

Wednesday wheelers

Group cycle ride

Apedale Heritage Centre

NEW, BEGINNING WEDNESDAY
16 OCT 1.30 - 2.30pm

Wednesday walkers

Group walk

Newcastle Library

THURSDAYS

10.30am and 11.30am

Wheel INTO winter

Various cycling sessions,
booking is essential

Apedale Heritage Centre

FRIDAYS 10am - 12noon

Walk INTO Apedale

Group walk

Apedale Heritage Centre

FRIDAYS 11.30am - 1pm

Step INTO Silverdale

Group walk

Conerstones Community Centre

SATURDAYS 2 NOV AND 7 DEC
10am - 12pm

Saturday social ride

Group cycle ride.

Level - moderate-advanced
Apedale Heritage Centre

Get in touch

Book your free sessions via our website
or contact the team.

[www.staffordshire.gov.uk/
intonewcastle](http://www.staffordshire.gov.uk/intonewcastle)

