

Get



September to
December 2025

Walking and Cycling Newcastle-under-Lyme



Autumn specials

**New! e-bike ride, 6-week beginner
and wellbeing cycle programmes**



Staffordshire
County Council



Active
Travel
England

Activity timetable

September-December 2025

Monday

Monday Motivation
10.30am – 12pm

Clayton Sports Centre
A gentle 2-mile group circular walk around Lyme Valley Park.
Free tea or coffee after the walk.

E-bike Ride
1.30pm – 3.30pm

Apedale Heritage Centre
A group cycle ride using electric bikes only. Cycle longer distances with less impact than a standard bike. E-bike's available when booking your space.

Tuesday

Power Walk
8.30am - 10am

Lyme Valley*
A brisk 2-mile power walk through Lyme Valley Park.
*Meet at Morrisons on Goose Street.

WOW - Women's Only Walk
10.30am - 12pm

The Brampton Museum
A 2-mile circular group walk through green spaces.

Wednesday

Wednesday Wheelers
10.30am - 12.30pm

Apedale Heritage Centre
A dynamic 5-8 mile group cycle ride, using shared paths and cycleways.

Wednesday Walkers
1.30pm – 3pm

Newcastle Library
A gentle 1.5-2-mile group walk to The Brampton.
Free tea/coffee afterwards.

NEW! Pedal Ready
10 September - 15 October
Apedale Heritage Centre
6-week beginner cycle.

NEW! Mindful Miles
29 October- 3 December
Apedale Heritage Centre
6-week wellbeing cycle.

Both run from 1.30pm to 3.30pm
Places are limited so please book online.

Thursday



All of our activities are FREE, so why not bring a friend with you?

Get

One-to-one sessions

Would you benefit from some 1:1 coaching support? Contact the team today (see back page) and get yourself booked in for a fresh walk or cycle session.

Friday

Walk INTO Apedale
10.30am – 12pm

Apedale Heritage Centre
A 2-mile group walk through Apedale country park.

Step INTO Silverdale
11.30am - 1.30pm

Cornerstones Community Centre
A 3-mile circular walk along the greenway to Silverdale Country Park. This walk is led by our wonderful volunteers, Michelle and Kath.



No bike? No worries, you can borrow one of ours on group rides or we can loan you a bike for up to 6 months. Terms and conditions apply.



Activities may be cancelled due to extreme weather.



Please check our website for the latest updates before heading to the location.

For more information about any of these activities and to book, please visit our website: staffordshire.gov.uk/intonewcastle

'INTO (Inspiring New Travel Options) is a free active travel scheme run by Staffordshire County Council, in Newcastle-under-Lyme.

Our friendly team of coaches offer a range of fun, free activities designed to boost health and wellbeing for adults across the district.

Activities include guided walks, bike rides, training sessions and one-to-one support - each tailored to suit different levels of fitness and physical ability.

One-to-one sessions

Free personalised support for adults looking to get active, available through GP or self-referral.

- Tailored sessions for all abilities
- Bespoke coaching support
- Activities at your own pace
- All equipment provided
- Free transport available

Open to residents of Cross Heath, Holditch, Knutton and Silverdale, Silverdale and Parkside, and the town centre who have a long-term illness, poor mental health, a learning disability, or a physical disability.

Group sessions

- Get active
- Explore the outdoors
- Meet new people
- Boost your fitness
- Improve your health and wellbeing
- Tailored sessions for all abilities



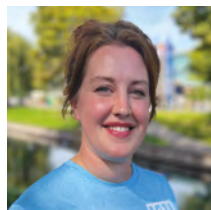
Vicky



Ant



Emily



Charlotte

Get in touch

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

staffordshire.gov.uk/intonewcastle

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Inspiring new travel options

 **Staffordshire**
County Council