

Get



Walking and Cycling Newcastle-under-Lyme

FREE group sessions

for over 18s in Newcastle-under-Lyme,
to increase walking and cycling
activity and improve overall health.

FREE one-to-one sessions

for adults living with long-term,
life limiting health conditions, poor
mental health and learning disabilities.



Active
Travel
England



Staffordshire
County Council

Activity Timetable

May - July 2024

MONDAYS

10am - 11am

Monday Motivation

Group walk

Clayton Sports Centre

TUESDAYS

10.30am - 11.30am

WOW

Women's only walks

The Brampton

WEDNESDAYS

10.30am - 12noon

Wednesday Wheelers

Group cycle ride

Apedale Heritage Centre

THURSDAYS

6pm - 7.30pm

Night Riders

Group evening cycle ride

Apedale Heritage Centre

FRIDAYS

10am - 12noon

Step INTO Spring

Group walk

Apedale Heritage Centre

11.30am - 1pm

Step INTO Silverdale

Group walk

Cornerstone Community Centre

NEW

Get INTO e-bikes

Try out our brand-new e-bikes.

Get in touch and book today.

Flexible availability.

One-to-ones

Free one-to-one walking and cycling sessions for adults living in Newcastle-under-Lyme, with long-term, life-limiting health conditions, poor mental health and learning disabilities.

Flexible locations and availability.

Contact the team to find out more.

Get in touch

The latest activity timetable is available on our website. Book your free sessions via our website or contact the team.

www.staffordshire.gov.uk/intonewcastle

into@staffordshire.gov.uk

Ant - 07807 096195

Charlotte - 07974 859134

Vicky - 07812 515084



@StaffordshireCountyCouncil

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