

Walking timetable

May – August 2025

MONDAYS

10am- 12pm

Monday motivation

Clayton Sports Centre

A gentle 2-mile circular walk around Lyme Valley park.

TUESDAYS

7.30am - 8.30am

Power walk special

Lyme Valley

A 2-mile brisk power walk around Lyme Valley park*.

10.30am - 12.30pm

WOW

Women's only walk

The Brampton

A gentle 2-mile circular walk, includes green spaces with good pathways.

WEDNESDAYS

1.30pm - 3pm

Wednesday walkers

Newcastle Library

A gentle 1.5-mile circular walk, includes green spaces.

28th May

1.30pm - 2.30pm

National walking month special History walk

Newcastle Library

A gentle walk whilst learning about the history of Newcastle under Lyme from local historian legend, Mervyn Edwards.

FRIDAYS

10am - 12pm

Walk INTO Apedale

Apedale Heritage Centre

A 2-mile circular walk through the country park

11.30am - 1.30pm

Step INTO Silverdale

Conerstones

A 3-mile circular walk along the greenway to Silverdale Country park. This walk is now led by our wonderful volunteers Michelle and Kath.

SATURDAY 17 May

10.30am - 12.30pm

Walk this May Country park walk

Apedale Heritage Centre

A 5-mile circular walk around Apedale and Silverdale Country parks.

SATURDAY 26 July

10.30am - 12.30pm

Step INTO Summer Country park walk

Apedale Heritage Centre

A 5-mile circular walk around Apedale and Silverdale Country parks

*7.30am meet at Morrisons- goose street outside the main entrance and walk down to Lyme Valley park as a warm up, before the power walk begins, then head back to Morrisons for a cuppa after.

Cycling timetable

May – August 2025

WEDNESDAYS

10.30am - 12.30pm

Wednesday wheelers

Apedale Heritage Centre

A moderate 5–8-mile cycle ride on cycle paths and shared pathways. This is a dynamic steady ride that will include some hills due to the location.

THURSDAYS

6pm - 8pm

Night riders

Apedale Heritage Centre

A moderate 5–10-mile cycle ride on cycle paths and shared pathways. This is a dynamic ride that will include some hills due to the location.

Alternate weeks, please check website to confirm dates.

Learn to ride

Whether you're learning to cycle for the first time or just want a confidence boost, our friendly, trained team is here to help you every step of the way. We offer supportive one-to-one sessions tailored to your needs – and if it helps, you're welcome to bring a friend along for encouragement. Whatever your cycling goal, we'll help you get there. We have a range of bikes and adaptive bikes available. Get in touch with our team today!

Please see website for more details on activities and booking on to sessions.

www.staffordshire.gov.uk/intonewcastle

SATURDAY 14 June

10.30am - 12.30pm

Saturday social cycle

Apedale Heritage Centre

A moderate to advance 8-14-mile cycle ride mainly using cycle paths some road cycling may be needed depending on the route. This will be a dynamic ride that will include hills due to the location.

SATURDAY 9 August

10.30am - 12.30pm

Ladies at leisure cycle

Apedale Heritage Centre

A leisurely 7-mile cycle ride to the brampton museum, using cycle paths and shared pathways. This is for ladies only



FREE Parking at all sites apart from Newcastle Library