



April 2026 Put a spring in to your step

Fun,
Fitness,
Friendship
& Fresh Air

Achieve your goals

NØRD/C
Walk it!

Get Stretch fit! Add a PureStretch class your weekly routine. This movement class combines Yoga, Pilates & Somatic stretches to improve flexibility, core strength & overall mobility. Held at Glaston Village Hall. £10 per session.

Tuesday, for all levels of fitness - 2pm for 60 minutes– 14th, 21st, 28th

Wednesday, a little more challenging - 7.30pm for 60 minutes - 15th, 22nd, 29th

Nordic Walk it! - Please always refer to your reminder email in case of changes

Monday 3-mile Wellbeing, 9.30 am, duration 90 minutes, Instructor: Jo Douglas

06/4 - No walk EASTER

13/4 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (w3w.co/hoping.intrigued.smoking)

20/4 - Wansford, Thirteen (cafe), London Rd, Peterborough PE8 6JB (w3w.co/jammy.wisely.admiral)

27/4 - Rutland Hall Hotel & Spa, Stamford Rd, Car park C, Oakham, LE15 8AB (<http://w3w.co/braked.obstruct.shot>)

04/5 - Belton, Hungry Hoggs Lay-by, A47bottom of Wardley Hill, nr Belton, LE15 9AB (<https://w3w.co/cure.sprayer.exploring>)

Tue pm Stride Out, 6.30 pm, duration 90 minutes, Instructor: Caroline Lammie

07/4 - Oakham: Burley Road Car Park Nr park, LE15 6DH (<http://w3w.co/nets.quarrel.quaking>)

14/4 - Ridlington, Top Road, nr village playing fields. LE15 9AX (<http://w3w.co/labels.tomorrow.besotted>) (might be another work trip)

21/4 - Braunston-in-Rutland, Cedar St, nr Blue Ball Pub. LE15 8QS (w3w.co/daydream.dialects.spike)

28/4 - Barnsdale Hill, Rutland Water, roadside parking, LE15 8AB (<https://w3w.co/topics.straying.string>) (Bluebells)

Wed am Stride Out, 9 am, duration 90 minutes, Instructor Graham Froggett

01/4 - Bainton, St Mary's Church, PE9 3AQ (Park on Tallington Rd or Church Lane) (<https://w3w.co/wager.purely.newlyweds>)

08/4 - Bulwick, Main St, Nr The Pickled Village Shop, NN17 3DY (<https://w3w.co/manage.lonely.airstrip>)

15/4 - Wansford, Thirteen (cafe), London Rd, Peterborough PE8 6JB (<w3w.co/jammy.wisely.admiral>)

22/4 - Fotheringhay, nr Falcon Inn, Peterborough PE8 5HZ (<http://w3w.co/rosier.insurance.crowned>)

29/4 - Stamford, Burghley Park Golf Club, 61 St Martins, Stamford, PE9 3JX, England (<https://w3w.co/ledge.hits.gently>)

Wednesday Walk n Talk, 9.30 am, duration 90 minutes, Instructor: Helen Russell, Sue Thorp or Trish Dickenson

01/4 - Spanhoe Lodge Café, Nr Corby NN17 3AT (100 yards past memorial) (<http://w3w.co/stint.deeds.bashful>)(**Helen**)

08/4 - Great Easton, Cross Bank, Market Harborough LE16 8SR (<w3w.co/uttering.torso.apron>)

15/4 - Barnsdale, Bottom of Barnsdale Avenue, past Rutland Hall Hotel, Stamford Road, Barnsdale LE15 8AB (<https://w3w.co/insects.decorate.sharpness>)

22/4 - Great Casterton, The Crown, Main St, Stamford PE9 4AP (<http://w3w.co/eats.aunts.pylons>)

29/4 - TBC

Thursday Harborough Walk n Talk, 9.30 am, duration 90 minutes, Instructor Sue Thorp

02/4 - Hallaton, Nr Bewicke Arms, 1 Eastgate, LE16 8UB (<https://w3w.co/enacts.counters.states>)

09/4 - Stockerston, Layby Belcher's Hill, LE16 8DJ (<https://w3w.co/aimed.solves.ambient>)

16/4 - Stoke Albany, White Horse, 1 Harborough Road, LE16 8PY (<https://w3w.co/requiring.nibbles.blanket>)

23/4 - Great Easton, Park nr 'The Great' Cafe, High Street, LE16 8ST (<https://w3w.co/dressy.evaporate.apartment>)

30/4 - East Carlton Park, Church Ln, LE16 8YF (<https://w3w.co/swoop.cross.afford>) (**Janet Leading, I'm at Hadrian's Wall**)

Thursday 2-mile Wellbeing, 9.30 am, duration 75 - 90 minutes, Instructor: Jo Douglas & or Helen Russell

02/4 - Rutland Hall Hotel & Spa, Stamford Rd, Car park C, Oakham, LE15 8AB (<http://w3w.co/braked.obstruct.shot>)

09/4 - Stamford, Burghley Park Golf Club, Peterborough, PE9 3JX (<https://w3w.co/ledge.hits.gently>) (Helen)

16/4 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (<https://w3w.co/handsets.dashes.wildfires>)

23/4 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (<w3w.co/hoping.intrigued.smoking>)

30/4 - Wansford, Thirteen (cafe), London Rd, Peterborough PE8 6JB (<w3w.co/jammy.wisely.admiral>)

Fri Stamford Step up to Stride, 9.30 am, duration 90 minutes, Instructor: Helen Russell

03/4 - No walk Good Friday

10/4 - Witham on the Hill, Six Belles, Main Street, PE10 0JH (park in new car park <https://w3w.co/smoke.challenge.premises>)

17/4 - Stamford, Burghley Park Golf Club, Peterborough, PE9 3JX (<https://w3w.co/ledge.hits.gently>)

24/4 - Rhyall, nr Francis Court, Rutland Way, PE9 4ES (<http://w3w.co/laws.us.h.visions>)

Saturday Stride Out, 9.30 am, duration 90 minutes, Instructor Caroline Lammie

04/4 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP (<http://w3w.co/dreading.mergers.equivocal>)

10/4 - Launde Abbey, East Norton, LE7 9XB (<https://w3w/hobbyists.branch.uplifting>)

18/4 - Belton, Hungry Hoggs Lay-by, A47bottom of Wardley Hill, nr Belton, LE15 9AB (<https://w3w.co/cure.sprayer.exploring>)

25/4 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (<https://w3w.co/handsets.dashes.wildfires>)

Sunday Charity Walk. £10 donation to Alzheimer's Society:

12/4 - Hallaton, Nr Bewicke Arms, 1 Eastgate, LE16 8UB (<https://w3w.co/enacts.counters.states>)

<https://www.justgiving.com/page/jo-douglas-6>