



FEBRUARY
2026

**Fun,
Fitness,
Friendship
& Fresh Air**

Achieve your goals

NØRD/C
Walk it!

PURESTRETCH

Tuesday 1.45 for 60 minutes– 3rd, 10th, 17th, 24th.

Wednesday 7.30 for 60 minutes - 4th, 11th, 18th, 22th

Please always refer to the walk email reminder in case changes are made to meeting points

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

02/2 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (w3w.co/flight.bloggng.stand)

09/2 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (<http://w3w.co/dome.petulant.officials>)

16/2 - Ashwell, Rutland Village Garden Centre, Ashwell Rd, LE15 7QN (<https://w3w.co/fields.legwork.shrugging>)

23/2 - Belton in Rutland, War Memorial, Church St, LE15 9JU (<https://w3w.co/fermented.fees.toasted>)

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

03/2 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (<http://w3w.co/dome.petulant.officials>)

10/2 - Hambleton Peninsula, nr Finches Arms, Rutland Water, LE15 8TL (<https://w3w.co/handsets.dashes.wildfires>)

17/2 - Wing Village Hall, Morcott Road, LE15 8SA (<https://w3w.co/cabbies.tasteful.served>)

24/2 - Uppingham, Seaton Road, LE15 9QX (nr Cricket Pavilion) (<https://w3w.co/shows.amicably.whizzed>)

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

04/2 - Elton, Duck St, nr The Crown pub, PE8 6RQ (<https://w3w.co/rejected.visit.sensitive>)

11/2 - Castle Bytham, nr Castle Inn and the triangular green, NG33 4RZ (<https://w3w.co/pouch.yacht.pity>)

18/2 - Barnack Park, Hills and Holes Nature Reserve CP, Wittering Rd, PE9 3EY (<https://w3w.co/treaties.whisk.remind>)

25/2 - Easton on the Hill, High St, nr Blue Bell Inn, PE9 3LR (<https://w3w.co/universal.salaried.mincing>)

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

04/2 - Empingham, The Twisted Trout, 2 Main St, Empingham, Oakham LE15 8PS (<https://w3w.co/trout.screeches.fairway>) Trish

11/2 - Tugby, Cafe Ventoux, Tugby Orchards, Wood Ln, LE7 9WE (<https://w3w.co/scooters.incisions.straying>) - Sue

18/2 - South Luffenham, The Coach House Inn, 3 Stamford Road, LE15 8NT (<http://w3w.co/cotton.heartache.deform>) Trish

25/2 - tbc Helen

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

05/2 - East Carlton Country Park, Church Ln, LE16 8YF (<https://w3w.co/marzipan.factory.marathon>)

12/2 - Billesdon, Northern Cobbler, Rolleston Lodge, Harborough Rd, LE7 9EL (<https://w3w.co/poetic.clip.cuddling>)

19/2 - Foxton, Robert Monk Hall, Middle St, Foxton, Market Harborough LE16 7RE (<https://w3w.co/twee.visual.chops>)

26/2 - Market Harborough, Waterfront, Union Wharf, LE16 7UW (<https://w3w.co/cheer.stared.boast>)

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

05/2 - Ketton, Pitt Lane, nr the woods, PE9 3SZ (<w3w.co/interval.thickens.january>)

12/2 - Manton, nr Horse & Jockey pub, St Mary's Rd, LE15 8SU (<https://w3w.co/curl.frantic.upward>)

19/2 - Barnsdale Hill, Rutland Water, roadside parking, LE15 8AB (<https://w3w.co/topics.straying.string>)

26/2 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (<w3w.co/hoping.intrigued.smoking>)

Fri Stamford start striding, 9.30 am, duration 90 minutes, Instructor: Helen Russell

06/2 - Little Bytham, Rassells Nursery, Station Rd, NG33 4RA (<https://w3w.co/runners.thrashing.dips>)

13/2 - Greetham Valley Golf Club, Wood Lane, CP nr the Range, LE15 7SN (<https://w3w.co/perfumes.ambushed.tries>)

20/2 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (<w3w.co/flight.bloggng.stand>)

27/2 - Barnack, The Millstone, Millstone Lane, Barnack, PE9 3ET (<https://w3w.co/craziest.string.cyber>)

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

07/2 - Manton, Lodge Lane, Oakham, LE15 8SS (<https://w3w.co/joked.rephrase.silly>)

14/2 - Market Overton, nr Post Office, 1 Main St, Market Overton, Oakham LE15 7PL, UK (<w3w.co/graphic.relishing.dept>)

21/2 - Ridlington, Top Road, nr village playing fields. LE15 9AX (<http://w3w.co/labels.tomorrow.besotted>)

28/2 - Apethorpe, Kings Cliffe Road, nr Kings Arms pub, PE8 5DG (<w3w.co/jets.leave.scrub>)