



January 2026

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

Achieve your goals



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

05/01 - Rutland Nursery, Lyndon Road, LE15 8RN (<https://w3w.co/blacked.poses.haven>)
12/01 - Market Overton, The Lodge, Main Street. LE15 7PL (w3w.co/chum.lush.stubborn)
19/01 - Uppingham, Welland Valley Garden Centre, Glaston Rd, LE15 9EU (<http://w3w.co/soothing.butlers.applauded>)
26/01 - Cold Overton, Gates Garden Centre, Somerby Rd, Oakham LE15 7QB (<https://w3w.co/sobered.regaining.results>)

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

06/01 - Langham, Park Burley Road, nr Harewood Close, LE15 7JZ (<http://w3w.co/jeeps.thousands.cheaply>)
13/01 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (<http://w3w.co/dome.petulant.officials>)
20/01 - Ridlington, Top Road, nr village playing fields. LE15 9AX (<http://w3w.co/labels.tomorrow.besotted>)
27/01 - Manton, nr Horse & Jockey pub, St Mary's Rd, LE15 8SU (<https://w3w.co/curl.frantic.upward>)

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

01/01 - No Walk 🎄🍷
07/01 - Greetham Valley Golf Club, Wood Lane, CP nr the Range, LE15 7SN (<https://w3w.co/perfumes.ambushed.tries>)
14/01 - Gretton, Blacksmiths Cottage, 13 High Street, Gretton, NN17 3DE (<https://w3w.co/goad.survey.trophy>)
21/01 - Apethorpe, Kings Cliffe Road, Kings Arms pub car park, PE8 5DG (w3w.co/jets.leave.scrub)
28/01 - Launde Abbey, East Norton, LE7 9XB (<https://w3w.co/hobbyists.branch.uplifting>)

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

01/01 - No Walk 🎄🍷

07/01 - Preston Village Hall, Church Ln, LE15 9NG (<http://w3w.co/amount.propelled.depended>)

14/01 - Launde Abbey, East Norton, LE7 9XB (<https://w3w/hobbyists.branch.uplifting>)
(SUE)

21/01 - Stockerston, Layby on Belchers Hill, LE16 8DJ. (w3w.co/couriers.twisting.seasonal)

28/01 - Bulwick, Main St, Nr The Pickled Village Shop, NN17 3DY (<https://w3w.co/manage.lonely.airstrip>) **JO**

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

01/01 - No Walk 🎄🍷

08/01 - Marston Trussel, Park by Church, Main St, LE16 9TY (<https://w3w.co/rods.recording.wiggles>)

15/01 - Glooston, In front of Village Hall, Main Street Glooston, LE16 7ST (<https://w3w.co/baths.creatures.iteration>)

22/01 - Stoke Albany, The White Horse, 1 Harborough Rd, Stoke Albany, LE16 8PY(<https://w3w.co/bake.could.afraid>)

29/01 - Welland Park, Farndon Road Car Park, Market Harborough, LE16 9NW (<https://w3w.co/depravity.handlebar.bandage>)

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

01/01 - XMAS break 🎄🍷

08/01 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (<http://w3w.co/dome.petulant.officials>)

15/01 - Uppingham, Seaton Road, LE15 9QX (nr Cricket Pavilion) (<https://w3w.co/shows.amicably.whizzed>)

22/01 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (<https://w3w.co/handsets.dashes.wildfires>)

29/01 - Stamford, Burghley House, Barnack Road, Lincolnshire, PE9 3JY (<https://w3w.co/replaces.coarser.tributes>) **HELEN**

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

02/01 - Empingham, Main Street, nr Whitwell Road, LE15 8PS (<https://w3w.co/dome.petulant.officials>)

09/01 - Ufford, Main St, nr The White Hart, Stamford, PE9 3BH (<https://w3w.co/lawns.daily.panels>)

16/01 - Stamford, Burghley House, Barnack Road, Lincolnshire, PE9 3JY (<https://w3w.co/replaces.coarser.tributes>)

23/01 - Helpston, Nr. Bluebell Inn, Woodgate Lane. PE6 7ED (<https://w3w.co/Shadowing.edit.flashing>)

30/01 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (<https://w3w.co/hoping.intrigued.smoking>)

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

03/01 - Duddington, High St, nr Royal Oak pub, PE9 3QE (<https://w3w.co/fruit.rollover.blend>)
- Hot Chocolate

10/01 - Belton in Rutland, War Memorial, Church St, LE15 9JU (<https://w3w.co/fermented.fees.toasted>)

17/01 - Ketton, Pitt Lane, nr Scouts Hut, PE9 3SZ (w3w.co/flight.bloggng.stand)

24/01 - Wing Village Hall, Morcott Road, LE15 8SA (park at the side or on road) (<https://w3w.co/cabbies.tasteful.served>)

31/01 - Spanhoe Airfield, Deene Rd, lay-by Haringworth side NN17 3AT (w3w.co/physical.gymnasium.hasten)

PURESTRETCH

Tuesday 1.45 for 60 minutes— 6th, 13th, 20th, 27h

Wednesday 7.30 for 60 minutes - 7th, 14th, 21st, 28th