



November 2025

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

Achieve your goals

NØRD/C
Walk it!

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

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

03/11 - South Luffenham, The Water Mill, Station Rd, South Luffenham, Oakham LE15 8NG (W3W.co/craziest.slug.hippy)

10/11 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP (<http://w3w.co/dreading.mergers.equivocal>)

17/11 - Market Overton, Teigh Rd, LE15 7PW (park op. The Black Bull Inn) (<http://w3w.co/hello.unusable.overt>)

24/11 - Wansford, Thirteen (cafe), London Rd, Peterborough PE8 6JB (w3w.co/jammy.wisely.admiral)

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

04/11 - Ridlington, Top Road, nr village playing fields. LE15 9AX (<http://w3w.co/labels.tomorrow.besotted>)

11/11 - Glaston, Seaton Road, LE15 9EY (<http://w3w.co/allow.yesterday.present>) **JO**

18/11 - Exton, The Green, nr Fox & Hounds pub, LE15 8AP (<http://w3w.co/dreading.mergers.equivocal>)

25/11 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (<https://w3w.co/handsets.dashes.wildfires>)

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

05/11 - Wymondham Windmill, Butt Lane, LE14 2BU (<https://w3w.co/classed.standards.families>)

12/11 - Witham on the Hill, Six Belles, Main Street, PE10 0JH (park in new car park <https://w3w.co/smoke.challenge.premises>)

19/11 - Castor, Peterborough Rd, PE5 7AX (Park in lay-by after church or side rd nr The Royal Oak) or Castor, Gun Wade CP, PE6 7AG. (Through Castor, up Love's Hill, branch right into carpark lane). (<https://w3w.co/wings.turned.valve>)

26/11 - 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

05/11 - Blatherwycke, nr 21 Main Street, , Peterborough PE8 6YW ([https://w3w/bank.contracting.caps](https://w3w.bank.contracting.caps)) **TRISH**

12/11 - Somerby, Park on grass verge, Newbold Lane, (lane which leads to Riding School) Melton Mowbray LE14 2QH (<https://w3w.co/firelight.harvest.runways>) **SUE**

19/11 - Ashwell, Rutland Village Garden Centre, Ashwell Rd, LE15 7QN (<https://w3w.co/fields.legwork.shrugging>) **TRISH**

26/11 - Kings Cliffe, Park on wood lane. PE8 6YE (w3w.co/nurtures.clusters.having)

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

06/11 - Wilbarston, Layby outside village hall, Carlton Rd, LE16 8QD (<https://w3w.co/loudness.lawful.drunk>)

13/11 - Hallaton, Park outside Bewicke Arms, 1 Eastgate, LE16 8UB (<https://w3w.co/pokes.fastening.assess>)

20/11 - Wistow Rural Centre, Kibworth Road,, Wistow, LE8 0QF (<https://w3w.co/friend.logic.eternally>)

27/11 - Braybrooke, Braybrooke Beer, Braybrooke Farm, Harborough Rd, LE16 8LJ (<https://w3w.co/rings.spillage.lemmings>)

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

06/11 - Hambleton Peninsula, nr Finches Arms, Rutland Warter, LE15 8TL (<https://w3w.co/handsets.dashes.wildfires>)

13/11 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (w3w.co/hoping.intrigued.smoking) **JO**

20/11 - Edith Weston, 5 King Edward's Way, Edith Weston, Oakham LE15 8EZ (<https://w3w.co/filer.shovels.squashes>)

27/11 - Stamford, Burghley Park Golf Club, 61 St Martins, Stamford, PE9 3JX, England (<https://w3w.co/ledge.hits.gently>)

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

07/11 - Duddington, High St, nr Royal Oak pub, PE9 3QE (<https://w3w.co/fruit.rollover.blend>) **Jo**

14/11 - South Luffenham, The Water Mill, Station Rd, South Luffenham, Oakham LE15 8NG ([W3W.co/craziest.slug.hippy](https://w3w.co/craziest.slug.hippy)) **Jo**

21/11 - Wansford, Thirteen (cafe), London Rd, Peterborough PE8 6JB(w3w.co/jammy.wisely.admiral)

28/11- Exton, The Green, nr Fox & Hounds pub, LE15 8AP ([http://w3w.co/dreading.mergers.equivocal](https://w3w.co/dreading.mergers.equivocal))

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

01/11 - Spanhoe, USAAF Spanhoe Memorial, Deene Rd, Nr Harringworth, NN17 3AT (w3w.co/physical.gymnasium.hasten)

08/11 - Manton, Lodge Lane, Oakham, LE15 8SS (<https://w3w.co/joked.rephrase.silly>) **Jo**

15/11 - Wakerley Great Woods, Fineshade Rd, NN17 3BA (far car park) (w3w.co/hoping.intrigued.smoking)

22/11 - Langham, Park Burley Road, nr Harewood Close, LE15 7JZ ([http://w3w.co/jeeps.thousands.cheaply](https://w3w.co/jeeps.thousands.cheaply))

29/11 - Easton on the Hill, High St, nr Blue Bell Inn, PE9 3LR (<https://w3w.co/universal.salaried.mincing>)

PURESTRETCH

Tuesday 1.45 for 60 minutes– 11th, 18th, 25h

Wednesday 7.30 for 60 minutes - 12th, 19th, 26th