



Know Your Neighbourhood Walking the Goats at Lower Coates, Barnsley

Pilates on the TPT!

Here at Walking the Goats at Lower Coates, we're an animal experience and wellbeing farm. With our animals, our beautiful surroundings we aim to develop confidence, relieve anxiety and stress and allow people to emerge themselves with nature and the great outdoors.

Our events already include goat walking, alpaca trekking and animal experiences. This funding allowed us to organise events that included Pilate sessions on the TPT!

I think this is the first time this has ever been done along the Trail but let me tell you it was great fun. Yes, the weather was absolutely atrocious some of the time but that didn't stop us and we even had Robert from the TPT national office come along and join us too.

People came along from a variety of backgrounds and ages but it was great to see everyone come along with just the aim of enjoying the day and what's better than a little exercise on the TPT.

You don't have to be a fitness guru, you just need to enjoy a short walk, a bit of gentle exercise and good company.

"It's just lovely to get out on the Trail and do something different."

"There is never a time you regret doing exercise. If I had stopped at home because of the weather I would have wished I'd come, now I'm here I'm glad I came."

"The group were fantastic and Kelly was amazing – I'd certainly recommend this to everyone!"

Thanks to everyone involved in the TPT and for giving us this opportunity and we've met some great people too. Would we do it again? In a heartbeat.

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Aim of the Organisation:	Walking the Goats at Lower Coates is based in Barnsley and they are an animal experience and wellbeing farm. Their animals, setting and sessions aim to develop confidence, relieve anxiety and stress and allow people to emerge themselves with nature and the great outdoors. Events include goat walking, alpaca trekking and general animal experiences.
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