

ACTIVATE
COAST & GREENSPACE



OUTDOOR PHYSICAL ACTIVITY GUIDE 2021

Get active in your local countryside across Eastern Dorset and surrounding areas

Walking, Cycling, Running, Orienteering, Nordic Walking, Yoga and more

WELCOME

This 2021 Outdoor Physical Activity Guide provides lots of opportunities for you and your family to get active in the great outdoors across East Dorset and local areas.

The Activate Coast and Greenspace programme aims to encourage people to get more active through a wide range of coast and countryside based activities. When it comes to exercise, you can't beat getting out and about in the fresh air!

As a result of the COVID-19 pandemic, all activities follow social distancing guidelines. It is essential that you book onto the activity in advance and to be aware of COVID-19 restrictions that may be in place at time of booking.

This guide details activities from April 2021 through until April 2022.

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MOVE MORE, FEEL THE DIFFERENCE

Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis.

How much is enough?

To keep healthy experts recommend:

Children should aim for 60+ minutes

of moderate intensity of aerobic activity each day. This can be achieved by walking to school, playing in the playground or riding a scooter.

Adults should aim for at least 150 minutes

of moderate intensity activity, in bouts of 10 minutes or more, each week. This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

Benefits of exercising outdoors

Exercising in an outdoor environment can improve mood, reduce levels of depression, reduce stress, lower blood pressure and heart rate. What better reason to get out there and enjoy the beautiful countryside that Dorset has to offer?

What does moderate activity mean?

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song.

Improve Balance

For older adults, to reduce the chance of frailty and falls, undertake at least two days a week of activities such as Tai Chi, Dance or Bowls.

Build Strength

To keep muscles, bones and joints strong, all adults should undertake muscle strengthening activities at least twice a week, such as:

Exercising with weights

Yoga

Carrying heavy shopping

COVID - 19 INFORMATION

Booking is essential for all activities. Your data may be used for track and trace purposes. Please do not attend any activity if you have symptoms of COVID-19 or have a positive test or have been told to self-isolate in the last ten days. During your activity, social distancing is to be adhered to and please follow instructions from your Activate Instructor.

For the latest guidance and COVID-19 restrictions at time of booking visit:

 [gov.uk](https://www.gov.uk) or email the Health and Activity Team  activate@dorsetcouncil.gov.uk

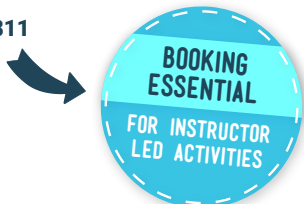
BOOKING ESSENTIAL

To take part in any listed activity booking is essential in line with COVID-19 guidelines.

For all **Instructor Led** activities at Moors Valley Country Park and other Dorset locations booking is through the Moors Valley Country Park website. For **Health Walks** and **Health Cycle Rides** booking is through the Dorset Council website.

 moors-valley.co.uk/onlinebooking

 01425 480811



 dorsetcouncil.gov.uk/health-walk-cycle-booking

 01425 480811



GENERAL ENQUIRIES

If you have any questions or would like to find out more about the activities, please contact the Health and Activity Team based at Moors Valley Golf & Activity Centre:

 01425 480811

 activate@dorsetcouncil.gov.uk

FOLLOW US

You can stay up to date with all our activities including new dates and venues at:

 facebook.com/ActivateCoastGreenspace

 [@Activate_Dorset](https://twitter.com/Activate_Dorset)

Subscribe to our Activate Coast & Greenspace e-newsletter

 dorsetcouncil.gov.uk/e-newsletter

WALKING

Walking is a great way to lose weight and become healthier. It's recognised as an ideal form of exercise and is perfect for people of all ages and fitness levels who want to be more active. Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke to mention just a few!

AMBLE WALKS

These 4-week blocks of gentle walks encompass short ambles whilst enjoying the fresh air and beautiful countryside. The sessions include seated exercises and strength conditioning exercises. They are led by an exercise referral specialist and are ideal for building your confidence if you are new to exercising.

Moors Valley Country Park & Forest

Block 1: Mon 19 Apr - Mon 17 May

Block 2: Mon 24 May - Mon 21 Jun

Block 3: Mon 28 Jun - Mon 19 Jul

Block 4: Mon 26 Jul - Mon 16 Aug

Block 5: Mon 23 Aug - Mon 20 Sept

Block 6: Mon 27 Sept - Mon 18 Oct

Block 7: Mon 1 Nov - Mon 22 Nov

Block 8: Mon 29 Nov - Mon 20 Dec

Block 9: Mon 10 Jan - Mon 31 Jan

Block 10: Mon 7 Feb - Mon 7 Mar

Block 11: Mon 14 Mar - Mon 4 Apr

Time: 10.45 - 11.30am

Price: £18 per block

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Age: Adults

Notes: Excludes bank holidays

Blandford Forum

Block 1: Tue 20 Apr - Tue 11 May

Block 2: Tue 8 Jun - Tue 29 Jun

Time: 10 - 10.45am **Price:** £10 per block*

Location: Milldown Car Park, Blandford Forum, DT11 7SH **Age:** Adults

Wimborne

Block 1: Thur 22 Apr - Thur 13 May

Block 2: Thur 10 Jun - Thur 1 Jul

Time: 10 - 10.45am **Price:** £10 per block*

Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY **Age:** Adults

Verwood

Block 1: Thur 22 Apr - Thur 13 May

Block 2: Thur 20 May - Thur 10 Jun

Time: 10 - 10.45am **Price:** £10 per block*

Location: Potterne Park, Verwood, BH21 6RS **Age:** Adults

* Introductory price at these locations.

WANDER WALKS

These 4-week blocks of gentle walking, with an exercise referral specialist, are the next step up from an amble. The sessions encompass a slightly longer distance, to enjoy the scenery and surroundings and include seated exercises and balance and strength conditioning. They are an ideal class to continue building your fitness and strength.

All dates and locations are the same as Amble Walks above apart from the times.

Moors Valley Country Park & Forest

Time: 9.45 - 10.30am

Blandford Forum

Time: 9 - 9.45am

Wimborne

Time: 9 - 9.45am

Verwood

Time: 9 - 9.45am



HEALTH WALKS IN EASTERN DORSET

Part of the national Ramblers walking scheme, these weekly walks are free, regular, local and led by trained leaders. Perfect for getting to know your local area and meet new people.

Due to Covid-19 booking is now essential. These walks may be rebranded soon to Ramblers Wellbeing Walks.

Mondays

**Moors Valley Country Park & Forest,
Golf & Activity Centre, BH24 2ET**

10 - 11am  10 - 10.30am 

The Hub, Verwood, BH31 7QE (Buggy Walk)

10 - 11am 

Allendale Centre, Wimborne, BH21 1AS

10.30 - 11.15am 

Tuesdays

The Hub, Verwood, BH31 7QE

10 - 11am 

Allendale Centre, Wimborne, BH21 1AS

10.30 - 11.15am 

The Angel Inn, Ferndown, BH22 9AP

10 - 11am 

BH Live Active, Corfe Mullen, BH21 3LE

10.15 - 11.15am 

Wednesdays

Golf Club, Sturminster Marshall, BH21 4BD

10 - 11am 

West Parley Sports & Social Club, BH22 8SQ

10 - 11am  Meet at the Curlew Pub

**Moors Valley Country Park & Forest,
Golf & Activity Centre, BH24 2ET**

10 - 11am  10 - 10.30am 

QE Leisure Centre, Wimborne, BH21 4DT*

10.30am - 12pm 

Other walks in Dorset

Contact the Health and Activity Team for more information on other walks across the Dorset Council area or visit

 ramblers.org.uk

Thursdays

The Penn Court Café, West Moors, BH22 0HX

10 - 11am  10 - 10.30am 

Fridays

The Hub, Verwood, BH31 7QE

10 - 11am 

** Once a month this walk runs from varying locations, call 01425 480811 or visit the website www.moors-valley.co.uk/events for details.*



Walk Levels



Level One

Suitable for people who are looking to be more active or are returning from injury or illness. This is up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.



Level Two

Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes, steps and uneven surfaces.



Level Three

Suitable for people looking for more challenging walks. They are generally 45-90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

NORDIC WALKING

Nordic Walking is an enhancement of ordinary walking. It can be done by anyone and when trained in the right technique to use the poles effectively it increases use of the upper body and enables you to work harder but it feels easier! The poles reduce the pressure on knees and joints, it is an ideal physical activity if you have neck, shoulder and back problems and good for the heart and lungs.

For more information about Nordic Walking visit:

Nordic Walking UK
📍 nordicwalking.co.uk

British Nordic Walking
📍 britishnordicwalking.org.uk

GET INTO NORDIC WALKING

With the support from a Nordic Walking instructor these courses will help you master the basics and improve your Nordic Walking technique. You will learn something new and understand how to develop your technique, giving you the all-round benefits this activity provides.

Moors Valley Country Park & Forest

Date: Tue 27 Apr **Time:** 11.30am - 1pm
Date: Sat 8 May **Time:** 11.15am - 12.45pm
Date: Mon 10 May **Time:** 10 - 11.30am
Date: Fri 21 May **Time:** 10 - 11.30am
Date: Sat 12 Jun **Time:** 11.15am - 12.45pm
Date: Mon 13 Sept **Time:** 10 - 11.30am
Date: Fri 5 Nov **Time:** 10 - 11.30am
Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Kingston Lacy

Date: Tue 20 Apr **Time:** 10.45am - 12.15pm
Date: Tue 8 Jun **Time:** 9.30 - 11am
Location: Kingston Lacy House, Wimborne, BH21 4EA

Ferndown

Date: Wed 21 Apr **Time:** 10 - 11.30am
Date: Wed 6 Oct **Time:** 10 - 11.30am
Location: The Angel Inn, Ferndown, BH22 9AP

Nordic Walking Poles

If you would like to purchase your own set of poles then please come into the Moors Valley Golf & Activity Centre to see the range of poles available.

Avon Heath

Date: Wed 19 May **Time:** 10 - 11.30am
Date: Wed 8 Sept **Time:** 10 - 11.30am
Location: Avon Heath Country Park, St. Ives, Ringwood, BH24 2DH

Wimborne

Date: Mon 17 May **Time:** 6 - 7.30pm
Location: Pamphill Green, Wimborne, BH21 4ED

Blandford Forum

Date: Thur 13 May **Time:** 1.30 - 3pm
Location: Stour Park, Blandford Forum, DT11 9PU

Stourpaine

Date: Thur 29 Apr **Time:** 1.30 - 3pm
Date: Mon 14 Jun **Time:** 1.30 - 3pm
Location: Dick Draper Memorial Field, Stourpaine, Blandford Forum, DT11 8TH

Price: £12 per course
Age: Adults





NORDIC WELLNESS WALKS

A gentle Nordic Walk incorporating mobility exercises to help with flexibility, balance and strength whilst using your poles to improve your general fitness. These sessions are suitable for those who are starting at a lower level of fitness, returning from injury or have a medical condition. Nordic Walking poles are provided.

Moors Valley Country Park & Forest

Date/Time:

Mondays 10 - 11am
Tuesdays 9.45 - 10.45am

Location: Moors Valley Country Park & Forest, BH24 2ET (meet in the coach car park)

Price: £5 per session

Age: Adults

Notes: Monday sessions exclude bank holidays

Subscription offer

If you are going on regular sessions, make it cheaper by purchasing our subscription offer;

11 sessions for **£47.50**

NORDIC WORKOUT WALKS

These one hour walks are designed to help you improve your fitness levels and get noticeable results. Combining technique, gradients, terrain and exercises, these sessions will help develop your fitness, endurance and speed under the guidance of a qualified instructor. Nordic Walking poles are provided.

Moors Valley Country Park & Forest

Date/Time:

Mondays 9.45 - 10.45am
Fridays 9.45 - 10.45am
Saturdays 10 - 11am

Location: Moors Valley Country Park & Forest, BH24 2ET (meet in the coach car park)

Price: £5 per session

Age: Adults

Notes: Monday sessions exclude bank holidays

Kingston Lacy

Date: Tuesdays

Time: 9.30 - 10.30am

Location: Kingston Lacy House, Wimborne, BH21 4EA

Price: £5 per session

Age: Adults

NORDIC ADVENTURE WALKS

These longer two-hour walks are guided by a qualified Nordic Walking Instructor and take you to different areas and countryside further afield. Can be between 5 - 6.5 miles in distance and include various terrain. Poles can be provided if required.

Blandford Forum

Date: Thur 6 May

Location: Tarrant Crawford Mill, Blandford Forum, DT11 9HZ

New Forest

Date: Thur 3 Jun

Location: Pound Hill enclosure, Rhinefield Ornamental Dr, New Forest

Martin

Date: Thur 1 Jul

Location: Martin Down Car Park, Sillens Lane, Martin, SP6 3LB

Time: 10.30am - 12.30pm **Price:** £6.50 per person

SUMMER EVENING NORDIC

Enjoy the summer evenings with an opportunity to explore the forest with a qualified Nordic Walking instructor.

Moors Valley Country Park & Forest

Dates: Wed 23 Jun, Wed 30 Jun, Wed 7 Jul, Wed 14 Jul, Wed 21 Jul or Wed 28 Jul

Time: 5.45 - 6.45pm

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Price: £5 per session or use your subscription

Age: Adults

North Dorset Trailway

Date: Thur 2 Sept

Location: Havelins Lane, Stourpaine, DT11 8TH

Acres Down

Date: Thur 7 Oct

Location: Acres Down, New Forest, SO43 7GE

Newtown

Date: Thur 4 Nov

Location: Witchampton Football club, Newtown BH21 5AY

NORDIC AT NIGHT

A chance to explore the forest in the dark with the guide of a Nordic Walking instructor. Head torches are required to take part.

Moors Valley Country Park & Forest

Dates: Tue 26 Oct, Tue 2 Nov, Tue 9 Nov, Tue 16 Nov, Tue 23 Nov or Tue 30 Nov

Time: 6 - 7pm

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Price: £5 per session or use your subscription

Age: Adults



BEGINNERS RUNNING

Everyone knows that running is a great way to get into shape, but did you know that it can benefit almost every part of your body, and help lift your mood? Running can offer many benefits, such as relieving stress, eliminating depression and aiding weight loss. Running just 5 to 10 minutes is a great way to start!

COUCH TO 5K

With the support of a volunteer run leader, you will be able to develop your running fitness over 9 weeks following the Couch to 5K NHS app.

Moors Valley Country Park & Forest

Block 1: Tue 20 Apr - Tue 22 Jun

Time: 9.30 - 10.15am

Block 2: Wed 19 May - Wed 21 Jul

Time: 5.30 - 6.15pm

Block 3: Tue 7 Sept - Tue 9 Nov

Time: 9.30 - 10.15am

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Price: £9 per block

Age: Adults

Notes: Excludes school holidays

Moors Valley Runners

The Moors Valley Runners are a friendly and welcoming community group with mixed running abilities who get together every Tuesday morning at 9.30am. Sessions are suitable for those who are able to run at least 5k (slowly is fine). The free sessions are led by qualified volunteer run leaders who support participants to develop fitness levels with fun drills and challenges each week. For more information and to book contact us -

✉ activate@dorsetcouncil.gov.uk

☎ 01425 480811



Other Running Opportunities

Verwood Runners

A friendly running group to give local people the opportunity to run with others. There are several qualified run leaders available on Tuesdays and Thursdays to give new joiners extra support and guidance. These free runs are suitable for people who are able to run 5k without stopping (slowly is fine). Longer runs and skills based sessions are also held on a weekly basis.

For more information visit the Verwood Runners Facebook group page and just ask to join in, or 📞 **07800 930174**.

Wimborne Athletics Club

The club aims to promote and encourage participation in recreational and competitive athletics in Wimborne and surrounding areas.

The focus is on fun and enjoyment for all abilities and ages. The club also delivers the Wimborne Runners Couch to 5k programme 📧 groups.runtogether.co.uk/WimborneRunners for the latest session.

For more information contact -

📞 **07899 782622**

✉️ roadrunners@wimborneac.co.uk

🌐 wimborneac.co.uk

Couch to 5K

If you prefer to build up slowly by yourself or with a friend, why not try this self-led programme. Couch to 5K has been designed to get you off the couch and running up to a 5K distance in just 9 weeks. Grab your trainers and follow the step-by-step instructions on the website.

🌐 nhs.uk/LiveWell

3-2-1 Routes

Run England 3-2-1 is Run England's project which aims to provide a range of permanently marked out running routes across the country that anyone can have a go at. It's a way of providing a meaningful challenge to help you to get running when it best suits you. There are 3 options to choose from, a 3-mile, 2-mile or 1-mile route.

🌐 englandathletics.org

RunTogether

RunTogether has been created by England Athletics to provide fun, friendly, supportive and inclusive running opportunities in England. Visit the website to find out where the nearest RunTogether group is near you!

🌐 runtogether.co.uk

parkrun

parkrun is a free weekly timed 5k run, open to everyone no matter their ability, and takes place across the world. If you like the idea of running with others and want to establish a routine this could be for you!

To register 🌐 parkrun.org.uk

Locations include: Blandford, Bournemouth, Poole, Weymouth, Moors Valley Country Park & Forest

CYCLING

Cycling is a healthy, fun and low-impact exercise that can be enjoyed by people of all ages. Riding a bike regularly is one of the best ways to reduce your risk of health problems associated with an inactive lifestyle. Cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.

HEALTH CYCLE RIDES

These free rides are a great way to establish a weekly routine of exercise led by volunteer leaders. This activity offers you the chance to ride with other like-minded people and feel the benefits this fantastic exercise will give you.

Tuesdays

Location: **Ferndown Forest Golf Club, BH22 9PH. Meet outside the bar.**

Time: **10 - 11am**

Wednesdays

Location: **Moors Valley Country Park & Forest, BH24 2ET. Meet outside Bike Hire.**

Time: **10 - 11am**

Thursdays

Location: **Kingston Lacy House, BH21 4EA.**

Meet in main car park.

Time: **9.30 - 10.30am**

Cycle Levels

LEVEL 1

60-minute ride led at a leisurely pace on easy terrain, with occasional stops for people who are less active or are less confident with cycling (6 - 9 miles).

LEVEL 2

60-minute ride on mixed terrain, which has occasional hills. This ride is for people who have generally been more active and are more confident on a bike (7 - 10 miles).



CYCLE 1 - 2 - 1 TUITION

Have you ever thought about learning to ride a bike? These 1-2-1 cycling courses are suitable for adults who want to learn to ride a bike, helping you to gradually build up your confidence, practice your riding skills and improve your balance over three consecutive sessions.

Moors Valley Country Park & Forest

Course 1: Thur 10 Jun - Thur 24 Jun

Time: 2 - 3.30pm

Course 2: Wed 15 Sept - Wed 29 Sept

Time: 10 - 11.30am

Location: Moors Valley Country Park & Forest, BH24 2ET

Price: £59 per course **Notes:** Bike hire included

GET BACK IN THE SADDLE

A four week course to help build your confidence on a bike. Suitable for those who know how to cycle but need support and advice to help gain the skills to get the most out of this activity.

Moors Valley Country Park & Forest

Course 1: Mon 7 Jun - Mon 28 Jun

Time: 11.15am - 12.15pm

Course 2: Mon 6 Sept - Mon 27 Sept

Time: 11.15am - 12.15pm

Location: Moors Valley Country Park & Forest, BH24 2ET

Tarrant Rushton

Course 1: Wed 9 Jun - Wed 30 Jun

Time: 3 - 4pm

Location: Tarrant Rushton Airfield, Blandford Forum, DT11 8SB

Blandford Forum

Course 1: Wed 28 Apr - Wed 19 May

Time: 2.30 - 3.30pm

Location: Milldown Car Park, Blandford Forum, DT11 7SH

Price: £10 per course. Limited bike hire available for £2.50 if booked in advance

Other Cycling Opportunities



Breeze Rides

These ladies only cycling clubs/groups are set up throughout the UK for ladies of all ages to discover or rediscover their love of cycling.

To find your local Breeze Ride visit

➤ letsride.co.uk/breeze

Bikeability

Bikeability is about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

There are three Bikeability levels, each designed to improve cycling skills, no matter what is known already. Levels 1, 2 and 3 take trainees from the basics of balance and control, all the way to planning and making an independent journey on busier roads.

➤ dorsetforyou.gov.uk/bikeability

Dorset Cyclists' Network

Dorset Cyclists' Network campaigns for improved conditions for cyclists throughout Dorset, with groups in most towns. Several of them organise regular gentle rides of various lengths, and make sure no one gets left behind.

➤ dcn.org.uk ✉ sec@dcn.org.uk

ACCESSIBLE CYCLING

Accessible cycling enables everyone to enjoy this activity regardless of age, health condition or impairment. The Accessible Cycling programme operates from the Moors Valley Country Park, Golf and Activity Centre and is an accredited Wheels for All Centre.

HOW DO I START?

If you have not cycled before please let us know and we will arrange for you to chat and meet with one of the cycle instructors or trained volunteers to discuss which bike will best suit your needs.

WHAT HAPPENS NEXT?

After your 1-2-1 consultation, we will discuss your options to start cycling at Moors Valley Country Park on a regular basis. The cost for an accessible bike is £5. Carers can use an additional bike for free if required.

GROUPS WELCOME

If you are interested in booking a group please contact the Health and Activity Team for further information.

BIKE FLEET

The Health & Activity Team based at Moors Valley Country Park, Golf & Activity Centre has a fleet of adaptive bikes suitable for a range of needs.

GET IN CONTACT

Please contact the Health and Activity Team to arrange your 1-2-1 consultation and to find out how to take part.

 activate@dorsetcouncil.gov.uk  **01425 480811**

YOGA

Regularly taking part in Yoga can improve your quality of life, reduce stress and depression as well as helping to improve your fitness, strength and flexibility.

BEGINNERS SESSIONS

These sessions are perfect for beginners to experience Yoga in the great outdoors and are led by a qualified yoga instructor.

Moors Valley Country Park & Forest

Date: Wed 23 Jun, Wed 30 Jun, Wed 7 Jul, Wed 14 Jul, Wed 21 Jul or Wed 28 Jul

Time: 5.30 - 6.30pm

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Price: £5 per person

Age: Children under 16 years go free with a participating adult

Notes: Please bring a towel or yoga mat.



Park Yoga

Free outdoor Yoga sessions on Sunday mornings from May to September for people of all ages and abilities.

 parkyoga.co for details.

WALKS FOR THE MIND

Mindfulness is about paying attention in the present moment with a sense of non-judgement towards our present moment experience. Mindfulness can help create a space between our thoughts, our emotions and our actions, helping us to focus and feel better emotionally and physically.

BEGINNERS SESSIONS

Led by an experienced mindfulness Practitioner, these sessions are a perfect way for beginners to practice the art of Mindfulness within the natural environment.

Moors Valley Country Park & Forest

Date: Sat 1 May, Sat 5 Jun, Sat 3 Jul, Sat 7 Aug or Sat 4 Sept **Time:** 10 - 11am

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Wimborne

Date: Wed 5 May, Wed 2 Jun, Wed 7 Jul, Wed 4 Aug or Wed 1 Sept **Time:** 10 - 11am

Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY

Price: £8 per person

OUTDOOR EXERCISE AREA

The new outdoor exercise area, which is located at the Moors Valley Golf & Activity Centre, is due to open in summer 2021 and will be used to run instructor led activity sessions.

OUTDOOR GYM CLASSES

Using the HAGS outdoor fitness equipment, weekly sessions will take place so you can get in a regular habit of supervised exercise in the great outdoors.

1 - 2 - 1 INDUCTIONS

If you want specific advice or are a complete novice to exercise and need a personal programme developed for you, you will be able to book this with one of our instructors.

TAI CHI

Tai Chi combines deep breathing and relaxation with flowing movements. It is ideal for inactive people wanting to raise their activity levels gently and gradually. Tai Chi can help people to reduce stress, improve posture, balance and general mobility.

BEGINNERS COURSES

This 4 week Tai Chi course will help develop your knowledge and skills of Tai Chi, starting with the basics and gradually improving each week.

Moors Valley Country Park & Forest

Block 1: Tue 4 May - Tue 25 May

Block 2: Tue 1 Jun - Tue 22 Jun

Block 3: Tue 29 Jun - Tue 20 Jul

Time: 10 - 11am

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Wimborne

Block 1: Wed 5 May - Wed 26 May

Block 2: Wed 2 Jun - Wed 23 Jun

Block 3: Wed 30 Jun - Wed 21 Jul

Time: 10 - 11am

Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY

GROUP HIRE

If you have a group that would like sole use of the equipment and area you can book this out at arranged times.

GOLF SPECIFIC FITNESS

To improve your golf you may need to improve flexibility and strength. These sessions are tailored specifically to golfers.

All times and dates to be confirmed, so watch this space. For more information contact:

☎ 01425 479776

✉ golf@moors-valley.co.uk

Sturminster Marshall

Block 1: Wed 5 May - Wed 26 May

Block 2: Wed 2 Jun - Wed 23 Jun

Block 3: Wed 30 Jun - Wed 21 Jul

Time: 11.45am - 12.45pm

Location: Walnut Tree Field, Sturminster Marshall

Price: £18 per block

Age: Adults



GET INTO GOLF

Golf is fantastic sport that can help improve your fitness, gently increase your heart rate, enhance your mood and help strengthen your muscles. Did you know... playing a game of 18 holes involves taking up to 10,000 steps, walking 5 - 6 miles and burning up to 900 calories!

FREE GOLF TASTER

Looking for a new challenge? Want to get healthy and active?

Come along to our free golf taster evening where you will have a go at playing golf and have some fun.

Date: Thur 27 May **Time:** 6 - 7.30pm

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Age: Adults

LEARN GOLF IN A DAY

Date: Sat 10 Jul **Time:** 10am - 4pm


Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Price: £36 per person

Age: Adults

Notes: Please bring a packed lunch / refreshments

ACCESSIBLE GOLF

Moors Valley Golf & Activity Centre are starting a new Accessible Golf offer this year. For more details please call the Health and Activity Team on  **01425 479776**



GOLF FOR BEGINNERS - ADULTS

Course 1: Tue 20 Apr - Tue 11 May

Time: 6 - 7pm

Course 2: Sat 15 May - Sat 5 Jun

Time: 1 - 2pm

Course 3: Tue 8 Jun - Tue 29 Jun

Time: 9.30 - 10.30am

Course 4: Thur 2 Sept - Thur 23 Sept

Time: 9.30 - 10.30am

Course 5: Thur 3 Jun - Thur 24 Jun
(Ladies only)

Time: 9.30 - 10.30am

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Price: £24 per course

Age: Adults

GOLF 1 - 2 - 1 TUITION

We can offer tailored, individual lessons with;

- Clear instruction
- Friendly coaches
- A structured programme of improvement
- Personalised instruction
- Video coaching

More information and booking

Please contact the Moors Valley Golf Course booking line:

 **01425 479776**

 **golf@moors-valley.co.uk**

TRIATHLON BIKE AND RUN SKILLS FOR CHILDREN

Triathlon is a competitive outdoor sport that gives you a full body workout through running, cycling and swimming. A great activity to give yourself challenges, explore different environments whilst at the same time improving fitness levels.

BEGINNERS SESSIONS

Whether you are new to the sport or would like to challenge yourself to get better, these sessions offer a fantastic opportunity for all to learn new skills and have fun putting a triathlon together.

You will pick up ideas on how to ride your bike skilfully and how to pace your running for a triathlon. We will talk about the swim, but you won't be swimming. You will need a road worthy bike and cycle helmet.

8-13 years old

Course 1: Mon 16 Aug 9.30 - 11.30am

Course 2: Tue 17 Aug 9.30 - 11.30am

14-16 years old

Course 1: Thur 19 Aug 9.30 - 11.30am

Course 2: Fri 20 Aug 9.30 - 11.30am

Location: Moors Valley Country Park & Forest, BH24 2ET **Price:** £15 per course

FRESH AIR FITNESS FOR BEGINNERS

Fun and enjoyable outdoor fitness sessions to help you get into the habit of being more active. Sessions are led by a qualified fitness instructor to help keep you motivated, introducing different exercises each week.

Moors Valley Country Park & Forest

Course 1: Wed 5 May - Wed 26 May

Time: 10.30 - 11.30am

Course 2: Wed 16 Jun - Wed 7 Jul

Time: 10.30 - 11.30am

Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET

Wimborne

Course 1: Fri 7 May - Fri 28 May

Time: 9.15 - 10.15am

Course 2: Fri 11 Jun - Fri 2 Jul

Time: 9.15 - 10.15am

Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BZ

Blandford Forum

Course 1: Tue 8 Jun - Tue 29 Jun

Time: 11am - 12pm

Course 2: Tue 7 Sep - Tue 28 Sep

Time: 11am - 12pm

Location: Milldown Car Park, Blandford Forum, DT11 7SH

Price: Introductory offer
£10 per course



ORIENTEERING

This fantastic sport offers many health benefits but the real attraction is that it is fun! Being outdoors, walking or running through the forest and fields will improve your fitness levels, whilst challenging your mind. Orienteering is a perfect activity for families to enjoy, practicing your navigation and problem solving skills whilst exercising together.

FREE FAMILY ORIENTEERING TASTERS

At each location there will be a score course using the MapRun app and also a simple course of about 10 controls using electronic tagging for children and families. Children can learn the skills with a fun and easy grid square exercise first. Visit the Wimborne Orienteers website to find out about MapRun.

Blandford Forum

Date: Sat 26 Jun **Time:** 10.30am - 1pm
Location: Milldown Car Park, Blandford Forum, DT11 7SH

Verwood

Date: Sat 3 Jul **Time:** 10.30am - 1pm
Location: Potterne Park, Verwood, BH21 6RS

Moors Valley Country Park & Forest

Date: Sat 17 Jul **Time:** 10.30am - 1pm
Location: Moors Valley Country Park & Forest, BH21 2ET

Wimborne

Date: Sat 7 Aug **Time:** 10.30am - 1pm
Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY

Sturminster Newton

Date: Sat 21 Aug **Time:** 10.30am - 1pm
Location: Recreation Ground, Sturminster Newton, DT10 1BY

Wimborne

Date: Sat 4 Sept **Time:** 10.30am - 1pm
Location: Willow Walk, Wimborne Town Centre (next to Waitrose) BH21 1AN



TRY ORIENTEERING

An opportunity to learn the basic skills of orienteering with a member of Wimborne Orienteering Club. The session will give you the information needed to help you read a map, identify features, practice pacing and compass work and have a go putting your skills into practice.

Date: Sat 8 May, Sat 12 Jun, Sat 10 Jul, Sat 11 Sept, Sat 9 Oct, Sat 13 Nov, Sat 11 Dec

Time: 1.30 - 3pm

Location: Moors Valley Country Park & Forest, BH24 2ET

Price: £2.50 per person

Notes: Maps and compasses are provided.

Orienteering Clubs

Wessex Orienteering Club

Wessex Orienteering Club is a local group which organises a number of events throughout the year, including orienteering races, training sessions, evening street and park events and relays.

 wessex-oc.org

 secretary@wessex-oc.org

Wimborne Orienteering Club

Wimborne Orienteers are a local family friendly club providing orienteering events in Dorset and the New Forest.

The club welcomes members of all ages and abilities, so whether you are simply looking for a way of getting out and seeing the countryside, wanting to extend your existing fitness regime or looking to compete in a new sport, orienteering is for you.

 wimborne-orienteers.org.uk

Other Orienteering Opportunities

Moors Valley Country Park & Forest

Within the beautiful surroundings of Moors Valley Country Park, this permanent course gives you the opportunity to explore the forest by either foot or mountain bike. Get your orienteering map from the Visitor Centre shop for £3.

Avon Heath Country Park

You can purchase an orienteering map at the Heathland Discovery Centre and embark on an explorer challenge to find the posts on your marker card. A fun way for you and the family to explore the heath and get more active!

 **Avon Heath Country Park, Birch Road, St Ives, Ringwood, BH24 2DA**

BytheWay Recreation Field, Wimborne

If you go to the App store you can download MapRun and find an online map for this area. You can then use your phone to have a go without the need for a paper map.

The courses are virtual and when you get near a marker your phone will ping, letting you know you are in the right place. There are MapRun courses all over Dorset. Find more information at:

 wimborne-orienteers.co.uk

KAYAKING, CANOEING AND STAND UP PADDLEBOARDING

As soon as COVID-19 restrictions allow and it is safe to do so, Wimborne Canoe Club (part of PHCC CIO) will be offering opportunities to try out Paddlesports from our wonderful location at Riverside Wimborne. What a fantastic way to get afloat and explore our local waterways, whilst getting some fresh air and exercise at the same time. Kayaking, canoeing and SUP are low impact activities that can improve aerobic fitness, strength and flexibility, as well as being fun they can be a peaceful and relaxing form of exercise. You only need to be water confident to try out this lovely sport.

BEGINNER SESSIONS

Fun and informal 2 hour sessions covering the basics of kayaking, canoeing or SUP. Participants should achieve the British Canoeing Paddle Start Award.

INTRODUCTION TO FLATWATER FITNESS AND RACE PADDLING

The club will also be running introductory sessions and courses for adults and for juniors throughout the year; including school holidays.

PADDLE - ABILITY SESSIONS

These sessions are for people who are living with mobility issues, sensory impairment and disabilities. Sessions are also for older people who do not feel confident to join a regular session. We link with Dorset Disabled Canoe Unit to get you afloat in the best way.

Location: Riverside Wimborne, meet at Dreamboats, Wimborne, BH21 1QU

Age: 8+ years (children to be accompanied by an adult)

Price: £10 session **Notes:** All equipment is provided. Bring a towel and change of clothes.

Kayaking Booking

✉ riverside@phcc.org.uk

☎ 07594 607981

HEALTH AND ACTIVITY VOLUNTEERING OPPORTUNITIES

With trained volunteers leading 16 health walks in eastern Dorset, six weekly health rides, two accessible cycling sessions, one weekly running session and conservation tasks, it has never been more evident how important volunteers are in keeping people active.

Health Walk Leader

As a volunteer walk leader, you'll be helping people in your community to get active. As part of this role, you would be required to plan routes, support walkers and to love walking yourself. You don't need any particular experience, but we love our volunteers to be friendly and welcoming.

Health Cycle Leader

A health cycle leader is very similar to a health walk leader, apart from the fact you need a bike! This role would require you to have a love of cycling, want to help others get active and enjoy being out in all weathers.

Accessible Cycle Leader

To lead groups on weekly cycle rides of 60 minutes around Moors Valley Country Park. You will help individuals who may lack confidence, have an injury or a learning difficulty, to cycle safely and get active.

Running Leader

This role requires you to have the UK Athletics Leadership in Running Fitness qualification prior to volunteering in the weekly running group at Moors Valley Country Park & Forest, Golf & Activity Centre. The role of a run leader is to provide a safe and enjoyable running experience for beginners and support people to develop their running fitness.

Moors Valley Golf Course Volunteers

Opportunities include Golf Buddies, Golf Course Maintenance and more.

All tasks are outdoors, active and will benefit the course, wildlife and your own health and wellbeing. Golfers and non-golfers are welcome.

Volunteer Training Courses

If you are interested in any of these volunteer roles, please get in touch with the Health and Activity Team:

 **01425 480811**

 **activate@dorsetcouncil.gov.uk**



HELP TO GET YOU STARTED

The Health and Activity Team can support you to get more active in a way that suits you. Just get in touch for a chat with our Lifestyle Coordinator to help you get started on the right activity.

VARIETY OF OPTIONS

The Councils Health and Activity Team work in partnership with Leisure services to ensure we can give you all the choices to help you get started. There are varying fees for each activity. Some activities are free, including a variety of entry level activities, such as health walks, referral exercise walks and accessible cycling. Other activities include aqua therapy, health circuits and otago within a leisure centre setting, meaning there is something for everyone.

ACTIVE 4 HEALTH EXERCISE REFERRAL

For those living with a health condition, a 12-week exercise referral may be a more suitable option, which offers specialist support. This is available at local leisure centres and there is also an outdoor option based at Moors Valley Country Park & Forest, Golf & Activity Centre.

If you would like more information or to have a chat about your options:

✉ active4health@dorsetcouncil.gov.uk ☎ 01202 795141



ESCAPE-pain is a group-based rehabilitation programme for the management of osteoarthritis.

The courses comprise of 12 sessions that are delivered by trained exercise referral specialists over a six week period. Each class integrates a short education session, followed by exercise.

Next course at Moors Valley Country Park, Golf & Activity Centre starts Wednesday 5 May - Friday 11 June, 12 - 1pm or Wednesday 8 September - Friday 15 October 12 - 1pm.

A selection of courses are being delivered across eastern Dorset, both in a Leisure Centre and outdoor setting. Please contact the Health and Activity Lifestyle Coordinator for further information ☎ 01202 795141 ✉ active4health@dorsetcouncil.gov.uk

TERMS AND CONDITIONS

COVID- 19 Information

Booking essential on all activities (unless otherwise stated). Your data may be used for track and trace purposes. Please do not attend any activity if you have symptoms of COVID-19 or tested positive. For the latest guidance on COVID-19 restrictions at time of booking visit gov.uk.

Online Bookings

For online booking through Moors Valley Country Park & Forest website, payment is required at the time of booking. To make an online booking you must be a member or registered user. You will need login details to make a booking, your email address and password.

Visit the website for full list of Terms and Conditions. www.moors-valley.co.uk/onlinebooking.

Members are only permitted to make bookings for themselves or their immediate family members as part of a group booking. Transfer of a booking to another person is not permitted.

By booking on the event you are confirming you meet the event criteria including age and ability. Please refer to the event listing on the website for full details as refunds cannot be given.

Cancellations / Refunds

Cancelling a booking must be done more than 72-hours in advance of the start time of the booked activity.

We reserve the right to cancel or postpone an activity/ event if there are insufficient numbers, extreme weather conditions or should unforeseen circumstances arise. Full refunds will be given under these conditions. If you are unable to attend an event please let the organiser know as soon as possible.

We reserve the right to amend the prices and services that are described in this brochure.

It is the discretion of the event organiser if a refund will be given.

Parking at Moors Valley Country Park and Forest

Parking is free for the duration of your first bookable course or activity if you are a NEW Health and Activity event participant (those who have not taken part in a Health and Activity event since April 2020). Free parking is only available to each new participant for their first beginner course or activity, normal charges will apply for subsequent beginner courses of the same and/or different type. This offer is not valid for the following; Triathlon Bike & Run skills for children (p17), Try Orienteering (p18), turn up activities unless otherwise stated.

All Hours 1 x Car £62 for the year. Quiet Times x 1 Car £30 for the year (valid anytime Mon-Fri outside school holidays and until 11am weekends and school holidays).

Health Walk and Health Cycle Booking

For all Health Walks and Health Cycle Rides advance booking is essential through the Dorset Council website dorsetcouncil.gov.uk/health-walk-cycle-booking

Bookings/cancellations must be made before 1pm the day before.

External Providers

Please contact external providers directly for terms and conditions relating to their advertised events and activities within this brochure.

General

Customer/participants must follow the normal rules and regulations that apply to any of the sites or buildings in use and follow any instructions/guidance given by the event/activity leader.

Certain activities require additional forms to be completed to enable participation e.g. health questionnaire, consent forms.

Health – it is the duty of customers/participants to make the organiser of the activity/event aware of any health issues, disability or illness which may affect the safe running of an activity.

Appropriate clothing must be worn for all activities for example: appropriate shoes and clothing for outdoor exercise activities. Participants should come prepared for wet weather or strong sunshine.

The Council accepts no responsibility for the loss of, or damage to any property or for any injury to or the illness or death, on or at Moors Valley and other sites, unless caused by its own negligence.

Refreshments are generally not provided, unless otherwise stated. Please bring along any refreshments you will require for the duration of the activity.

A reasonable standard of behaviour is expected of all customers. Any customer whose behaviour compromises the safety of themselves, other customers or the general public will be asked to leave or be collected. No refund will be given in such circumstances.

Photographs

From time to time photographs of people on events will be used in promotional material. If you have any objections to your photo being taken or used then please let the relevant person know on the day of your activity/ event.

General Data Protection Regulation (GDPR) 2018

The council adheres to the General Data Protection Regulation (GDPR) 2018. We hold information for the purposes specified in our notification made to the Information Commissioner. We will not give information about you to anyone outside of the organisation, unless the law permits us to do so.

COVID - 19 INFORMATION

Booking is essential for all activities. Your data may be used for track and trace purposes. Please do not attend any activity if you have symptoms of COVID-19 or have a positive test or have been told to self-isolate in the last ten days. During your activity, social distancing is to be adhered to and please follow instructions from your Activate Instructor.

For the latest guidance and COVID-19 restrictions at time of booking visit:

 [gov.uk](https://www.gov.uk) or email the Health and Activity Team  activate@dorsetcouncil.gov.uk

BOOKING ESSENTIAL

To take part in any listed activity booking is essential in line with COVID-19 guidelines.

For all **Instructor Led** activities at Moors Valley Country Park and other Dorset locations booking is through the Moors Valley Country Park website. For **Health Walks** and **Health Cycle Rides** booking is through the Dorset Council website.

 moors-valley.co.uk/onlinebooking

 01425 480811



 dorsetcouncil.gov.uk/health-walk-cycle-booking

 01425 480811



GENERAL ENQUIRIES

If you have any questions or would like to find out more about the activities, please contact the Health and Activity Team based at Moors Valley Golf & Activity Centre:

 01425 480811

 activate@dorsetcouncil.gov.uk

FOLLOW US

You can stay up to date with all our activities including new dates and venues at:

 facebook.com/ActivateCoastGreenspace

 [@Activate_Dorset](https://twitter.com/Activate_Dorset)

Subscribe to our Activate Coast & Greenspace e-newsletter

 dorsetcouncil.gov.uk/e-newsletter