

Get Active Outdoors 2026

Discover local activities to help you move more



Walking, cycling, running, orienteering, nordic walking, golf and more

Welcome

This year's Get Active Outdoors Guide provides opportunities for you to move more outdoors in areas across Dorset.

The aim of our programme is to help less active people take their first steps towards better health, wellbeing and happiness.

When it comes to exercise, you can't beat getting out and about in the fresh air!

**Health and Activity Team, Place Services
Dorset Council**

Move more, feel the difference

Regular exercise can help improve our health and wellbeing.

How much is enough?

To keep healthy, experts recommend:

Children should aim for 60+ minutes of moderate intensity 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 being 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

To book

Unless otherwise stated booking is essential by calling or online.

Tel: **01425 480811**

Web: **dorsetcouncil.gov.uk/health-and-activity**



Referral Activity

If you see our Active 4 Health referral activity icon, you can get referred from a health professional and take part in this activity.



Volunteer Opportunities

If you see our volunteer opportunities icon on an activity and you are interested in becoming a volunteer to support more people to get active, we would love to hear from you.



Physical Activity Readiness Questionnaire

If you would like to take part in these activities please complete the Physical Activity Readiness Questionnaire (PAR-Q). Please complete this form annually, or sooner if your medical conditions change, by calling us, scanning the QR code, or visiting our website.



Tel: **01425 480811**

Web: **dorsetcouncil.gov.uk/health-and-activity**

PAR-Q

Health and Activity Team Contact

Please get in contact with the Dorset Council's Health and Activity Team based at Moors Valley Country Park, Golf and Activity Centre:

Tel: **01425 480811**

Email: **healthandactivity@dorsetcouncil.gov.uk**

Web: **dorsetcouncil.gov.uk/health-and-activity**



Subscribe to our Health and Activity - Get Active in your Greenspace e-newsletter:
dorsetcouncil.gov.uk/e-newsletter

What are Health Walks?

A health walk is a sociable, short and regular guided walk. Locations offer a range of walks lasting between 30 to 90+ minutes for people of all abilities each week. Trained volunteer health walk leaders are on hand to welcome you with a friendly smile, provide encouragement and support you throughout the walk.

Free! Just turn up!

Dorset Health Walks are accredited with The Ramblers Wellbeing Walks national scheme. Web: ramblers.org.uk/go-walking/wellbeing-walks

East Dorset

Locations include; Avon Heath Country Park, Moors Valley Country Park and Forest, Wimborne, Ferndown, West Moors, Corfe Mullen and Verwood.

Contact: Health and Activity Team

Tel: **01425 480811**

Email: dorsethealthwalks@dorsetcouncil.gov.uk



Beaminster, Cattistock & Maiden Newton

Our health walks offer a chance to enjoy fresh air, meet new people, and socialise. They're free for everyone and you can join any walk, just turn up.

Contact: Barbara Evans

Email: barbara_evans@hotmail.co.uk

Tel: **07810 153012**

Facebook: **Ammonite Health Walks**

Weymouth

All walks are flat and we will always walk at the pace of our walkers so no one is left behind.

Contact: Health and Activity Team

Tel: **01425 480811**

Email: dorsethealthwalks@dorsetcouncil.gov.uk



Dorchester Strollers

The group meets on Monday mornings at 10.30am and Tuesday afternoons at 2.15pm. Walks start at different points.

Contact: Maureen Haywood
Tel: **07771 623973**
Email: maureenhaywood@me.com



North & West Dorset

In Sturminster Newton, Blandford, Sherborne, Shaftesbury and Gillingham. Rural walks are also available.

Contact: Health and Activity Team
Tel: **01425 480811**
Email: dorsethealthwalks@dorsetcouncil.gov.uk

Portland

Walks for all abilities on the wonderful Isle of Portland.

Contact: Dave Mackay
Tel: **07956 596868**
Email: davidmackay53@gmail.com

Swanage & Purbeck

Swanage health walk offer two walks each week on a Tuesday morning and Tuesday afternoon.

Contact: John Kirwin
Tel: **01929 481000**
Email: swanage.wfh@gmail.com

Bridport

Gentle walks around the town centre of Bridport with a friendly group of people.

Contact: Health and Activity Team
Tel: **01425 480811**
Email: dorsethealthwalks@dorsetcouncil.gov.uk

A number of health walks also take place across Bournemouth, Christchurch and Poole. If you would like more information please visit:

Web: bpcouncil.gov.uk

Find your nearest walk



To find your nearest Health Walk or if you would like to become a trained volunteer walk leader please get in contact:

Email: dorsethealthwalks@dorsetcouncil.gov.uk Tel: **01425 480811**
Web: dorsetcouncil.gov.uk/dorset-health-walks

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!



For more information about nordic walking, including other local walks, visit britishnordicwalking.org.uk, nordicwalking.co.uk and inwa-nordicwalking.com

Free Nordic Tasters

These free taster sessions will give you the opportunity to 'have a go' at nordic walking before booking onto a Get into Nordic Walking course if you wish.

Kingston Lacy

Tuesday 27 January 11:30am to 12:15pm
Tuesday 17 March 11:30am to 12:15pm
Tuesday 2 June 11:30am to 12:15pm
Tuesday 22 September 11:30am to 12:15pm
Tuesday 3 November 11:30am to 12:15pm
Location: Kingston Lacy House, Wimborne, BH21 4EA

Notes: Free parking at all locations.
Nordic Walking poles are provided.

Moors Valley Country Park and Forest

Friday 23 January 10 to 10:45am
Saturday 7 March 10:30 to 11:15am
Friday 25 September 10 to 10:45am
Location: Moors Valley Country Park, Golf and Activity Centre, BH24 2ET

Weymouth

Wednesday 4 March 11 to 11:45am
Wednesday 10 June 11 to 11:45am
Wednesday 9 September 11 to 11:45am
Location: Redlands Leisure and Community Park, Weymouth, DT3 5AW



Get into Nordic Walking Courses

With the support from a nordic walking instructor, an hour and a half session 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. More courses are added throughout the year so please keep an eye on our website dorsetcouncil.gov.uk/health-and-activity

Weymouth

Wednesday 11 March 1:30 to 3pm
Wednesday 15 April 1:30 to 3pm
Wednesday 17 June 1:30 to 3pm
Wednesday 16 September 1:30 to 3pm
Location: Redlands Leisure and Community Park, Weymouth, DT3 5AW

Kingston Lacy

Tuesday 3 February 11:30 to 1pm
Tuesday 24 March 11:30 to 1pm
Tuesday 9 June 11:30 to 1pm
Tuesday 29 September 11:30 to 1pm
Tuesday 10 November 11:30 to 1pm
Location: Kingston Lacy House, Wimborne, BH21 4EA

Moors Valley Country Park and Forest

Friday 30 January 10 to 11:30am
Saturday 14 March 11:15am to 12:45pm
Monday 11 May 11:30am to 1pm
Friday 2 October 10 to 11:30am
Saturday 7 November 11:15am to 12:45pm
Location: Moors Valley Country Park, Golf and Activity Centre, BH24 2ET

Charmouth

Monday 19 January 1 to 2:30pm
Tuesday 10 February 1:30 to 3pm
Wednesday 11 March 1:30 to 3pm
Friday 17 April 1:30 to 3pm
Monday 11 May 5:30 to 7pm
Tuesday 16 June 5:30 to 7pm
Friday 17 July 5:30 to 7pm
Monday 14 September 1:30 to 3pm
Tuesday 13 October 1:30 to 3pm
Wednesday 11 November 1:30 to 3pm
Friday 11 December 1:30 to 3pm
Location: Charmouth Recreation Field, Barr's Lane, Charmouth, DT6 6PS

Price: £15 per course

Notes: Nordic Walking poles provided. Free parking included.

- After your Get into Course, you can
- attend 1 workout or wellness walk
- **for free.**
- You can also receive **20% off** when
- purchasing a set of poles from the
- Moors Valley Country Park, Golf and
- Activity Centre.

Get into Nordic Walking 1:1 tuition

If you would like to learn the technique with an instructor as a 1:1 session please get in contact and we can arrange this with you.

Price: £30 per person

Referral Nordic Walk

A weekly nordic walk to help improve your wellbeing, combining gentle walking with poles and exercises. The session will incorporate a warm up and cool down with a 30 minute walk around the forest or lakes with a qualified exercise referral instructor.



Moors Valley Country Park and Forest

Wednesdays (excluding Dorset School holidays)

Time: 10 to 10:45am

Price: £4.75 per person

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

Notes: Nordic Walking poles provided. Free parking included.

Back to health Nordic Walks

A leisurely Nordic walk with a qualified Nordic Walking instructor to support you.

Weymouth

Wednesdays*

Time: 10 to 11am

Location: Redlands Leisure and Community Park, Weymouth, DT3 5AW

Price: £4.75 per session

Back to Health Nordic Walks - Parkinsons

A weekly gentle walk for those living with Parkinsons to support you moving more in a safe environment. A lovely social activity.

Weymouth

Wednesdays*

Time: 11:15am to 12:15pm

Location: Redlands Leisure and Community Park, Weymouth, DT3 5AW

Price: £4.75 per person

*An introductory session must be completed prior to attending the Weymouth walks.

*Introductory sessions

Wednesdays

14 January or 11 February or 11 March or 15 April or 13 May or 17 June or 15 July or 16 September or 14 October or 11 November

Time: 11:30am to 12:15pm

Location: Redlands Leisure and Community Park, Weymouth, DT3 5AW

Price: £4.75 per person

Referral and Back to Health subscription offer

If you are going on regular sessions, purchase our subscription;

11 sessions for **£47.50**

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.

Moors Valley Country Park and Forest

Day: Mondays*
Time: 10 to 11am
Location: Moors Valley Country Park and Forest, BH24 2ET

Kingston Lacy

Day: Tuesdays
Time: 10 to 11am
Location: Kingston Lacy House, Wimborne, BH21 4EA

Nordic Workout Walks

These 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.

Moors Valley Country Park and Forest

Day/Time:
Mondays* 10 to 11am
Fridays 9:45 to 10:45am
Saturdays 10 to 11am
Location: Moors Valley Country Park and Forest, BH24 2ET

Kingston Lacy

Day: Tuesdays
Time: 10 to 11am
Location: Kingston Lacy House, Wimborne, BH21 4EA

Price: £5.25 per session

Notes: *Monday sessions exclude bank holidays.

Wellness and Workout subscription offer

If you are going on regular sessions, purchase our subscription;
11 sessions for **£52**

Cranborne

Day: Fridays
Time: 10 to 11:30am
Location: Cranborne Garden Centre, BH21 5PP
Price: £6.25 per session

Cranborne subscription offer

If you are going on regular sessions, purchase our subscription;
11 sessions for **£63**

Nordic Walking Special Events

Winter - Weymouth winter warmer

Friday 30 January

Time: 10:30am to 12pm

Location: Lodmoor Country Park, Weymouth, DT4 7SX

Spring - Thorncombe Wood bluebells

Friday 24 April

Time: 10:30am to 12pm

Location: Thorncombe Wood, Dorchester, DT2 8QH

Summer - Ringstead coastal breeze

Monday 29 June

Time: 10:30am to 12pm

Location: Reef Cafe, Ringstead, DT2 8NG

Autumn - Autumnal wonders

Wednesday 21 October

Time: 5:45 to 7:15pm

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

Price: £5.25 per person or use your subscription

Nordic Explorer Walks

These 2 hour walks explore the variety of paths and bridleways starting at 10:30am to 12:30pm. They are between 8 to 11km in distance and can include more strenuous terrain.

East Dorset

Thursday 9 April

Oakley Lane, Merley, Wimborne

Thursday 14 May

Garston Wood, Dean Lane, Sixpenny Handley, SP5 5PA

Thursday 11 June

Avon Heath Country Park, St Leonards, BH24 2DH

Thursday 9 July

Ferndown Forest Golf Club, BH22 9PH

Thursday 10 September

Cranborne Garden Centre, Cranborne, BH21 5PP

Thursday 8 October

Kingston Lacy House, Wimborne, BH21 4EA

Price: £5.25 per person or use your subscription

Beginners running

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 5 to 10 minutes is a great way to start!



Couch to 5K

With the support of a volunteer run leader, this Couch to 5K programme will help you to develop your running fitness over 9 weeks following the Couch to 5K NHS app with a group to support you.

Moors Valley Country Park and Forest

Sunday 4 January through until
Sunday 1 March

Time: 9:30 to 10:15am

Wednesday 6 May through until
Wednesday 1 July

Time: 5:30 to 6:15pm

Monday 14 September through until
Monday 9 November

Time: 9:30 to 10:15am

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

Price: £10 per person

Age: Adults

Notes: Free parking included

Kingston Lacy

Wednesday 7 January through until
Wednesday 4 March

Time: 10 to 10:45am

Thursday 23 April through until
Thursday 18 June

Time: 10 to 10:45am

Location: Kingston Lacy House,
Wimborne, BH21 4EA

Price: £10 per person

Age: Adults

Notes: Free parking and entry to
Kingston Lacy included



Other running opportunities

3-2-1 Routes

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. There are three options to choose from, a 3-mile, 2-mile or 1-mile route.

Web: 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 or walking with others and want to establish a routine this could be for you!

To register: parkrun.org.uk

Dorset locations include:

- Blandford
- Weymouth
- Durlston Country Park
- Moors Valley Country Park and Forest

Runblandford

A friendly community running club supporting beginners and improvers. To become a member (free of charge) visit the website for a membership form.

Web: Runblandford.uk

RunTogether

RunTogether is a social running programme that offers:

Fun, friendly, and supportive group runs. Qualified Run Leaders to guide sessions. Inclusive options for all fitness levels—from beginners to experienced runners

Web: runtogether.co.uk

Weymouth Running Club

In 9 weeks, the Weymouth St Paul's Harriers team will get you off your couch, to achieving a 5K run at the Weymouth parkrun. Couch to 5K dates can be viewed on the Facebook page.



CCWeymouth

Web: wsphandac.co.uk

Bridport Runners

Bridport Runners meet 3 times a week. All abilities are welcome. Coaches and leaders ensure that all runners are supported in the sessions. The group organise beginners sessions and Couch to 5K. Contact via their Facebook page.



BridportRunners



Other running opportunities

Dorchester Riot Running Club

Dorchester Riot Running Club aims to support runners from Dorchester and the surrounding area. A social and proudly supportive club which caters for all running abilities. The club offers Couch to 5K courses during the year.

Email: getintouch@runriot.uk

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. Couch to 5K also offered throughout the year.

For more information visit the Verwood Runners Facebook page and ask to join.

 [VerwoodRunners](#)

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: Email: roadrunners@wimborneac.co.uk Web: wimborneac.co.uk

NHS Couch to 5K app

If you prefer to build up slowly by yourself or with a friend, why not try this self-led programme. The NHS Couch to 5K running programme can help you to gradually work towards running 5K in just 9 weeks. You can download the app from the App Store or Google Play which will help guide you through each week and keep you motivated.

Web: nhs.uk/LiveWell



Accessible Cycling

Our Accessible Cycling Programme offers a fleet of adaptive cycles, giving everyone whether you have additional accessibility needs or lack confidence the chance to enjoy the freedom of cycling.



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

 Redlands Leisure and Community Park, Weymouth, DT3 5AW

Get started...

If you would like to take part, please visit the website to complete a **registration form**. This form allows you to choose which location you want to attend and what particular needs you have.

Each location operates slightly differently, so one of our team will get back to you to discuss suitability.

Price: £5 per cycle

For more information:

Tel: **01425 480811**

Email: **healthandactivity@dorsetcouncil.gov.uk**

Web: **dorsetcouncil.gov.uk/health-and-activity**



Registration form



Adult Cycle Training Vouchers

Dorset Council have teamed up with local cycle instructors to offer residents in the Dorset Council area cycle training vouchers.

Voucher Scheme

Whether you're new to cycling or just need a refresher, it's a great way to save money, ease traffic congestion, and reduce your carbon footprint, cycling truly has something for everyone.

Many people would like to cycle to work or for pleasure but are put off by the traffic or because they feel out of practice. A refresher cycle training session can give you added confidence.

Local cycle trainers can help you feel more confident and refresh your skills.

Vouchers are available for this tuition at a reduced rate.

To qualify for a voucher you must live in the Dorset Council area and be aged over 18.

Web: dorsetcouncil.gov.uk/adult-cycle-training-vouchers

Tel: **01305 224552**



Get Back in the Saddle

These free rides are a great way to establish a weekly routine to help you move more and meet new people. Led by two trained volunteer cycle leaders, this activity offers you the chance to ride with other like-minded people and feel the benefits of cycling.



Free Just turn up!

Tuesdays

Location: Ferndown Forest Golf Club, BH22 9PH

Meet outside the bar

Time: 10 to 11am

Level 1 Level 2

Wednesdays

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

Meet outside bike hire

Time: 10 to 11am

Hire bikes available

Level 1 Level 2

Wednesdays

Location: The Palm House Cafe, Weymouth, DT4 7TZ

Time: 10 to 11am

Contact us if you need a bike

Level 1

Thursdays

Location: Kingston Lacy House, BH21 4EA
Meet in main car park

Time: 10 to 11am

Hire bikes available

Level 1 Level 2

Fridays

Location: The Big Yellow Bus Garden Project, Shillingstone, DT11 0SQ

Meet in main car park

Time: 10 to 11am

Limited bikes available

Level 1

Cycle levels

Level 1 Health Ride

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.

Level 2 Active Leisure Ride

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.

If you would like to attend a ride but feel you are lacking in confidence and would benefit from support, please contact with the Health and Activity Team.

Other Cycling Opportunities

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.

Web: cyclinguk.org

Email: sec@dcn.org.uk

Bikeability

Bikeability is about gaining practical skills and an 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.

Web: dorsetcouncil.gov.uk/bikeability

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.

Web: letsride.co.uk/breeze

Dorset Rough Riders Club

Dorset Rough Riders are almost 400 members-strong and includes riders who have just picked up a mountain bike for the first time, right up to those who travel the world pursuing the sport they love so much. What better way to discover new trails and make new friends!

Web: dorsetroughriders.com



Orienteering

This activity offers many health benefits but the real attraction is that it is fun! Being outdoors, walking or running through the forest and fields helping you move more in a fun and challenging way. A great team building activity for all to take part.

For more information about Orienteering, including other local or national courses and events visit: britishorienteering.org.uk



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 and try pacing.

Dorchester

Saturday 12 September

Time: 1:30 to 3pm

Location: The Great Field, Poundbury, Dorchester, DT1 3RH

Weymouth

Saturday 11 April

Time: 1:30 to 3pm

Location: Nothe Gardens, Weymouth, DT4 8UF

Swanage

Saturday 6 June

Time: 1:30 to 3pm

Location: Durlston Country Park, Swanage, BH19 2JL

Price: £4 per person

Notes: Suitable for adults and children aged 8 and over.



Other Orienteering Opportunities

Free self-led permanent courses

Orienteering is a perfect activity for families to enjoy, learn navigation and problem solving skills whilst exercising together. Throughout Dorset there are permanent orienteering courses for you to try out at your own time:

- 📍 Blandford Milldown
- 📍 Blandford Stour Meadows
- 📍 Burton Bradstock and Hive Beach
- 📍 BytheWay Recreation Field, Wimborne
- 📍 Durlston Country Park
- 📍 Gillingham
- 📍 Langdon Hill and Golden Cap
- 📍 Lodmoor Country Park, Weymouth
- 📍 Moors Valley Country Park and Forest
- 📍 Nothe Gardens, Weymouth
- 📍 Portland Underhill
- 📍 Radipole Gardens, Weymouth
- 📍 Sherborne
- 📍 Stonebarrow, Charmouth
- 📍 Studland Dunes
- 📍 Sturminster Newton
- 📍 Thorncombe Wood, Dorchester
- 📍 Tumbledown Farm, Weymouth

For more information on each location visit;
Web: wimborne-orienteers.co.uk or wessex-oc.org

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. Weekly training sessions throughout the year on Tuesday evening.

Web: wessex-oc.org

Email: secretary@wessex-oc.org

Wimborne Orienteering Club

Wimborne Orienteers are a local family friendly club providing orienteering events in Dorset.

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.

Web: wimborne-orienteers.co.uk



MapRun makes it easier than ever to give GPS-based Orienteering a try and is free to use. Download the MapRun app to your smartphone or GPS watch to gain access to virtual orienteering courses

Get into Golf

Golf is a 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 to 6 miles and burning up to 900 calories!



Moors Valley Golf Course

Beginners lessons

This course runs over four consecutive weeks and will take you from a complete beginner to playing on the golf course. All aspects of the game will be covered including the fundamentals, long game, short game and playing on the course.

Wednesday 22 April to

Wednesday 13 May

Time: 9:30 to 10:30am

Thursday 4 June to

Thursday 25 June

Time: 9:30 to 10:30am

Thursday 10 September to

Thursday 1 October

Time: 9:30 to 10:30am

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

Price: £36 per course

Age: Adults

Notes: Free parking included.

All equipment provided.

Learn golf in a day

Want to get into golf but struggling for time? We'll take you from never having held a golf club to playing on our short course. The day will include the fundamentals of the swing technique, chipping and putting.

Dates: Saturday 6 June, Saturday 11 July or Saturday 5 September

Time: 10am to 4pm

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

Price: £54 per person

Age: Adults

Notes: Please bring a packed lunch. Free parking included.

All equipment provided.

More information and to book

Tel: **01425 479776**

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

Web: **moors-valley.co.uk/golf**

“ The entire golf experience was excellent and delivered by an excellent golf instructor. ”



Accessible golf at Moors Valley Country Park, Golf and Activity Centre

Offered to groups and individuals with additional needs to act as an introduction to the game of golf, every Tuesday morning from April until September (excluding Dorset school holidays).

Please call for more information Tel: **01425 479776**

Moors
Valley



Golf Course

18 and 11 hole Golf Course,
pay and play,
5 hole Pitch & Putt,
5 hole Frisbee Golf

Golf Coaching available
Groups and Societies welcome
Annual Season Tickets available

Gift Vouchers
available



Please visit website for full list of opening times and prices or contact the Golf and Activity Centre, based at Moors Valley Country Park and Forest:

Booking line **01425 479776**
golf@moors-valley.co.uk

moors-valley.co.uk/golf



Other get into golf opportunities

Lyme Regis Golf Club

Tel: **01297 442963**

Email: duncan.driver@foremostgolf.com

Isle of Purbeck Golf Club

Tel: **01929 450361**

Email: proshop@purbeckgolf.co.uk

Sturminster Marshall Golf Club

Tel: **01258 858444**

Email: proshop@sturminstermarshallgc.co.uk

Ashley Wood Golf Club

Tel: **01258 452253**

Email: proshop@ashleywoodgolfclub.com

Ferndown Forest Golf Course

Tel: **01202 876096**

Email: golf@ferndownforestgolfcourse.co.uk

Tai Chi For Beginners

Tai Chi combines deep breathing and relaxation with flowing movements. It is ideal for people wanting to raise their activity levels gently and gradually. Studies have shown that Tai Chi can help reduce stress, improve posture, balance, general mobility, increase muscle strength and improve overall health.



Free Tai Chi Tasters

Come and have a go at Tai Chi outdoors to see if this can be an activity for you.

Dates: Tuesday 19 May or Sunday 24 May

Time: 9:30 to 10:15am

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

Notes: Free parking included.

Tai Chi Beginner 4 week Courses

An opportunity for beginners to experience Tai Chi, starting with the fundamentals and each week progressing skills and movements, all the while enjoying being outside in the fresh air. A great way to start the day!

Dates: Tuesday 2 June through until Tuesday 23 June

Time: 9:30 to 10:30am

Dates: Sunday 7 June through until Sunday 28 June

Time: 8:30 to 9:30am

Price: £20 per person

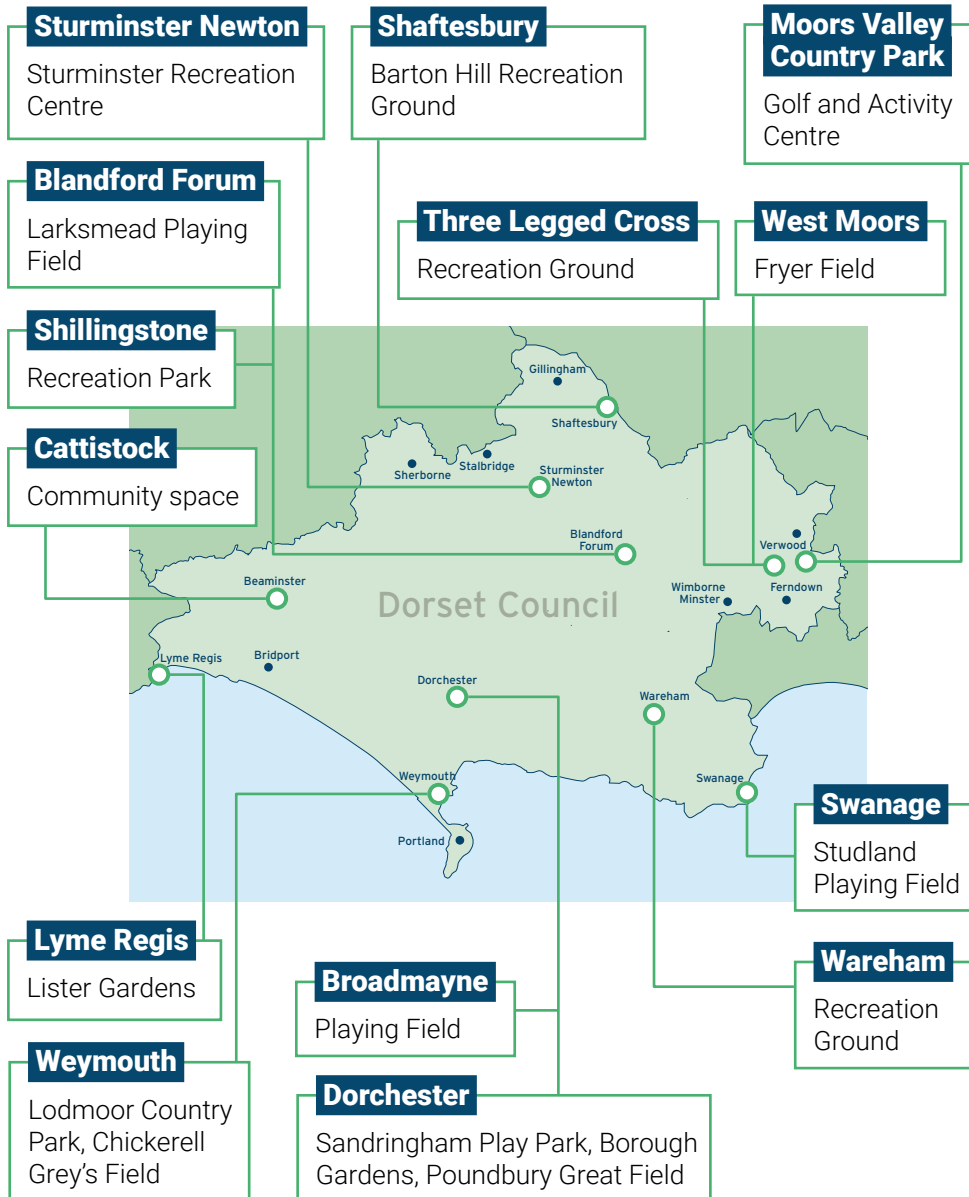
Location: Moors Valley Country Park, Golf and Activity Centre, BH24 2ET

Notes: Free parking included.



Free Outdoor Gym Locations

Free standing exercise stations you can use anytime. You can use them whilst on a daily walk or once a week to help strengthen your body and raise your heart rate a little.



Dorset Bowls

Played between April and September, bowls is a doable outdoor activity. Regardless of gender, age and physical ability, there is a game format for everyone to enjoy.

Bowls Dorset Clubs welcome new members and those wishing to have a go at the sport. For location and contact details, visit bowlsdorset.org.uk/clubs.

Bowls Dorset Clubs

- Blandford
- Branksome Park
- Bridport
- Broadstone Wessex
- Dorchester
- Ferndown
- Gillingham
- Greenhill (Weymouth)
- Lyme Regis
- Poole Park
- Portland Borstal Officers
- Portland Victoria
- Shaftesbury
- Sherborne
- Sixpenny Handley
- Swanage
- Verwood
- Wellworthy (Weymouth)
- West Moors Memorial
- Weymouth and Melcombe Regis
- Wimborne

Water Based Activities

Outdoor swimming and other water based activities are excellent ways to improve both physical and mental health, while offering all the benefits of being out in nature. Here are a number of Dorset based groups who can support you to try these activities in a safe and friendly environment.

Chill Dorset - Cold water Swimming

Offering you support to experience cold water sea swimming. Throughout the year, Chill Dorset provide 8-week courses for adults with long term mental and physical health problems.

To find out more visit: chilluk.org or email: enquiries.chilldorset@chilluk.org

Shaftesbury Lido

The Lido offers a wide range of timetabled sessions from family swims, special events to cold water swimming.

To find out more visit: shaftesbury-tc.gov.uk/shaftesbury-lido

Poole Harbour Canoe Club

Operating from Riverside in Wimborne along the River Stour and also Lake Pier in Hamworthy. The club offer canoeing and kayaking for both adults and juniors for fun, fitness and friendship.

To find out more visit: phcc.org.uk

Swineham Lake Open Water Swimming, Wareham

If you are a confident swimmer and keen to try open water swimming, Swineham Lake offers a small 560m course as an introduction to swimming outside of a traditional pool and build confidence.

To find out more visit: sows.org.uk

Exploring Dorset's Stunning Coast and Countryside

Living in Dorset, we have over 4,000km of public rights of way that allow you to explore and enjoy Dorset's stunning coast and countryside!

Many, you will find, are close to where you live enabling you to get out and about straight from your doorstep. The rest you can travel to and use to venture further afield.

Follow this link and navigate the panels to discover more about public rights of way, what you can do on the different types of paths and how to enjoy them responsibly. There are short and long routes already designed for you to follow and an interactive map for you to design your own routes

dorsetcouncil.gov.uk/countryside-coast-parks/rights-of-way.

Don't forget to dress appropriately, respect land management regulations such as farming, forestry and conservation and respect other people you meet on your travels. Please read the Countryside Code for more information

gov.uk/countryside-code and check out public transport links when planning your adventure to see if you can avoid having to use the car!



Dorset Activity Finder

The Active Dorset Activity Finder is an online tool created by Active Dorset to help residents across Dorset discover local physical activities and events that suit their interests, needs and fitness levels.

Dorset's Activity Finder

We're helping the county get back on its feet (and its wheels!) because movement isn't just physical, it's transformational.

It lifts moods, builds resilience, strengthens communities, and connects us with others. Our new website is about helping you find ways to sit a little less and move a little more.

Find inspiring stories and resources, alongside Dorset's Activity Finder - a search engine for physical activity!

Active Dorset

Our Dorset 
A Movement for Movement

Visit our website or scan the QR code



www.movementformovement.co.uk



Weymouth Outdoor Education Centre

Booking - call **01305 784927**
or email **woec@dorsetcouncil.gov.uk**
dorsetcouncil.gov.uk/outdoor-education 



Providing outdoor education and bespoke adventures for families, colleagues and friends

- Archery
- Bushcraft
- Holiday activities
- Biking
- Climbing
- School visits
- Birthday parties
- Coasteering
- Taster sessions

Park Yoga

Yoga provides a total mind-body workout that combines strengthening and stretching poses with deep breathing. Park yoga is a charity that offers free outdoor community yoga sessions from May through until September. All are welcome; regardless of age, background or ability.

For more information and to find a location near you visit: **parkyoga.co**



Avon Heath Country park



Walking Routes

Two easy-to-follow routes have been added to the range of trails available. Follow the green arrows for the 1km Short Wander, and the purple arrows for the 3km Viewpoint Trail.

Table Tennis

A permanent table tennis table is located on the green for everyone to enjoy. Bats and balls available to hire from the Visitor Centre or bring your own.



Family Treasure Trails

The perfect way to motivate the whole family to take a walk without it even being considered exercise! A different nature themed treasure trail every school holiday. Take the short route (three quarters of a mile) or longer route (one and half miles). Don't miss out on joining in if you have mobility issues, contact the park for information about the Countryside Mobility Trampler.

Health Walks

Part of Dorset Health Walk, our health walk is free and run by trained leaders. It takes place every Tuesday afternoon at 2pm and there is an option for an hour walk or a half an hour walk. Come and join us at the Visitor Centre.

For more information please contact the Rangers on **01425 478082** or email avonheath@dorsetcouncil.gov.uk or visit

dorsetcouncil.gov.uk/avonheath  



Durlston Country park

National Nature Reserve



Park Yoga

Enjoy free outdoor yoga in the beautiful setting of Durlston. Sunday mornings from May to September visit parkyoga.co for details.

Gentle Strolls

A relaxing stroll across easy terrain, enjoying the sights, sounds and smells of beautiful Durlston Country Park. Dementia-friendly walk.

Family Fun Runs

Join the Easter Bunny, Santa's Reindeer or the Durlston Rangers on one of our family fun-runs. A 3km run for all ages. Various dates throughout the year. Visit durlston.co.uk for details.

Guided Walks

Stretch your legs with a selection of 1 or 2km walks and learn about birds, flowers, geology or history as you go. Various dates throughout the year. Visit durlston.co.uk for details.

Health & Conservation Green Gym

Join a Ranger for a free taster to improve your fitness, while helping look after Durlston's landscape and wildlife. All welcome! Various dates throughout the year.



Orienteering

Have a go at this fun outdoor sport with three graded, self-led trails, from 2 to 5km. You can purchase a pack from Durlston Castle for £3. Download a map from wimborne-orienteers.co.uk/d7/node/208 or download the **MapRun6 app** and search for Durlston.

For more information please contact the Rangers on **01929 424443** or email info@durlston.co.uk or visit

durlston.co.uk  



Moors Valley

Country park and forest



Walking Trails

With four waymarked walking trails to choose from we're sure you'll find one that's right for you. With routes guiding you to some of our best loved attractions such as The Lookout and Crane Lake, you can discover something new on every walk.

Cycle Trails

Follow one of our five waymarked cycling trails, or make your own route along the many miles of gravel tracks.

3,2,1 Running Routes

In conjunction with Run England, there are three routes of 1, 2 and 3 miles. These start from the totem pole near the Visitor Centre.

Table Tennis

There are three permanent table tennis tables at the Golf and Activity Centre, either bring your own bats and ball or borrow a set.

For more information please contact the rangers on **01425 470721** or email rangers@moors-valley.co.uk or visit

moors-valley.co.uk  

Moors Valley is a joint venture between Dorset Council and Forestry England.



Fitness Trail

Our 10-station fitness trail provides a wide variety of exercise options that are ideal for those getting back into exercise. Also, based at the Golf and Activity Centre are permanent fitness machines for you to use.

Orienteering

An Orienteering pack is available from the Visitor Centre for £3. Schools and groups are welcome to use the orienteering facility at Moors Valley.

Golf Course

An 18 hole golf course including four par 5s, ten par 4s and four par 3s. Season ticket and pay and play options. A 5 hole pitch and putt course and frisbee golf also available. To book a tee time call **01425 479776**.





Thorncombe Wood

Hardy's Birthplace



Furzcutters

Join the Rangers in practical land management tasks around the reserve. Tuesday 10am to 2pm fortnightly.

Tasks range from clearing invasive species and traditional woodland management to livestock fencing and path improvements.

Bring lunch and clothes for all weathers. All volunteers must be booked on to attend.

Health walk

Free weekly health walk led by trained volunteer walk leaders. Every Friday starting at 10am to 11am, meeting outside the Visitor Centre. No need to book, turn up on the day and enjoy a walk around the wood.

Wellbeing Walks

These monthly Ranger led gentle 45 minute strolls focus on looking for seasonal change within the reserve and aim to improve an individual's wellbeing through nature connection.

These sessions are open to all and the guide Ranger is a dementia friend. Thursdays starting at 10.15am. All walks must be booked in advance and there is a suggested donation per person for attending the walks.

Orienteering

Four permanent orienteering courses to suit all levels. Using the Oriento or UsynligO app. Download maps from wimborne-orienteers.co.uk

Walking Routes

Waymarked walking routes can be followed around the reserve and surrounding forestry areas. Pick up a leaflet from the Visitors Centre.



For more information please contact the Rangers on **01305 251228** or email hardysbirthplace@dorsetcouncil.gov.uk or visit

dorsetcouncil.gov.uk/hardysbirthplace  

Outdoor Conservation Tasks

Connection to nature is essential to many aspects of our health and wellbeing. Digging, cutting or maintaining hedges are just some of the activities that can not only improve your physical health but also your mental wellbeing.



Avon Heath Country Park

The Rangers at Avon Heath and the Greenspace Team East run regular conservation tasks throughout the year. The work is predominately outside and practical, and all groups are very welcoming and sociable, attracting a range of people and ages.

For more information or if you would like to volunteer, email or call:

avonheath@dorsetcouncil.gov.uk
01425 478082

Durlston Country Park

Join a Ranger for a free taster to improve your fitness, while helping look after Durlston's landscape and wildlife. All welcome! Various dates throughout the year.

For more information or if you would like to volunteer email or call:

info@durlston.co.uk
01929 424443

Tumbledown Farm

A vibrant community greenspace focused on conservation, education, and sustainable living. For more information or to volunteer on Mondays or Fridays visit the website or call:

weymouthtowncouncil.gov.uk
01305 239839

Moors Valley Country Park and Forest

Moors Valley is a lovely Country Park in East Dorset which has an amazing team of volunteers helping to look after the habitats and facilities.

The practical conservation group get together on the first Wednesday of every month and carry out extra tasks in between meetings. Smaller task days have included activities such as hedge laying, bridge building and bird box checking.

For more information or if you would like to volunteer, email or call:

rangers@moors-valley.co.uk
01425 470721

Thorncombe Wood

Join the Ranger Team in practical land management tasks around the reserve. Tuesday 10am to 2pm fortnightly.

From clearing invasive species and traditional woodland management to livestock fencing and path improvements.

Bring lunch and clothes for all weathers. All volunteers must be booked on to attend.

For more information or if you would like to volunteer, email or call:

hardysbirthplace@dorsetcouncil.gov.uk
01305 251228

Active Volunteering Opportunities



Volunteering is a great way to keep yourself active as well as helping others. There are so many health benefits to volunteering, from feeling part of something special, to making new friends and being active yourself. Here are a number of volunteering roles available across Dorset Council area.

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. Visit our website for training dates:

dorsetcouncil.gov.uk/dorset-health-walks

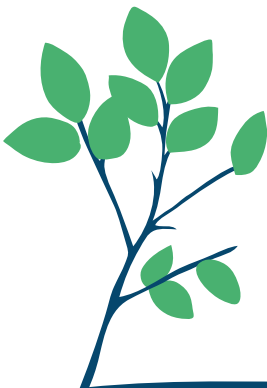
Get Back in the Saddle leader

A Get Back in the Saddle 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. The training will be both theory and practical and is an in house qualification. Visit our website for training dates:

dorsetcouncil.gov.uk/health-and-activity

Accessible cycling support

There are various roles for an accessible volunteer, from leading rides, meet and greet and bike maintenance. These roles will depend on which location you volunteer at, either in Weymouth or Moors Valley Country Park, Golf & Activity Centre, and how involved you would like to be.



If you would be interested in becoming a volunteer in any of these roles please get in contact with the Health and Activity Team.

Tel: **01425 480811**

Web: **healthandactivity@dorsetcouncil.gov.uk**

Dorset Council Leisure Centres

A huge
variety of
fitness classes
with our
membership

Over 100 Fitness Classes Every Week!



Get moving with a huge variety of sessions including: Zumba, Indoor Cycling, Yoga, Pilates, Circuits, RPM, Body Combat, Sh'bam, Legs Bums & Tums and so much more!

Find your perfect class at:

dorsetcouncil.gov.uk/purbeck-sports-centre

dorsetcouncil.gov.uk/verwood-hub



VERWOOD HUB
COMMUNITY & LEISURE



Dorset
Council

Terms and Conditions

Online Bookings

For online booking visit dorsetcouncil.gov.uk/health-and-activity. Payment is required at the time of booking. You must be a member or registered user. You will need login details to make a booking, your email address and password. 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 at the discretion of the event organiser if a refund will be given.

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.

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.

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.



#MoveMoreDorset
