

# Get Active Outdoors 2025

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 inactive 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 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?

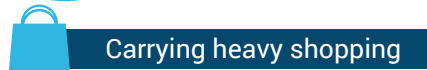
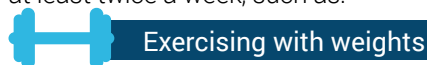
Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song.

### 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:



## To book

Unless otherwise stated booking is essential by calling ☎ **01425 480811** or online:

➡ [dorsetcouncil.gov.uk/health-and-activity](http://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.



## Complete your PAR-Q

If you would like to take part in these activities please complete the Physical Activity Readiness Questionnaire. We require you to complete this form annually or sooner if your medical conditions have changed. You can access the online PAR-Q form by scanning the

➡ [dorsetcouncil.gov.uk/health-and-activity](http://dorsetcouncil.gov.uk/health-and-activity)



➡ **PAR-Q**

## Get in contact

If you would like to find out more about the activities listed in this guide or would like more support in getting active, please get in contact with the Dorset Council's Health and Activity Team:

☎ **01425 480811** ✉ [healthandactivity@dorsetcouncil.gov.uk](mailto:healthandactivity@dorsetcouncil.gov.uk)

➡ [dorsetcouncil.gov.uk/health-and-activity](http://dorsetcouncil.gov.uk/health-and-activity) **f** [HealthandActivityDorsetCouncil](https://www.facebook.com/HealthandActivityDorsetCouncil)

Subscribe to our Health and Activity - Get Active in your Greenspace e-newsletter:

➡ [dorsetcouncil.gov.uk/e-newsletter](http://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. [ramblers.org.uk/go-walking/wellbeing-walks](https://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

☎ 01425 480811

✉ [dorsethealthwalks@dorsetcouncil.gov.uk](mailto:dorsethealthwalks@dorsetcouncil.gov.uk)



#### Beaminster, Cattistock & Maiden Newton

The Ammonite Health walk runs a walk from the Pound Piece practice in Maiden Newton (every other week from Cattistock Tea Rooms) and Tunnel Road practice in Beaminster (every 3rd week of each month from the Museum).

Contact: Barbara Evans

☎ 07810 153012

✉ [barbara\\_evans@hotmail.co.uk](mailto:barbara_evans@hotmail.co.uk)

📘 Ammonite Health Walks

#### 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

☎ 07771 623973 ✉ [maureenhaywood@me.com](mailto:maureenhaywood@me.com)

#### 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

☎ 01425 480811

✉ [dorsethealthwalks@dorsetcouncil.gov.uk](mailto:dorsethealthwalks@dorsetcouncil.gov.uk)



#### North & West Dorset

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

Contact: Health and Activity Team

☎ 01425 480811

✉ [dorsethealthwalks@dorsetcouncil.gov.uk](mailto:dorsethealthwalks@dorsetcouncil.gov.uk)

#### Portland

Walks for all abilities on the wonderful Isle of Portland.

Contact: Dave Mackay

☎ 07956 596868

✉ [davidmackay53@gmail.com](mailto:davidmackay53@gmail.com)

#### Swanage & Purbeck

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

Contact: John Kirwin

☎ 01929 481000

✉ [swanage.wfh@gmail.com](mailto:swanage.wfh@gmail.com)

#### Bridport

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

Contact: Health and Activity Team

☎ 01425 480811

✉ [dorsethealthwalks@dorsetcouncil.gov.uk](mailto: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:

📍 [bcpcouncil.gov.uk](https://bcpcouncil.gov.uk)

## More information

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

✉ [dorsethealthwalks@dorsetcouncil.gov.uk](mailto:dorsethealthwalks@dorsetcouncil.gov.uk) ☎ 01425 480811

📍 [dorsetcouncil.gov.uk/dorset-health-walks](https://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](http://britishnordicwalking.org.uk) [nordicwalking.co.uk](http://nordicwalking.co.uk)



## 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.

### Moors Valley Country Park and Forest

Thursday 23 January 10 - 10.45am  
Tuesday 25 March 1.30 - 2.15pm  
Wednesday 11 June 6 - 6.45pm  
Wednesday 10 September 10 - 10.45am  
**Location:** Moors Valley Country Park, Golf and Activity Centre, BH24 2ET

### Wareham

Sunday 26 January 9.30 - 10.15am  
Tuesday 11 March 2 - 2.45pm  
**Location:** Sika Trail Car Park, Wareham Forest, BH20 7PE

### Kingston Lacy

Tuesday 28 January 11.30am - 12.15pm  
Tuesday 11 March 11.30am - 12.15pm  
Tuesday 20 May 10 - 10.45am  
Tuesday 23 September 10 - 10.45am  
**Location:** Kingston Lacy House, Wimborne, BH21 4EA

### Verwood

Monday 20 January 10 - 10.45am  
Thursday 13 February 10 - 10.45am  
Thursday 18 September 10 - 10.45am  
**Location:** Potterne Park, Verwood, BH21 6RS

### Bridport

Wednesday 19 March 12 - 12.45pm  
Wednesday 25 June 12 - 12.45pm  
Wednesday 1 October 12 - 12.45pm  
**Location:** Bridport Football Club car park, Watton Park DT6 5LA

### West Moors

Wednesday 7 May 2 - 2.45pm  
Friday 11 July 10 - 10.45am  
**Location:** Fryers Field Recreation Ground, West Moors, BH22 0LJ

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

## Get into nordic walking

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.

### Wareham

Sunday 2 February 9.30 - 11am  
Sunday 16 March 10.45am - 12.15pm  
Sunday 1 June 10.45am - 12.15pm  
Sunday 21 September 10.45am - 12.15pm  
**Location:** Sika Trail car park, Wareham Forest, BH20 7PE

### Bridport

Thursday 16 January 9.30 - 11am  
Friday 21 March 1 - 2.30pm  
Tuesday 13 May 5.30 - 7pm  
Thursday 10 July 9.30 - 11am  
Wednesday 22 October 1 - 2.30pm  
Tuesday 9 December 1 - 2.30pm  
**Location:** Bridport Football Club car park, Watton Park, Bridport, DT6 5LA

### Kingston Lacy

Tuesday 4 February 11.30am - 1pm  
Tuesday 18 March 11.30am - 1pm  
Tuesday 27 May 11.30am - 1pm  
Tuesday 30 September 11.30am - 1pm  
**Location:** Kingston Lacy House, Wimborne, BH21 4EA

### Blandford Forum

Wednesday 7 May 6 - 7.30pm  
Saturday 10 May 9.30 - 11am  
**Location:** Stour Meadows car park, Blandford Forum DT11 9LS

### Charmouth

Wednesday 12 February 1 - 2.30pm  
Monday 7 April 5.30 - 7pm  
Wednesday 11 June 1 - 2.30pm  
Friday 19 September 1 - 2.30pm  
Thursday 13 November 9.30 - 11am  
**Location:** Charmouth Recreation Field, Barr's Lane, Charmouth DT6 6PS

### Moors Valley Country Park and Forest

Monday 27 January 10 - 11.30am  
Thursday 27 February 10 - 11.30am  
Wednesday 14 May 10.30am - 12pm  
Wednesday 18 June 6 - 7.30pm  
Monday 14 July 10 - 11.30am  
Saturday 19 July 11.15am - 12.45pm  
Saturday 27 September 11.15am - 12.45pm  
**Location:** Moors Valley Country Park, Golf and Activity Centre, BH24 2ET  
**Free parking included.**

**Price:** £15 per course  
**Notes:** Nordic Walking poles provided.

After your Get into Course, you can attend 1 workout or wellness walk **for free.**

### Get into Nordic 1:1 tuition

If you would like to learn the technique with an instructor as a 1-2-1 session please get in contact and we can arrange this with you.



## Weekly nordic walks

### Nordic wellness

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 - 11am

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

#### Kingston Lacy

**Day:** Tuesdays

**Time:** 10 - 11am

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

#### Ferndown

**Day:** Wednesdays

**Time:** 11am - 12pm

**Location:** The Angel Inn, Ferndown, BH22 9AP

**Price:** £5.25 per session

**Notes:** \*Monday sessions exclude bank holidays.

#### Subscription offer

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

11 sessions for **£52**

### Nordic workout

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\* 9.45 - 10.45am

Fridays 9.45 - 10.45am

Saturdays 10 - 11am

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

#### Kingston Lacy

**Day:** Tuesdays

**Time:** 10 - 11am

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

#### Cranborne

**Day:** Fridays

**Time:** 10am - 11.30am

**Location:** Cranborne Garden Centre

**Price:** £6.25 per person

A subscription offer of 11 sessions for £63 is available for the Cranborne walk

#### Nordic walking poles

If you attended a "Get into Nordic Course" you can receive 20% off when purchasing a set from the Moors Valley Country Park, Golf and Activity Centre

## Back to health 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.



#### Moors Valley Country Park and Forest

Wednesdays (excluding Dorset School holidays)

**Time:** 10 - 10.45am

**Price:** £4.75 per person

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

**Did you know?** parkrun welcomes runners, walkers and nordic walkers. To find local locations of parkruns and to register see pages 12.



## Nordic special events

Offering something different to our regular walks, these specials will add interesting and fun additions to our programme.

### Early riser nordic walk

Sunday 5 January 7.45 - 8.45am

Sunday 18 May 7.30 - 8.30am

Sunday 20 July 7.30 - 8.30am

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

**Price:** £5.25 per person or subscription

### Night nordic

Thursday 6 February 6 - 7pm

Thursday 11 September 7 - 8pm

Thursday 6 November 6 - 7pm

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

**Price:** £5.25 per person or subscription

### Sunrise nordic walk

Sunday 2 March 6.20 - 7.50am

Sunday 12 October 6.45 - 8.15am

**Location:** Ferndown Forest Golf Club, BH22 9PH

**Price:** £6.25 per person

### Sunset nordic walk

Thursday 3 April 7 - 8.30pm

**Location:** Ferndown Forest Golf Club, BH22 9PH

**Price:** £6.25 per person

### Summer evening nordic walk

Thursday 26 June 7 - 8pm

**Location:** Ferndown Forest Golf Club, BH22 9PH

**Price:** £5.25 per person or subscription

### Winter warmer nordic walk

Sunday 7 December 7.45 - 8.45am

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

**Price:** £5.25 per person or subscription

## Nordic explorer walks

These 2 hour walks utilise the fantastic variety of paths and bridleways from each location starting at 10.30am - 12.30pm. They are between 8 - 11K in distance and can include more strenuous terrain.

Thursday 20 March

Pamphill Green car park, Pamphill, Wimborne, BH21 4EE

Thursday 24 April

Holt Heath Hayters Farm, Rowe Hill, BH21 7EB

Thursday 15 May

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

Thursday 19 June

Hod and Hambledon Hill, Village Hall, Stourpaine, DT11 8TJ

Thursday 18 September

Wimborne St Giles Village Hall, BH21 5LX

Thursday 23 October

Kingston Lacy, Wimborne, BH21 4EA

**Price:** £5.25 per person or 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!

**Booking essential**  
for instructor led activities

## 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 5 January through until

Sunday 2 March

**Time:** 9.30 - 10.15am

Wednesday 7 May through until

Wednesday 2 July

**Time:** 6 - 6.45pm

Monday 15 September through until

Monday 10 November

**Time:** 9.30 - 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 8 January through until

Wednesday 5 March

**Time:** 10 - 10.45am

Thursday 24 April through until

Thursday 19 June

**Time:** 10 - 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.

[runtogether.co.uk](https://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](https://parkrun.org.uk)

Dorset locations include: Blandford, Bournemouth, Poole, Weymouth, Durlston Country Park, Moors Valley Country Park and Forest.

### 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.

[f CCWeymouth](https://www.facebook.com/CCWeymouth)  
[wsphandac.co.uk](https://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.

[f BridportRunners](https://www.facebook.com/BridportRunners)

### Runblandford

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

[Runblandford.uk](https://Runblandford.uk)

## 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.

[getintouch@runriot.uk](mailto: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.

[f VerwoodRunners](https://www.facebook.com/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](https://groups.runtogether.co.uk/WimborneRunners) for the latest session. For more information contact:

[roadrunners@wimborneac.co.uk](mailto:roadrunners@wimborneac.co.uk)  
[wimborneac.co.uk](https://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.

[nhs.uk/LiveWell](https://nhs.uk/LiveWell)



# Cycling

Cycling has many health benefits and the only fuel needed is your breakfast! Scientific research shows it can lower the risk of heart disease by up to 50%! It can be done at a very low intensity to begin with but can be built up as your confidence and ability increases.



## Get back in the saddle

**Free! Just turn up!**

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.

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.

### Tuesdays

**Location:** Ferndown Forest Golf Club, BH22 9PH  
Meet outside the bar  
**Time:** 10 - 11am

Level 1 Level 2

### Wednesdays - Fortnightly

**Location:** The Palm House Cafe, Weymouth, DT4 7TZ  
**Time:** 10 - 11am

Level 1

Scan here for Weymouth dates



### Wednesdays

**Location:** Moors Valley Country Park and Forest, BH24 2ET  
Meet outside bike hire  
**Time:** 10 - 11am  
Hire bikes available

Level 1 Level 2

### Thursdays

**Location:** Kingston Lacy House, BH21 4EA  
Meet in main car park  
**Time:** 10 - 11am  
Hire bikes available

Level 1 Level 2

## 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.

# 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.

[cyclinguk.org](http://cyclinguk.org) [sec@dcn.org.uk](mailto:sec@dcn.org.uk)

## 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! [dorsetroughriders.com](http://dorsetroughriders.com)

## 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. [dorsetcouncil.gov.uk/bikeability](http://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. [letsride.co.uk/breeze](http://letsride.co.uk/breeze)

## Adult cycle training vouchers

Dorset Council have teamed up with local cycle instructors to offer residents in the Dorset Council area cycle training vouchers. These enable you to refresh your cycling skills over a 2-hour session. [dorsetcouncil.gov.uk](http://dorsetcouncil.gov.uk)





# Accessible cycling

Two locations in Dorset:

Moors Valley Country Park, Golf and Activity Centre in East Dorset and Weymouth Gateway Park and Ride in Weymouth.

Both are accredited Wheels for All centres.

Each location has a fleet of adaptive cycles that provide an opportunity for anyone with accessible needs or those who lack confidence on a standard 2 wheeled cycle, to experience the joy of cycling in a safe off-road environment.



## Weymouth and Moors Valley Country Park

If you would like to take part, please visit the website to complete an **online enquiry form** or **scan the QR code**. 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.

The cost is £5 per bike per hour.

For more information:

☎ 01425 480811

✉ [healthandactivity@dorsetcouncil.gov.uk](mailto:healthandactivity@dorsetcouncil.gov.uk)

🌐 [dorsetcouncil.gov.uk/health-and-activity](http://dorsetcouncil.gov.uk/health-and-activity)



enquiry form

**Accessible golf Sessions at Moors Valley Country Park also available**

For more information see page 23.

The more you move,  
the better you will feel



# 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.

For more information about Orienteering, including other local or national courses and events visit: [britishorienteering.org.uk](http://britishorienteering.org.uk)



## Try orienteering **Moors Valley Country Park and Forest**

An opportunity to learn the basic skills of orienteering with a member of Wimborne Orienteering Club. The session, based at Moors Valley Country Park, 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.

**Dates:** Saturday 26 April  
Saturday 28 June  
Saturday 6 September

**Time:** 1.30 - 3pm

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

**Price:** £4 per person

**Notes:** Suitable for beginners and children aged 8 and over. Free parking included.

## Free family orienteering 'have a go' events

Come along to experience what orienteering is with your family and friends. A chance to learn some skills and put them into practice, either walking, jogging or running the routes. **No need to book, turn up on the day and have fun.**

### Dorchester

Saturday 3 May

**Time:** 11am - 2pm

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

### Blandford Forum

Saturday 14 June

**Time:** 11am - 2pm

**Location:** Blandford Forum, Stour Meadows, DT11 9LQ



# Other orienteering opportunities

## Free self-led permanent courses

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

- 📍 Avon Heath Country Park
- 📍 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
- 📍 Tumbledown Farm, Weymouth

For more information on each location visit;

📍 [Wimborne-orienteers.co.uk](http://Wimborne-orienteers.co.uk) or [wessex-oc.org](http://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.

📍 [wessex-oc.org](http://wessex-oc.org)

✉ [secretary@wessex-oc.org](mailto: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.

📍 [wimborne-orienteers.co.uk](http://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 - 6 miles and burning up to 900 calories!



## Moors Valley Golf Course

### Beginners golf 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 23 April - Wednesday 14 May

**Time:** 9.30 - 10.30am

Thursday 5 June - Thursday 26 June

**Time:** 9.30 - 10.30am

Thursday 4 September - Thursday 25 September

**Time:** 9.30 - 10.30am

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

**Price:** £32 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 7 June, Saturday 12 July or Saturday 6 September

**Time:** 10am - 4pm

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

**Price:** £48 per person

**Age:** Adults

**Notes:** Please bring a packed lunch. Free parking included. All equipment provided.

### More information and to book

☎ 01425 479776

✉ [golf@moors-valley.co.uk](mailto:golf@moors-valley.co.uk)



## 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 ☎ 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](mailto:golf@moors-valley.co.uk)

Facebook icon [GolfCourseMoorsValley](https://www.facebook.com/GolfCourseMoorsValley)

[moors-valley.co.uk/golf](https://www.moors-valley.co.uk/golf)

## Other get into golf opportunities

### Lyme Regis Golf Club

☎ 01297 442963

✉ [duncan.driver@foremostgolf.com](mailto:duncan.driver@foremostgolf.com)

### Isle of Purbeck Golf Club

☎ 01929 450361

✉ [proshop@purbeckgolf.co.uk](mailto:proshop@purbeckgolf.co.uk)

### Ferndown Forest Golf Course

☎ 01202 876096

✉ [golf@ferndownforestgolfcourse.co.uk](mailto:golf@ferndownforestgolfcourse.co.uk)

### Ashley Wood Golf Club

☎ 01258 452253

✉ [proshop@ashleywoodgolfclub.com](mailto:proshop@ashleywoodgolfclub.com)

### Sturminster Marshall Golf Club

☎ 01258 858444

✉ [proshop@sturminstermarshallgc.co.uk](mailto:proshop@sturminstermarshallgc.co.uk)

## Fresh air fitness

Using natural outdoor spaces and features, fresh air fitness is a fun, gentle session to help increase your heart rate and muscle conditioning. Each weekly session may use different areas and activities, so no week will be the same.



### Moors Valley Country Park and Forest

**Tuesdays**

**Time:** 10 - 11am

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

**Price:** £5 per person

**Age:** Adults

**Notes:** Excludes Dorset school holidays

### Subscription offer

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

11 sessions for **£50**

## Free outdoor gym locations

Free standing exercise stations you can use anytime, for free. 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.

### Weymouth

**Location:** Lodmoor Country Park

### Dorchester

**Locations:** Sandringham Play Park, Borough Gardens, Redlands Community Sports Hub and Poundbury Great Field

### Sturminster Newton

**Location:** Sturminster Recreation Centre

### Shaftesbury

**Location:** Barton Hill Recreation Ground

### Moors Valley Country Park

**Location:** Golf and Activity Centre

### Shillingstone

**Location:** Recreation Park

### Henstridge

**Location:** Village Park

### Three Legged Cross

**Location:** Recreation Ground

### Broadmayne

**Location:** Broadmayne Parish Council DT2 8ER

### Wareham

**Location:** Wareham St Martin Parish Council BH20 7BD

## Open water 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](http://chilluk.org) or email

✉ [enquiries.chilldorset@chilluk.org](mailto:enquiries.chilldorset@chilluk.org)

### 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](http://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](http://sows.org.uk)

### 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:

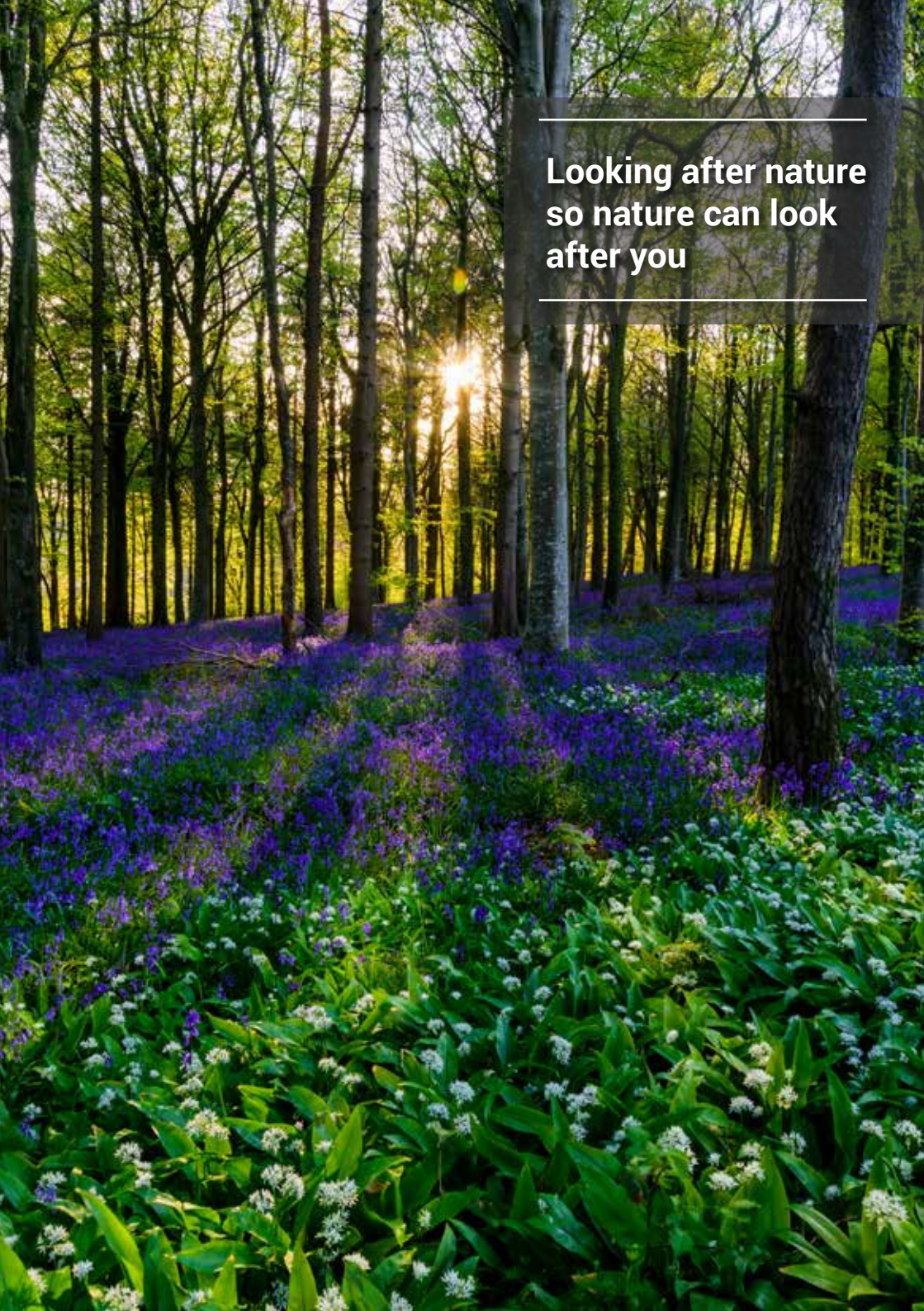
✉ [shaftesbury-tc.gov.uk/shaftesbury-lido](http://shaftesbury-tc.gov.uk/shaftesbury-lido)

## 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](http://parkyoga.co)





Looking after nature  
so nature can look  
after you

## Exploring Dorset's stunning coast and countryside

Living in Dorset, we have over 4,000K 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, 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](https://dorsetcouncil.gov.uk/countryside-coast-parks/rights-of-way)**.

Don't forget to dress appropriately, respect land management practices 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](https://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!

Photos by Mark Simons



# 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 1K Short Wander, and the purple arrows for the 3K Viewpoint Trail.

## Pétanque Court

Pétanque Boules are available for hire from the Visitor Centre.

## 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](mailto:avonheath@dorsetcouncil.gov.uk) or visit

[dorsetcouncil.gov.uk/avonheath](https://dorsetcouncil.gov.uk/avonheath)   



# Durlston Country park



## Park Yoga

Enjoy free outdoor yoga in the beautiful setting of Durlston. Sunday mornings from May to September visit [parkyoga.co](https://parkyoga.co) for details.

## The Wild Walking Book Club

Join a walking book club suitable for basic level of fitness. £8 per person. To book contact 07896 604495 or email [vickibarefootresolution@gmail.com](mailto:vickibarefootresolution@gmail.com)

## 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 3K run for all ages. Various dates throughout the year. Visit [durlston.co.uk](https://durlston.co.uk) for details.

## Guided Walks

Stretch your legs with a selection of 1 or 2K walks and learn about birds, flowers, geology or history as you go. Various dates throughout the year. Visit [durlston.co.uk](https://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 - 5K. You can purchase a pack from Durlston Castle for £3. Download a map from [wimborne-orienteers.co.uk/d7/node/208](https://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](mailto:info@durlston.co.uk) or visit

[durlston.co.uk](https://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 5 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](mailto: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 also available. To book a tee time call 01425 479776.



# Thorncombe Wood

Hardy's Birthplace



## Furzecutters

Join the Rangers in practical land management tasks around the reserve. Tuesday 10am - 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](http://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](mailto: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](mailto: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](mailto:info@durlston.co.uk)  
☎ 01929 424443



### 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](mailto:rangers@moors-valley.co.uk)  
☎ 01425 470721

### Thorncombe Wood

Join the Ranger Team in practical land management tasks around the reserve. Tuesday 10am - 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](mailto: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](http://dorsetcouncil.gov.uk/dorset-health-walks)

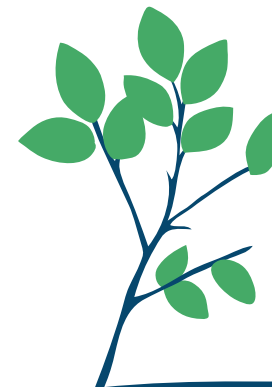
### Get back in the saddle leader

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](http://dorsetcouncil.gov.uk/health-and-activity)

### Accessible cycling

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 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.

☎ 01425 480811

✉ [healthandactivity@dorsetcouncil.gov.uk](mailto:healthandactivity@dorsetcouncil.gov.uk)



# Exercise Classes

Enjoy a huge variety of fitness classes with our Membership

Over 100 classes per week. Including Zumba, Indoor Cycling, Yoga, Pilates, Circuits, RPM, Body Combat, Sh'bam, Legs Bums and Tums and so much more!

Visit our website for a full Fitness Class timetables

[dorsetcouncil.gov.uk/purbeck-sports-centre](https://www.dorsetcouncil.gov.uk/purbeck-sports-centre)

[dorsetcouncil.gov.uk/verwood-hub](https://www.dorsetcouncil.gov.uk/verwood-hub)



## Terms and conditions

### Online Bookings

For online booking visit [dorsetcouncil.gov.uk/health-and-activity](https://www.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.



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**Nature is my gym**

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