

ACTIVATE

COAST & COUNTRYSIDE

OUTDOOR PHYSICAL ACTIVITY GUIDE 2019

Free

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



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

WELCOME

This 2019 guide details lots of opportunities for you and your family to get active in the great outdoors across East Dorset and local areas.

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

All activities are welcoming and inclusive to people of all ages, fitness levels and abilities.

From Nordic Walking to cycling, running to outdoor fitness, there is something for everyone, so come and get involved. Keeping active helps you achieve a healthy lifestyle and we can help you have fun along the way!

Health and Activity Team

Based at...



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KEY TO SYMBOLS



Dress to be outdoors in all weather conditions. Wear suitable footwear and bring waterproof clothing.



Old and comfortable clothing should be worn. There is a possibility that clothes will get dirty on this event.



Booking is essential. Unless alternative contact details are provided, booking for all activities can be made in person at Moors Valley Golf and Activity Centre, by telephone or online;

☎ 01425 480811

🌐 moors-valley.co.uk/onlinebooking



Helping you and your children get active together in the great outdoors.



Please bring a snack and a small bottle of water for the duration of the event, ideally in a rucksack.



Opportunity for children from 8 years and above to get active, in the great outdoors.



Active volunteering opportunities.

MOVE MORE, FEEL THE DIFFERENCE

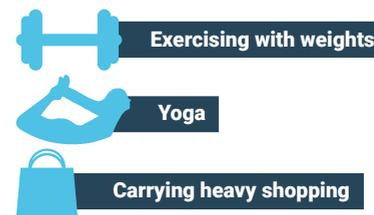
To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis.

Just sitting can have negative effects on your health. Aim to get up and move at least every 30 mins; do a few stretches, make a cuppa or have a walk and talk meeting.

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.

All adults should undertake muscle strengthening activities at least twice a week such as:



Did you know that walking briskly for just 10 continuous minutes counts as exercise?

A brisk 10 minute walk every day that raises your heart rate is a great way to improve your health. A brisk walk is easy to do and requires no equipment. The free NHS Active 10 app can help you achieve this!

🌐 nhs.uk/oneyou/active10

You will see just how much brisk walking you're doing and how you can do more. Why not download it and start making a difference today!

How Much Is Enough?

To keep healthy experts recommend:

Children should aim for

60+ minutes

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

Adults should aim for at least

150 minutes

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



Could you spare half an hour a day for physical activity?

WALKING

Walking is a great way to lose weight and become healthier.

It's underrated as a form of exercise, but walking is ideal for people of all ages and fitness levels who want to be more active.

It is one of the best and easiest things you can do for your health.

Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke to mention just a few!



WANDER

These 4-week blocks of gentle walks encompass short wanders around the forest and lakes to enjoy the fresh air and beautiful countryside. The sessions include seated exercises and balance and strength conditioning. They are led by an exercise referral specialist and are ideal for building your confidence.

Dates:

Block 1: Mon 29 Apr - Mon 3 Jun

Block 2: Mon 10 Jun - Mon 1 Jul

Block 3: Mon 8 Jul - Mon 29 Jul

Block 4: Mon 5 Aug - Mon 2 Sept

Block 5: Mon 9 Sept - Mon 30 Sept

Block 6: Mon 7 Oct - Mon 28 Oct

Block 7: Mon 4 Nov - Mon 25 Nov

Block 8: Mon 2 Dec - Mon 23 Dec

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

Time: 9.45 - 10.30am

Price: £18 per block

Age: Adults

Notes: Excludes bank holidays



AMBLE

These 4-week blocks of gentle walking, with an exercise referral specialist, are the next step up from Wander. The exercise classes encompass a slightly longer 'amble' around the park and forest to enjoy the scenery.

The sessions include seated exercises and balance and strength conditioning, so are an ideal class to continue building your fitness and strength.

Dates:

Block 1: Mon 29 Apr - Mon 3 Jun

Block 2: Mon 10 Jun - Mon 1 Jul

Block 3: Mon 8 Jul - Mon 29 Jul

Block 4: Mon 5 Aug - Mon 2 Sept

Block 5: Mon 9 Sept - Mon 30 Sept

Block 6: Mon 7 Oct - Mon 28 Oct

Block 7: Mon 4 Nov - Mon 25 Nov

Block 8: Mon 2 Dec - Mon 23 Dec

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

Time: 10.45 - 11.30am

Price: £18 per block

Age: Adults

Notes: Excludes bank holidays



HEALTH WALKS IN EAST DORSET

Led by volunteer health walk leaders, these walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge and you can just turn up on the day and enjoy.

Mondays

Moors Valley Country Park & Forest, BH24 2ET*

10 - 11am ☹️ 10 - 10.30am ☹️

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

10 - 11am ☹️

Allendale Centre, Wimborne, BH21 1AS

10.30 - 11.15am ☹️

Tuesdays

The Hub, Verwood, BH31 7QE

10 - 11am ☹️

Allendale Centre, Wimborne, BH21 1AS

10.30 - 11.15am ☹️

The Angel Inn, Ferndown, BH22 9AP

10 - 11am ☹️

BH Live Active, Corfe Mullen, BH21 3LE

10.15 - 11.15am ☹️

Wednesdays

Golf Club, Sturminster Marshall, BH21 4BD

10 - 11am ☹️

West Parley Sports & Social Club, BH22 8SQ

10 - 11am ☹️

Moors Valley Country Park & Forest, BH24 2ET*

10 - 11am ☹️ 10 - 10.30am ☹️

QE Leisure Centre, Wimborne, BH21 4DT**

10.30am - 12pm ☹️☹️

Thursdays

The Penn Court Café, West Moors, BH22 0JD

10 - 11am ☹️ 10 - 10.30am ☹️

Fridays

The Hub, Verwood, BH31 7QE

10 - 11am ☹️

Walk Levels



Level One

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



Level Two

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



Level Three

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



Volunteer

See page 37 for more details on active volunteering opportunities.

ACTIVE 10 BRISK WALKS

These free brisk walking sessions are ideal for someone who would like to get a bit fitter using the Active 10 NHS app. Every week there will be a volunteer walk leader to guide you around Moors Valley Country Park and help you increase your heart rate whilst enjoying the fresh air. First walk starts Monday 3 June.

Date: Mondays

Time: 10 - 10.45am

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

Notes: Parking is free for your first 3 consecutive weeks. No booking required, just turn up and enjoy. Excluding Bank Holidays. Search Active 10 to download the free app today.



SUMMER EVENING BRISK WALKS

For 8 weeks during the summer there is an opportunity to take part in free brisk walks led by a volunteer walk leader from various location in the district. Walks start week commencing Monday 8 July and run until Wednesday 28 August.

Mondays

Moors Valley Country Park & Forest, BH24 2ET
6.30 - 7.30pm

Tuesdays

Ferndown, Angel Inn, BH22 9AP
6.30 - 7.30pm

Wednesdays

Sturminster Marshall, Marshall on the Green Golf Club, BH21 4BD
6.30 - 7.30pm



Public Health England

WALKING BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

ACTIVE 10

BECAUSE THERE'S ONLY ONE YOU

Other Walking Opportunities

Walking for Health

Walking for Health is England's largest network of health walks with over 400 active schemes, helping people across the country lead a more active lifestyle. You can find the health walk schemes closest to you, by visiting their website and just entering your postcode. You'll then find all the information you need to either join the group for one of their regular walks or contacting the local scheme coordinator to find out more.

wfh.org.uk

Ramblers Association

The Ramblers Association organise group walks led by walk leaders across Britain. Each year 300,000 people take part in Ramblers organised walks. You can become a member and join a walk anywhere in the country.

ramblers.org.uk

EAST DORSET HERITAGE TRUST WALKS

Longham

This eight mile walk will take you from Longham northwards to the very outskirts of Wimborne, before shadowing the banks of the Stour to Canford Magna.

Date: Thu 25 Apr

Time: 10am

Location: Longham and Canford Magna Walk

Price: £6 per person

Notes: Booking essential



If you would like more information or would like to book or to find out about the other walks during the year please contact East Dorset Heritage Trust on **01202 888992** or info@edht.org.uk

Bournemouth

Take a step back in time and follow in the footsteps of the famous local smuggler Isaac Gulliver guided by one of the Bournemouth Countryside Rangers with a 7½ miles walk.

Date: Mon 29 Apr

Time: 10am

Location: Bournemouth

Price: £6 per person

Notes: Booking essential



NORDIC WALKING

Nordic Walking is an enhancement of ordinary walking. This type of walking will not only make you work harder but will give you a whole body workout. Using specially designed Nordic Walking poles, you will use 90% of your major muscles and burn 20 - 40% more calories than an ordinary walk. What better way to get more out of a walk!

For more information about Nordic Walking visit:

Nordic Walking UK
nordicwalking.co.uk

British Nordic Walking
britishnordicwalking.org.uk



How Do I Learn?

Taster Sessions

Taster sessions will give you a little flavour of what Nordic Walking is and will help you understand just how beneficial this form of exercise is. You will discover it is far more than just walking with poles! You can experience just how light you feel on your feet and enjoy a whole body workout. These sessions last between 45 - 60 minutes.

"Learn To" Courses

With the support from a Nordic Walking instructor these courses will help you master the basics and improve your Nordic Walking technique over a period of time. Each session you will learn something new and understand how to develop your technique, giving you the all-round benefits this activity provides. These courses are generally over 4 sessions suitable for all abilities. We also offer condensed 'Learn To' courses over 2 weeks.

TASTER SESSIONS

Moors Valley Country Park & Forest

Date: Fri 6 Sept
Time: 11.15am - 12pm
Location: Moors Valley Country Park & Forest, BH24 2ET
Price: £4.50 per person
Age: Adults
Notes: Nordic Walking poles are provided



Kingston Lacy

Date: Tue 21 May
Time: 10.45 - 11.30am
Location: Kingston Lacy House, Wimborne, BH21 4EA
Price: £4.50 per person
Age: Adults
Notes: Nordic Walking poles are provided



'LEARN TO' COURSES

Enjoy our 'Learn To' courses in two locations across East Dorset. You can choose either a four-week course which includes four one-hour sessions or a two-week course which includes two two-hour sessions.

Moors Valley Country Park & Forest

Date: Wed 24 Apr - Wed 15 May
Time: 10.30 - 11.30am
Date: Sat 27 Apr - Sat 4 May
Time: 11am - 1pm
Date: Mon 9 Sept - Mon 30 Sept
Time: 11am - 12pm
Date: Sat 14 Sept & Sat 21 Sept
Time: 9.30 - 11.30am
Date: Tue 8 Oct & Tue 15 Oct
Time: 1.30 - 3.30pm
Location: Moors Valley Country Park & Forest, BH24 2ET
Price: £32 per course
Age: Adults
Notes: Nordic Walking poles are provided



Kingston Lacy

Date: Tue 4 Jun - Tue 25 Jun
Time: 10.45 - 11.45am
Date: Tue 10 Sept & Tue 17 Sept
Time: 9.30 - 11.30am
Location: Kingston Lacy House, Wimborne, BH21 4EA
Price: £32 per course
Age: Adults
Notes: Nordic Walking poles are provided



WELLNESS WALKS

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

Mondays

These Nordic Walking sessions are ideal for those people who may have; lost fitness or mobility due to inactivity, a medical condition, an injury or recovering from an operation and want to commit to a regular habit of exercise.

Time: 10 - 11am

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

Price: £4.75 per session or 11 sessions for £47.50

Age: Adults

Notes: Monday sessions exclude bank holidays



Tuesdays

These sessions are ideal for those people who need support to regain their fitness or maintain overall health.

Time: 10 - 11am

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

Price: £4.75 per session or 11 sessions for £47.50

Age: Adults



WORKOUT WALKS

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

Moors Valley Country Park & Forest

These sessions are suitable for competent Nordic walkers who have completed a 'Learn To' course and are looking for a regular exercise routine, each week.

Date/Time:

Mondays 9.45 - 10.45am

Fridays 9.45 - 10.45am

Saturdays 10 - 11am

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

Price: £4.75 per session or 11 sessions for £47.50

Age: Adults

Notes: Monday sessions exclude bank holidays



Kingston Lacy

These sessions are suitable for competent Nordic walkers who have completed a 'Learn To' course and are looking for a regular exercise routine, each week around the beautiful grounds of Kingston Lacy.

Date: Tuesdays

Time: 9.30 - 10.30am

Location: Kingston Lacy House, Wimborne, BH21 4EA (meet in main car park)

Price: £4.75 per session or 11 sessions for £47.50

Age: Adults



NORDIC ADVENTURE WALKS

Weekly

Every week these hour long walks will help you explore the local open spaces in Ferndown with a qualified Nordic walk leader. **First session to start on Wednesday 5 June.**

Wednesdays

Time: 10.15 - 11.15am

Location: Angel Inn, Ferndown, BH22 9AP

Price: £4.75 per session or 11 sessions for £47.50



Monthly

These longer two hour Adventure Nordic Walks will help you improve your fitness and endurance whilst exploring the beautiful countryside, guided by a qualified Nordic Walking Instructor. Nordic Walking poles are provided.

Sixpenny Handley

Date: Thu 2 May

Time: 10.30am - 12.30pm

Location: Garston Wood, Sixpenny Handley, SP5 5PB

Price: £6.50 per person



Fordingbridge

Date: Thu 6 Jun

Time: 10.30am - 12.30pm

Location: Breamore, nr Fordingbridge SP6 2DF

Price: £6.50 per person



Wimborne

Date: Thu 4 Jul

Time: 10.30am - 12.30pm

Location: Stour river, Allenvie car park BH21 1AG

Price: £6.50 per person



New Forest

Date: Thu 5 Sept

Time: 10.30am - 12.30pm

Location: Hampton Ridge, Hyde, New Forest

Price: £6.50 per person



Verwood

Date: Thu 3 Oct

Time: 10.30am - 12.30pm

Location: Verwood Hub Leisure Centre, Brockway, BH31 7QE

Price: £6.50 per person



Moors Valley Country Park & Forest

Date: Thu 7 Nov

Time: 10.30am - 12.30pm

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

Price: £6.50 per person



RUNNING

Everyone knows that running is a great way to get into shape, but did you know that it can benefit almost every part of your body, and help lift your mood? Running is actually a great way to increase your overall level of health. From relieving stress to eliminating depression and helping with weight loss. Running just 5 to 10 minutes a day is a great way to start!



COUCH TO 5K

With the support of a volunteer run leader, you will be able to develop your running fitness over 9 weeks.

Moors Valley Country Park & Forest

Date:
Block 1: Wed 1 May - Wed 3 Jul
Block 2: Tue 10 Sept - Tue 12 Nov
Location: Moors Valley Country Park & Forest, BH24 2ET
Time: 9 - 9.45am
Price: £9 per block
Age: Adults
Notes: Excludes school holidays



BUGGY RUN

A 9 week programme of running, using the NHS Couch to 5K app suitable for buggies.

Moors Valley Country Park & Forest

Date: Wed 1 May - Wed 3 Jul
Location: Moors Valley Country Park & Forest, BH24 2ET
Time: 10 - 10.45am
Price: £9 per block
Age: Adults
Notes: Excludes school holidays



INSTRUCTOR LED BEGINNERS/INTERMEDIATE RUNNING COURSE

These fun and friendly 8-week courses are aimed at people who are new to running or those who are able to run but would like support to develop their running further. Our qualified fitness instructor will support participants through the basic elements of running, gradually building fitness, through teaching technique, speed and endurance. Perfect for those wishing to build up to a 5k run.

Moors Valley Country Park & Forest

Date:
Course 1: Sat 4 May - Sat 22 Jun
Course 2: Sat 29 Jun - Sat 17 Aug
Course 3: Sat 24 Aug - Sat 12 Oct
Course 4: Sat 19 Oct - Sat 7 Dec
Location: Moors Valley Country Park & Forest, BH24 2ET
Time: 9.15 - 10.15am
Price: £36 per course
Age: Adults



Other Running Opportunities

Moors Valley Runners

The Moors Valley Runners are a friendly and welcoming community group of mixed ability runners who get together every Tuesday morning. Sessions are suitable for those who are able to run at least 5k (slowly is fine). The sessions are led by qualified volunteer run leaders who support participants to develop fitness levels with fun drills and challenges each week. You do not need to book, just turn up on the day and enjoy!

Date: Tuesdays
Location: Moors Valley Country Park & Forest, BH24 2ET*
Time: 9.30 - 10.30am
Price: Free
Notes: Excludes school holidays. Car parking charges apply.
Contact: Health and Activity Team
✉ activate@dorsetcouncil.gov.uk or
☎ 01425 480811

* please note that you are entitled to free parking at Moors Valley Country Park and Forest for your first 3 consecutive weeks.

Kingston Lacy Runners



This ladies running group is a mixed age/ability group led by a qualified and experienced volunteer run leader. The sessions are suitable for beginners, improvers or those who just want to run in the company of a supportive group.

Date: Mondays
Location: Kingston Lacy, Wimborne, BH21 4EA (meet in main car park)
Time: 9.15 - 10.15am
Price: £1
Notes: Will include bank holidays
Contact: Kingston Lacy Run Leader
✉ glynjen50@gmail.com

Verwood Runners

A friendly community focused running group to give local people the opportunity to run with a group of like minded people around Verwood. There are several qualified run leaders available to give new joiners extra support and guidance. This is a great way to enjoy running, meet new friends and feel fitter. These runs are suitable for people who are able to run 5k without stopping (slowly is fine). Longer runs are also arranged. Couch to 5K courses also held during the year.

Date: Tuesdays & Thursdays
Location: Verwood Hub, Brockway, Verwood, BH31 7QE and Potterne Park, Potterne Way, BH21 6RS
Time: 7 - 7.45pm
Price: Free
Notes: Visit the Verwood Runners Facebook group page and just ask to join in!
Contact: Run leader ☎ 07800 930174

Wimborne Athletics Club

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

The focus is on fun and enjoyment for all abilities and ages. The club has four sections: Track & Field, Sportshall, Cross Country and Road Running. The club also delivers the Wimborne Runners Couch to 5k programme; groups.runtogether.co.uk/WimborneRunners for the latest session.

The Road Running section organise two road races each year - the Wimborne 10 in November and the Wimborne 20 in March. Training sessions are held on Thursday evenings to enable runners to enjoy their running.

☎ 07899 782622
✉ run@wimborne10.co.uk
🌐 wimborneac.co.uk

RunTogether

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

runtogether.co.uk
01213 476543

Couch to 5K

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

www.nhs.uk/LiveWell

3-2-1 Routes

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

Location:

Moors Valley Country Park & Forest, BH24 2ET

To find out more visit

englandathletics.org



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

Moors Valley Country Park & Forest has a 5K parkrun that starts at 9am every Saturday. This run is open to any age, although children under 11 years must be accompanied by a participating adult.

Moors Valley Country Park & Forest also has a 2K junior parkrun that starts at 9am every Sunday. This run is open to children aged 4-14 years who can run by themselves or accompanied by an adult. In order to run, visit the website to pre-register and obtain your parkrun barcode.

parkrun.org.uk

Other nearby locations include:

- 📍 Blandford
- 📍 Bournemouth
- 📍 Poole
- 📍 Weymouth

Guided Running

At Moors Valley Country Park, there is an opportunity for people who are blind or have a visual impairment to run with a qualified guide. For more information please get in touch with the Health and Activity Team.

CYCLING

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



HEALTH CYCLE RIDES

These health rides are a great way to establish a weekly routine of exercise and offer the opportunity to get out and meet new people. Led by volunteer leaders - every week come rain or shine - this fun and free activity offers you the chance to ride with other like-minded people and feel the benefits this fantastic exercise will give you.

Tuesdays

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

Time: 10 - 11am

LEVEL 1 LEVEL 2

Wednesdays

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

Time: 10 - 11am

LEVEL 1 LEVEL 2 LEVEL 3

Thursdays

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

Time: 9.30 - 10.30am

LEVEL 1 LEVEL 2 LEVEL 3

** Please note that you are entitled to free parking at Moors Valley Country Park & Forest for your first 3 consecutive weeks. During summer holidays this ride starts at 9.30am.*

Cycle Levels

LEVEL 1

60-minute ride led at a gentle, leisurely pace on flat terrain (where available) with occasional stops for people who are less active or are less confident with cycling (5-7 miles).

LEVEL 2

60-minute ride on mixed terrain, which has occasional hills. This leisurely ride is for people who are generally more active and confident on a bike (6-9 miles).

LEVEL 3

Minimum 60-minute ride, led at a fast pace with no stops. It uses hills and mixed terrain and riders must be self-reliant in terms of punctures and navigation (8-10 miles).



Volunteer

See **page 37** for more details on active volunteering opportunities.

SUMMER EVENING HEALTH RIDES

Led by volunteers these free health rides will guide you around the trails of Moors Valley Country Park on a Monday evening or around Ferndown on a Tuesday evening with your family and friends. No need to book, just turn up 15 minutes before the start time.

Moors Valley Country Park & Forest

Date: Mondays

Mon 1 Jul - Mon 19 Aug

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

Time: 6.30 - 7.30pm

Price: Free guided ride. Bike hire available at extra cost.

Notes: Suitable for children aged 8+ and must be accompanied by a participating adult. Meet at bike hire.



Ferndown

Date: Tuesdays

Tue 2 Jul - Tue 20 Aug

Location: Ferndown Forest Golf Club, BH22 9PH

Time: 6.30 - 7.30pm

Price: Free guided ride. Bike hire available at extra cost.

Notes: Suitable for children aged 8+ and must be accompanied by a participating adult.



GET BACK IN THE SADDLE

These adult cycling sessions are suitable for those who can ride a bike but may not have cycled for a long time or have lost their confidence. Get back in the saddle sessions are a great progression for those coming from a 1-2-1 tuition course or anyone who wants to get some extra practice before embarking on a health ride. During the sessions you will learn the correct riding position and saddle height, how to use brakes and appropriate gear selection, different types of gear systems and different terrains.

Moors Valley Country Park & Forest

Date:

Course 1: Thu 6, 13 & 20 Jun

Time: 1.30 - 3pm

Course 2: Thu 10, 17 & 24 Oct

Time: 1 - 2.30pm

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

Price: £24 per course

Notes: Subsidised bike hire can be pre-booked for £2.50.



Kingston Lacy

Date:

Course 1: Thu 9, 16 & 23 May

Time: 9.30 - 11.30am

Location: Kingston Lacy House, BH21 4EA

Price: £24 per course

Notes: Subsidised bike hire can be pre-booked for £2.50.



NOT CYCLED BEFORE?

Have you ever thought about learning to ride a bike? We can teach you! These adult 1-2-1 tuition courses will be perfect for you. With the guidance and support of a qualified instructor, you will be able to gradually build up your confidence, practice your riding skills and improve your balance over 3 consecutive sessions.

Date:

Course 1: Thu 9, 16 & 23 May

Time: 2 - 3.30pm

Course 2: Thu 9, 16 & 23 May

Time: 4 - 5.30pm

Course 3: Thu 12, 19 & 26 Sept

Time: 2 - 3.30pm

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

Price: £59 per course

Notes: Bike hire included.



CHILDREN'S MOUNTAIN BIKING

Incorporating a mixture of mountain biking skills, these fun and engaging sessions will help kids adventure in the great outdoors, under the watchful eye of a qualified mountain bike instructor.

Moors Valley Country Park & Forest

8-9 YEARS

Date: Thu 25 Jul or Tue 30 Jul

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

Time: 9.30am - 12.30pm

Price: £15 per session

10-11 YEARS

Date: Tue 6 Aug or Thu 15 Aug

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

Time: 9.30am - 4pm

Price: £25 per session

Notes: Please bring a packaged lunch. Bike hire is available at normal cost.





INTRODUCTION TO NIGHT CYCLING

at Moors Valley Country Park & Forest

An opportunity to try the thrill of cycling on off-road tracks and trails at night, using high powered lights, whilst under the watchful eyes of qualified instructors. You can book onto as many night cycles as you would like to. These sessions are suitable for all levels of fitness.

For dates and times of the next night cycling sessions please visit moors-valley.co.uk/events for more information.

Other Cycling Opportunities

Breeze Rides



These ladies only cycling clubs/groups are set up throughout the UK for ladies of all ages to discover or rediscover their love of cycling. To find your local Breeze Ride visit letsride.co.uk/breeze.

Bikeability

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

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

dorsetforyou.gov.uk/bikeability

Dorset Cyclists' Network

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

dcn.org.uk ☎ 01202 880966

Dorset Rough Riders Club

The Dorset Rough Riders is 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. Becoming a member gives you access to a fun club atmosphere, subsidised skills sessions, discounts at local bike shops, subsidised away days and most importantly, facilitates mountain biking throughout the year with likeminded people. What better way to discover new trails and make new friends for just £15 a year!

dorsetroughriders.co.uk

ACCESSIBLE CYCLING

at Moors Valley Country Park & Forest

Accessible cycling enables everyone to enjoy this fantastic sport regardless of age, health condition or impairment.



1 - 2 - 1 CONSULTATION

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

Please contact the Health and Activity Team
✉ activate@dorsetcouncil.gov.uk or ☎ 01425 480811

WEEKLY RIDES

Weekly opportunity to enjoy a relaxing ride around the trails of Moors Valley Country Park & Forest, led by trained Wheels for all cycle leaders.

Date: Tuesdays and Thursdays

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

Time: 11am - 12pm **Price:** Free **Notes:** You are very welcome to bring your own bike. Sessions exclude the school summer holidays.



BOOK

OTHER OPTIONS

Having completed your 1-2-1 consultation there is the option to hire an accessible bike from Bike Hire at Moors Valley Country Park on a Monday at 10.30am, Wednesday 10.30am or 3pm and Fridays 3pm. The cost of hiring a bike is £6. To be booked in advance on ☎ 01425 480811.

GROUPS WELCOME

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

WORKING TOGETHER



BIKE FLEET

Moors Valley Country Park & Forest has a fleet of adaptive bikes suitable for a range of needs. Please visit moors-valley.co.uk to see the full range of bikes available.



HOW DO I START?

If you would like more information about the accessible cycling programme or to book a 1-2-1 consultation with a cycle leader then please get in contact with the Health and Activity Team [01425 480811](tel:01425 480811) or activate@dorsetcouncil.gov.uk.

Volunteer

The delivery of this accessible cycling programme is only made possible through the hard work and commitment of volunteers.

We are actively looking to expand this amazing team and have some new voluntary roles;

Accessible Cycle Leaders
Bike Maintenance

Set up and pack away support

Meet & Greet/Demo

OTHER ACTIVE ACCESSIBLE OPPORTUNITIES

Wessex Accessible Cycling Club

wessexacc.org.uk

Wheels For All Portsmouth

[facebook.com/wheelsforallcycleproject](https://www.facebook.com/wheelsforallcycleproject)

[02392 728899](tel:02392 728899)

Dorset Destroyers Wheelchair Rugby Team

thedorsetdestroyers.co.uk

Wheels For All Wiltshire

wiltshire.gov.uk

[01722 434770](tel:01722 434770)

Dorset Disability Sport

disabilitysportsdorset.weebly.com

Access Dorset

accessdorset.org.uk

Cycles4All Eastleigh

paviliononthepark.org/cycles4all

Pedall New Forest

pedall.org.uk

Guided Running

At Moors Valley Country Park, there is an opportunity for people who are blind or have a visual impairment to run with a qualified guide. For more information please get in touch with the Health and Activity Team.

SUMMER EVENING YOGA

Yoga provides a total mind-body workout that combines strengthening and stretching poses with deep breathing. These sessions are perfect for beginners to experience Yoga in the great outdoors and are led by a qualified yoga instructor.



BEGINNERS SESSIONS

Mondays

Date: Mon 1 Jul, Mon 8 Jul, Mon 15 Jul, Mon 22 Jul, Mon 29 Jul, Mon 5 Aug, Mon 12 Aug or Mon 19 Aug

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

Time: 5.30 - 6.30pm

Price: £4.75 per person

Age: Suitable for 14 years and over

Notes: Book onto as many sessions as you like. Fitness mats are provided. Please park at Moors Valley Golf and Activity Centre on arrival unless informed otherwise.



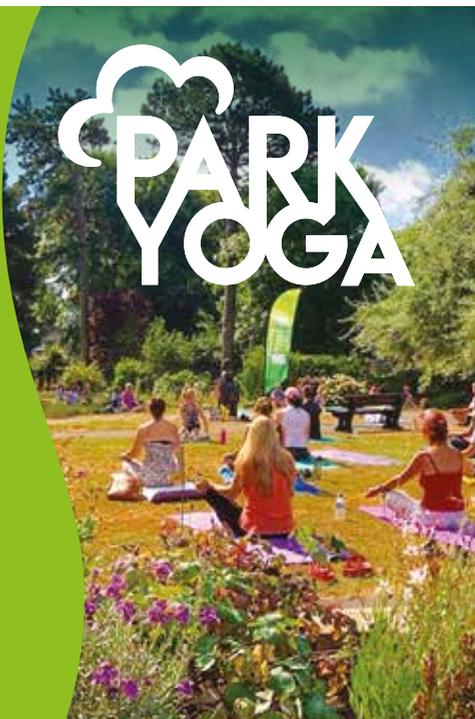
Tuesdays

Date: Tue 2 Jul, Tue 9 Jul, Tue 16 Jul, Tue 23 Jul, Tue 30 Jul, Tue 6 Aug, Tue 13 Aug or Tue 20 Aug

Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities.

FREE outdoor yoga sessions on Sunday mornings from May through to September at six Dorset venues in Bournemouth, Poole, Weymouth, Swanage and Moors Valley.

www.parkyoga.co for details.



MINDFULNESS IN NATURE

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

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

All participants will receive a mindfulness recording to continue practicing their new found skills at home.



Moors Valley Country Park & Forest

Course 1

Date: Fri 26 Apr - Fri 17 May

Time: 10.15 - 11.15am

Course 2

Date: Fri 14 Jun - Fri 5 Jul

Time: 10.15 - 11.15am

Course 3

Date: Fri 2 Aug - Fri 23 Aug

Time: 10.15 - 11.15am

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

Price: £25 for a 4 week course

Age: Adults

Notes: Price of a course will include a recording for participants.



Wimborne

Course 1

Date: Fri 26 Apr - Fri 17 May

Time: 8.30 - 9.30am

Course 2

Date: Fri 14 Jun - Fri 5 Jul

Time: 8.30 - 9.30am

Course 3

Date: Fri 2 Aug - Fri 23 Aug

Time: 8.30 - 9.30am

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

Price: £25 for a 4 week course

Age: Adults

Notes: Price of a course will include a recording for participants.



OUTDOOR SUMMER CIRCUITS

A sociable and fun way to exercise. You will get fitter, breathe in some fresh air and meet new people with these low level exercise sessions.. You will soon develop your fitness level over six weeks with a qualified instructor to keep you motivated.



Moors Valley Country Park & Forest

Date: Thu 6 Jun - Thu 11 Jul

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

Time: 5.30 - 6.30pm

Price: £18 per person

Notes: Suitable for all levels of fitness. Children over 14 years are welcome but must be accompanied by a participating adult.



Verwood

Date: Tue 4 Jun - Tue 9 Jul

Location: Potterne Park, Potterne Way, BH21 6RS

Time: 7 - 8pm

Price: £18 per person

Notes: Suitable for all levels of fitness. Children over 14 years are welcome but must be accompanied by a participating adult.



Wimborne

Date: Fri 7 Jun - Fri 12 Jul

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

Time: 9.30 - 10.30am

Price: £18 per person

Notes: Suitable for all levels of fitness.



Did you know?

There are permanent outdoor fitness trails in the district, providing a wide variety of exercise options such as; parallel bars, chin up bars and sit up benches with information to give you examples of exercises.

- 📍 **Potterne Park, Verwood, BH21 6RS**
- 📍 **Moors Valley Country Park & Forest**
- 📍 **Three Legged Cross Recreation Ground, BH21 6RJ**

FITNESS BUGGY WORKOUTS

Specifically designed instructor-led workout sessions to help parents or grandparents the opportunity to exercise, get some fresh air with their little ones. These fun and friendly outdoor workouts are suitable for all levels of fitness for 4 weeks. You must have had a 6 week post partum check-up before participating.



Moors Valley Country Park & Forest

Date:

Block 1: Mon 29 Apr - Mon 3 Jun

Block 2: Mon 10 Jun - Mon 1 Jul

Block 3: Mon 2 Sept - Mon 23 Sept

Block 4: Mon 30 Sept - Mon 21 Oct

Block 5: Mon 4 Nov - Mon 25 Nov

Block 6: Mon 2 Dec - Mon 23 Dec

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

Time: 11.15am - 12.15pm

Price: £18 per course

Notes: Free parking for your first course. Parking charges apply after this. You can book onto as many as you like throughout the year.



TAI CHI

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. It is ideal for inactive people wanting to raise their activity levels gently and gradually. Studies have shown that tai chi can help people to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. These outdoor tai chi sessions are suitable for everyone.



BEGINNERS SESSIONS

Date:

Block 1: Tue 23 Apr - Tue 14 May

Block 2: Tue 4 Jun - Tue 25 Jun

Block 3: Tue 2 Jul - Tue 23 Jul

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

Time: 10 - 11am **Price:** £18 per block

Age: Adults **Notes:** Excludes school holidays.



IMPROVERS SESSIONS

Date:

Block 1: Tue 23 Apr - Tue 11 Jun

Block 2: Tue 18 Jun - Tue 6 Aug

Block 3: Tue 13 Aug - Tue 1 Oct

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

Time: 11.45am - 12.45pm

Price: £32 per block **Age:** Adults **Notes:** Excludes school holidays.



GET INTO GOLF AT MOORS VALLEY GOLF COURSE

Available from
Summer 2019!

Moors
Valley

Golf &
Activity
Centre

Being in an outdoor area where you can interact with others who share your interests is a great way to relax whilst also getting some exercise. Golf involves carrying clubs, walking and posture rotation which will help 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!

Golf Coaching opportunities

BEGINNERS COACHING

Thinking of starting golf? Golf is a great game for everyone – it's fun, gets you fit, reduces stress and offers loads of fresh air. Classes will be delivered in a calm and patient climate with an emphasis on clarity and enjoyment.

We offer beginners classes either by; 4 x weekly sessions, Learn Golf in a Day, Learn Golf in a weekend .

WOMEN ONLY COACHING

Golf is a wonderful way to get fit outdoors and have fun at the same time. Our Women only sessions will get you playing golf, making friends and laughing all at the same time.

JUNIOR GOLF COACHING

We love helping young people enjoy golf and generate healthy lifestyle habits. Look out for our weekly and holiday activities where children will play games, make friends and engage in competitions which will all be delivered in a fun high expectation but low stress environment.

INDIVIDUAL COACHING

We can also offer one to one tuition with;

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

We also offer...

SCHOOLS

An opportunity for young people to join in, have fun and succeed in both individual and collaborative team games.

Our well structured, bespoke sessions can be a simple golf experience which can include life skills. Or alternatively, we can offer a multi skills programme to help young people develop key physical skills transferable across a range of different sports.

BIRTHDAY PARTIES

Our facilities are ideal for young people to enjoy golf, footgolf, table tennis and a range of other activities all in the beautiful surroundings of Moors Valley.

ACCESSIBLE GOLF

Accessible golf enables everyone to enjoy the sport regardless of age, health condition or impairment. Golf is a great way to improve your fitness and mobility in beautiful surroundings.

FOOTGOLF

Footgolf is a great game where players kick a football into large golf style holes in as few a shots as possible. Our footgolf facility is ideal for families and friends or as part of a multi sports programme.

For more information please contact Moors Valley Golf & Activity Centre

✉ golf@moors-valley.co.uk or
☎ 01425 479776.

Other Golf Opportunities

Ferndown Forest Golf Club

We are a friendly woodland Golf Complex perfectly suited to beginners and intermediates. We offer coaching and social golf to get you in to golf. We have ladies and mixed group lessons starting throughout the year with our very popular winter programme starting in October.

Winter courses start on the following dates and lasts for 20 weeks (excluding school holidays) of 2 hours per week for just £150.

Mon 7 Oct 10am - 12pm

Tue 8 Oct 12 - 2pm, 2 - 4pm or 6 - 8pm

Wed 9 Oct 10am - 12pm or 12 - 2pm

Thu 10 Oct 2 - 4pm

Sat 11 Oct 9.30 - 11.30am

We offer 6 weeks of 60 minutes for £48 and these groups start every 6 weeks. Please see our website for details.

📍 ferndownforestgolfcourse.co.uk

Sturminster Marshall Golf Club

Sturminster Marshall Golf Club is "Dorset's Little Gem". A friendly 9 hole course and learning academy to make everyone feel welcome. Clubhouse/café is open 7 days to the public.

Kids fun taster sessions £20 for 4 weeks in a group with a professional. All equipment provided any ages welcome and weekends/ after school times available.

Adult 6 week x 90min classes £80 all equipment provided and undercover/floodlit so evening and day classes available.

Call to book on ☎ 01258 858444

📍 sturminstermarshallgc.co.uk



ORIENTEERING

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



Orienteering Clubs

Wessex Orienteering Club

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

wessex-oc.org
[secretary@wessex-oc.org.uk](mailto:secretary@wessex-oc.org)

Wimborne Orienteering Club

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

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

wimborne-orienteers.org.uk

ORIENTEERING TASTER EVENTS

Family Fun Park Orienteering

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



Family Fun Country Park Orienteering

Location: Moors Valley Country Park & Forest, BH21 2ET
Date: Sat 3 Aug **Time:** 10.30am - 1pm **Price:** Free



Family Fun Countryside Orienteering

Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY
Date: Tue 13 Aug **Time:** 2pm - 4pm **Price:** Free



Family Fun Urban Orienteering

Location: Willow Walk, Wimborne Town Centre (next to Waitrose) BH21 1AN
Date: Sat 7 Sept **Time:** 10.30am - 1pm **Price:** Free



Note for all events: No need to book just turn up on the day and have a go.

TRY ORIENTEERING

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

Date: Sat 13 Apr, Sat 11 May, Sat 8 Jun, Sat 13 Jul, Sat 14 Sept, Sat 12 Oct or Sat 9 Nov

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

Time: 1.30 - 3pm

Price: £2.50 per person

Notes: Maps and compasses are provided. Suitable for families and children aged 8+.



Other Orienteering Opportunities

HAVE A GO YOURSELF

Throughout East Dorset there are opportunities for you and your family to access permanent orienteering courses. Here is a list of where you can find them and how you can have a go;

Moors Valley Country Park & Forest

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

BytheWay Recreation Field, Wimborne

iOrienteering allows anyone with a smart phone to try the sport. All you need is the iOrienteering App (free), which includes the BytheWay Recreation Field course.

You choose when you start and at the end you can upload your results to this site to compare your times if you wish.

iorienteering.com

Download the map at:

dorsetforyou.co.uk or buy a waterproof map from Wimborne Tourist Information Centre for £1.

Avon Heath Country Park

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

[Avon Heath Country Park, Birch Road, St Ives, Ringwood, BH24 2DA](http://www.avonheathcountrypark.co.uk)

KAYAKING AND CANOEING

Paddlesport is a fantastic way to get afloat and explore our local waterways; whilst getting some fresh air and exercise at the same time. Both kayaking and canoeing are low impact activities that can improve aerobic fitness, strength and flexibility; as well as being fun they can be a peaceful and relaxing form of exercise. You only need to be water confident to try out this lovely sport.



BEGINNER SESSIONS

These fun and informal 2 hour sessions will cover the basics of kayaking or canoeing – lifting and carrying, safety and safety equipment, getting afloat, basic paddling skills and other opportunities if paddlers want to do more. At the end of the session paddlers should achieve the British Canoeing Paddle Start Award.

Thu 16 May	6.30 - 8.30pm	Thu 11 Jul	6.30 - 8.30pm
Sat 18 May	9.30 - 11.30am	Sat 13 Jul	9.30 - 11.30am
Thu 27 Jun	6.30 - 8.30pm	Thu 1 Aug	6.30 - 8.30pm
Sat 29 Jun	9.30 - 11.30am	Sat 3 Aug	9.30 - 11.30am

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

Age: Suitable for 8 years and over. Children to be accompanied by a participating adult.

Price: £10 per person

Notes: All equipment is provided. Bring a towel and change of clothes. The £10 cost can be offset against the membership fee if you choose to join the Club.



Kayaking Booking

To book and pay by email
 ✉ bill.jaggs@phcc.org.uk
 or call club coach ☎ 07594 607981



A CHANCE TO GET AFLOAT AND HAVE FUN!

Poole Harbour Canoe Club and Dreamboats are offering a number of opportunities to get afloat on the River Stour at Riverside Wimborne (near to Wimborne Market).

You can have a go at the fantastic sport of kayaking or canoeing (small donation of £3 requested) or hire a row boat (from £10 per half hour). All equipment is provided but do bring a towel and change of clothes. There will also be a chance to chat with members of the Club. On site there is a childrens play park and the location provides excellent opportunity for family picnics and FUN.

Dreamboats River Regatta

Annual Silver Cup Rowing Boat Races, refreshments, entertainment plus opportunities to hire rowing boats and try out canoes and kayaks!

Date: Sun 7 Jul

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

Time: 12 - 5pm

Notes: For canoeing and kayaking no need to book just turn up on the day – available (12 noon - 4pm). More details of the Dreamboats River Regatta activities can be found at

📧 dream-boats.org.uk.

Canoe Club Canoeing and Kayaking Open Day

Come along and try out canoes or kayaks under the guidance of British Canoeing Coaches. Find out how you can do more if you want to. There will be refreshments – hot and cold drinks, cake and biscuits and of course Dreamboats boats for hire.

Date: Sat 4 May

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

Time: 11am - 4pm

Notes: No need to book, just turn up on the day.

Dreamboats Fun Day

See if you can build a raft that floats and race it. Plus try out canoes and kayaks.

Date: Sun 18 Aug

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

Price: £5. Pre-entry advised.

Time: 12 - 5pm

Notes: For canoeing or kayaking no need to book just turn up on the day. More details of the Dreamboats Race can be found at

📧 dream-boats.org.uk.

Paddle-Ability Sessions

These sessions are for people who have or are affected by mobility issues, sensory impairment and disabilities. They are also suitable for older people or those who do not feel confident to join a regular session.

The sessions will be arranged with potential participants who make contact to ensure their needs can be met in the best way possible. If the Club cannot meet your needs then we will link to Dorset Disabled Canoe Unit to see how we can get you afloat. To find out more about Paddle-Ability sessions please email Poole Harbour Canoe Club. Email ✉ bill.jaggs@phcc.org.uk

TRIATHLON FOR CHILDREN

A triathlon consists of a swim, bike and run. Competitors race against the clock which starts as they begin the swim and stops as they cross the finish line after the run. Race distances vary depending on age and preference and there are plenty of opportunities for beginners to get involved in this highly social and stimulating sport.



TRIATHLON SKILLS FOR KIDS



If you are a complete beginner or would like a chance to improve your triathlon skills, these short Bike/Run courses offer a fantastic opportunity to enjoy two elements of triathlon within the safe off-road environment of Moors Valley Country Park & Forest. The sessions are led by Di Murray, a British Triathlon coach.

This unique opportunity will include ideas on how to ride your bike more skilfully, run pacing and how to complete the transition from bike to run. Each course will end with a fun competition to test out your new found skills. Sessions will cater for a range of abilities however children should be able to cycle and run for minimum of 5 minutes.

Date/Time:

Course 1: Mon 29 & Tue 30 Jul 9.30 - 10.30am

Course 2: Wed 21 Aug 9.30 - 11.30am

Course 3: Tue 27 Aug 9.30 - 11.30am

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

Price: £15 per course

Age: 8 - 14 years

Notes: This event is run in partnership with Synergie Coaching. If you want more information or have any questions please email di@synergiecoaching.com or call [07947 196204](tel:07947196204).



“Skills School will enhance the process of Young Triathlete Development by helping athletes and coaches explore fun and creative ways to be their best. This will improve the athlete and coach experience and increase retention in triathlon.”

britishtriathlon.org/gb-teams/talent/english-talent/skills-school/about

The local Leisure Centres across East Dorset also offer classes and sessions to complement triathlon including spinning and swim fit. See below links for further information on this growing sport.

britishtriathlon.org/get-involved uktriathlon.co.uk/beginners



EXERCISE CLASSES

Enjoy a huge variety of fitness classes with our Platinum Membership

Over 100 classes per week. Including Les Mills Classes, 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

www.dorsetforyou.gov.uk/qe-leisure-centre/classes

www.dorsetforyou.gov.uk/verwood-hub/classes



Active 4 Health is a partnership between leisure providers to encourage local people to become more active to benefit their health. By working together the partnership provides a wider choice of entry level activities to suit the health needs of individuals taking into account their location and interests. Exercise referral forms an important part of this offer, providing the essential link between health professionals and exercise referral providers.

ACTIVE 4 HEALTH LIFESTYLE HUB

Exercise referrals are securely sent from local health professionals to the Active 4 Health Lifestyle Hub.

Following a referral, the Active 4 Health Lifestyle Coordinator carries out a lifestyle screening with each client, providing a safe and supported exercise pathway to suit their location, interest and health needs. Exercise programme include options within a leisure centre or the natural environment (Costs vary) – all exercise referral instructors are appropriately qualified to support the health needs of individuals.

Queen Elizabeth Leisure Centre, Verwood Hub, Moors Valley Country Park, Ferndown Leisure Centre, BH Live Corfe Mullen and Community activities form part of the Active 4 Health partnership within the East Dorset area.

WHO QUALIFIES FOR AN EXERCISE REFERRAL?

If you have one or more of the health conditions listed on our website which affect your health and wellbeing [✉ dorsetcouncil.gov.uk/active-4-health](https://www.dorsetcouncil.gov.uk/active-4-health) you can be referred by a health professional (i.e. GP, Nurse, Physio) to an exercise referral programme. Ask your health professional today for an Active 4 Health exercise referral or contact the Lifestyle Coordinator for more information.

Lifestyle Coordinator

✉ active4health@dorsetcouncil.gov.uk
 ☎ 01202 795141



FURTHER LIFESTYLE SUPPORT FOR PEOPLE LIVING IN DORSET

LiveWell Dorset

LiveWell Dorset offer free health and wellbeing information, advice and support to improve your wellbeing in one or more of the following ways: help you to stop smoking, increase your physical activity, manage your weight and reduce your alcohol intake.

✉ livewelldorset.co.uk
 ☎ 0800 8401628

My Health My Way

Personalised support for people living with long term health conditions.

✉ myhealthdorset.org.uk
 ☎ 0303 303 0153

Dorset Mind

Dorset Mind mental health charity educates, challenges stigma and provides support towards peoples' wellbeing and recovery from mental ill health in Dorset.

✉ dorsetmind.uk
 ✉ contact@dorsetmind.uk

Alzheimer's Society

Providing support to anyone affected by dementia and helping them stay connected to their lives and the people who matter most.

✉ alzheimers.org.uk
 ☎ 0300 222 1122

Dorset Mental Health Forum

Dorset Mental Health Forum exists to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery.

✉ dorsetmentalhealthforum.org.uk
 ☎ 01305 257172
 ✉ admin@dorsetmentalhealthforum.org.uk

Access Dorset

Access Dorset is a user led organisation and registered charity, run by disabled people, older people and carers. They work to remove the physical, attitudinal and communication barriers that exist and are faced daily, and enhance everyday lives.

✉ accessdorsetcentre.org.uk
 ☎ 01202 771336

GREEN EXERCISE REFERRAL

Green exercise referral is a 12 week outdoor based exercise programme offered at Moors Valley Country Park to help those with low to moderate health conditions. It aims to help people achieve their health goals, including, improving their cardiovascular fitness, reducing their weight, improving overall wellbeing, reducing blood pressure and to strengthen and rehabilitate.



If you would like any more information about green exercise referral please contact Active 4 Health Lifestyle Co-ordinator on ☎ **01202 795141** or ✉ active4health@dorsetcouncil.gov.uk

escape pain

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

The courses comprise of 12 sessions that are delivered by trained exercise referral specialists over a 6 week period. Each class integrates a short education session, followed by exercise. A selection of courses are being delivered across East Dorset, both in a Leisure Centre and outdoor setting, please contact the Active 4 Health Lifestyle Coordinator for further information ☎ **01202 795141**
✉ active4health@dorsetcouncil.gov.uk

ACTIVE VOLUNTEERING OPPORTUNITIES

With trained volunteers leading 19 health walks, 3 health rides, 2 weekly accessible cycling sessions, 1 running session and monthly conservation tasks, it has never been more evident how important volunteers are in keeping people active.



Health Walk Leader

As a volunteer walk leader, you'll be helping people in your community to get active. As part of this role, you would be required to plan routes, support walkers and to love walking yourself. You don't need any particular experience, but we love our volunteers to be friendly and welcoming. Most of our walks are around an hour or less and generally volunteers would be required to lead or back up the walk 2 to 3 times a month. You would be required to attend a full days training.

Health Cycle Leader

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

Accessible Cycle Leader

To lead groups on weekly cycle rides of 60 minutes on Tuesday & Thursdays mornings at Moors Valley Country Park & Forest to help individuals who may lack confidence, an injury or learning difficulty to cycle.

Running Leader

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

Volunteer Training Dates

Walk Leader Training Day – Tuesday 14 May
Cycle Leader Training Day – Thursday 25 April
Accessible Cycle Leader Training Day – Wednesday 5 June

If any of these roles are of interest to you or would like to find out more please get in contact with the Health and Activity Team on ☎ **01425 480811** or ✉ activate@dorsetcouncil.gov.uk

CONSERVATION

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 can also develop your self-esteem.



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. The Wednesday meet ups can get busy, with up to 30 volunteers joining forces to look after heathland or woodland sites and keep the park looking its best. Smaller task days have included activities such as hedge laying, bridge building and bird box checking.

Working in partnership with the Forestry England and Dorset Council, volunteers can discover new areas of Moors Valley whilst getting active in the great outdoors.

Survey volunteers keep a keen eye on what is fluttering about in the park including; birds, butterflies and Moors Valley's famous dragonflies. The Rangers are especially keen to hear from anyone who would like to make use of their wildlife knowledge, providing valuable data to help make sure its natural assets are well looked after.



Volunteer

If you would like to join any volunteering opportunities at Moors Valley Country Park & Forest, please email

✉ rangers@moors-valley.co.uk
or call ☎ 01425 470721



Moors Valley Country park and forest



More fun...

Enjoy the unique play sculptures on the **Play Trail** or a walk through the trees on the **Tree Top Trail**.

More adventure...

Discover the thrill of trekking from tree to tree on the **Go Ape Tree Top Adventure** or whizzing through the Forest on a **Go Ape Forest Segway**.

More memories...

Experience the feeling of travelling by steam on an authentic narrowgauge **Steam Railway**, speeding along cycle trails through the Forest or coming face-to-face with life-size **Gruffalo sculptures**.

More peace...

Explore the peace and quiet of the Park and Forest along easy to follow **waymarked trails**. Relax with a delicious ice cream, a home cooked lunch in **Seasons Restaurant** or a few holes on our quality **Golf Course**.



The park and forest is open every day except Christmas day, from 8.00am. Some facilities have seasonal opening times.

Entrance on foot or bike is free however vehicle charges apply, from £1.50 to £12 depending on time of year and length of stay.

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.



SPORT CLUBS AND GROUPS

There are a range of local clubs and groups in the East Dorset area who provide entry level activities. These clubs are all keen to promote physical activity for your health and wellbeing, and welcome beginners and new members.

Angling

Wimborne & District Angling Club
📍 Various locations throughout Dorset
✉ secretary@wimborneanddistrictanglingclub.co.uk
🌐 wimbornefishingclub.co.uk

Bowls

Braeside Bowling Club
📍 St Leonards, nr Ringwood, BH24 2PJ
✉ braesidebc.co.uk
☎ 01425 479701

Cranborne Bowls Club
📍 The Mick Loader Memorial Ground, Penny's Lane, Cranborne, Wimborne, BH21 5QE
✉ cranbornebc.wixsite.com/bowls
☎ 01202 826685

West Moors Bowling Club
📍 Memorial Hall, Station Road, West Moors, Ferndown, BH22 0HZ
✉ bowlswestmoors.co.uk
☎ 01202 892033

Cricket

Ferndown Strollers Cricket Club
📍 Church Road, Ferndown, BH22 9ET
✉ secretary@ferndownstrollerscc.com
✉ ferndownstrollerscc.com
☎ 07899 942728

Wimborne & Colehill Cricket Club
📍 The Lease, off King Street, Wimborne, BH21 1DY
✉ secretary@wimbornecricketclub.co.uk
🌐 wimbornecricketclub.co.uk

Football & Walking Football

Parley Sports Ability Counts FC
📍 Parley Sports Ground, 275 Christchurch Road, West Parley, BH22 8SQ
✉ rob.amey@sky.com
☎ 07988 604524

Wimborne Town FC
📍 The Cuthbury, Cowgrove Road, Wimborne, BH21 4EL
✉ matty.holmes@wimbornetownfc.co.uk

Golf

Mike Dodd Golf Academy
📍 Sturminster Marshall Golf Club, Moor Lane, Sturminster Marshall, BH21 4BD
✉ mike@sturminstermarshallgc.co.uk
✉ sturminstermarshallgc.co.uk
☎ 01258 858444

Moors Valley Golf & Activity Centre
📍 Moors Valley Country Park, Horton Road, Nr Ringwood, BH24 2ET
Dorset Councils, Health and Activity Team
✉ golf@moors-valley.co.uk
✉ moors-valley.co.uk/golf
☎ 01425 479776

Hockey

Wimborne Wayfarers Hockey Club
📍 Queen Elizabeth Leisure Centre, Blandford Road, Wimborne, BH21 4DT
✉ contact@wimborneawayfarershc.co.uk
✉ wimborneawayfarershc.co.uk
☎ 01425 473470

What other sports clubs are in Dorset?

If you would like to find out about other sports clubs in your area or to find a range of activities visit the County Sports Partnership Active Dorset website for more information and search using the Activity Finder 🌐 activedorset.org/activity-finder

Netball & Walking Netball

Netball Dorset
Development Officer
✉ karen.peaty@englandnetball.co.uk
✉ netballdorset.co.uk
☎ 07540 126594

Verwood Town Netball Club
📍 Emmanuel Middle School, Howe Lane, Verwood BH31 6JF
✉ matnatsmum@googlemail.com
☎ 01202 823143

Petanque

Parley Petanque Club
📍 275 Christchurch Road, West Parley, BH22 8SQ
✉ tsw8848@gmail.com
☎ 01202 871519



Moors Valley

Golf Course

18 and 11 hole Golf Course, pay and play

5 hole Pitch & Putt and Footgolf

Golf Coaching available
Groups and Societies welcome
Annual Season Tickets 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



Go Ape!
LIVE LIFE
ADVENTURE

HELLO ADVENTURE SEEKER

Moors Valley Country Park
near Bournemouth

Book at **goape.co.uk**
or call **0845 519 2797†**

Participation and supervision ratios apply - please see our website.
†Calls cost 7p per minute plus your phone company's access charge.

Rowing Boat & Canoe Hire

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Open weekends, bank and school holidays

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Dreamboats
WIMBORNE

TERMS AND CONDITIONS

Online Bookings

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

www.moors-valley.co.uk/onlinebooking

Visit the website for full list of Terms and Conditions.

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.

Bookings can be made up to 2-hours before the start time of the activity.

Cancellations

Labelling 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.

Refunds

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

Parking at Moors Valley Country Park and Forest

Parking is free for the duration of your first bookable course or activity if you are a NEW Health and Activity event participant (those who have not taken part in a Health and Activity event since April 2017). Free parking is only available to each new participant for their first beginner course or activity, normal charges will apply for subsequent beginner courses of the same and/or different type. This offer is not valid for the following; Kids Triathlon (p32), Childrens Mountain Biking (p17), Try Orienteering (p29), turn up activities unless otherwise stated.

An Early Risers Season Ticket can be purchased for £39 and lasts for 12 months allowing free car access until 12 noon and after 4pm until closing, every day.

An All hours Season Ticket can be purchased for £55.
www.moors-valley.co.uk

External Providers

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

General

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

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

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

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

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

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

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

Photographs

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

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.

Nordic Walking Subscriptions

Valid for both workout and wellness sessions at Moors Valley, Ferndown and Kingston Lacy, Wimborne. The 11 sessions for £47.50 can be used over a 20 week period. 72 hours notice is required to transfer a usage or to reimburse a usage if you are unable to attend the session.

BOOKING

To take part in these activities (unless otherwise stated) you can book in 3 ways:

 Visit: www.moors-valley.co.uk/onlinebooking

 Call Moors Valley Golf & Activity Centre on: **01425 480811**

 Book in person at: **Moors Valley Golf & Activity Centre**

** For full terms and conditions please see page 43.*

GENERAL ENQUIRIES

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

 **01425 480811**

 activate@dorsetcouncil.gov.uk

FOLLOW US

You can stay up to date with all our events by finding us on Facebook at [facebook.com/communitylinksdorset](https://www.facebook.com/communitylinksdorset) or follow us on Twitter [@dorsetcouncil](https://twitter.com/dorsetcouncil)

ACTIVATE
COAST & COUNTRYSIDE

