

ACTIVATE

COAST & GREENSPACE

Free

OUTDOOR PHYSICAL ACTIVITY GUIDE 2020

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



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

WELCOME

This 2020 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 Greenspace programme aims to encourage people to get more active through a wide range of coast and countryside based activities. When it comes to exercise, you can't beat getting out and about in the fresh air!

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

From Nordic Walking to cycling, running to yoga, 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!

The Activate programme runs from 1 January 2020 to 31 December 2020.

FOLLOW US



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

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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 Country Park, Golf & Activity Centre, by telephone or online; **01425 480811**
[moors-valley.co.uk/onlinebooking](https://www.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.

SIT LESS, MOVE MORE!

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.

How much is enough?

To keep healthy experts recommend:

Children should aim for

60+ minutes

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

Adults should aim for at least

150 minutes

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

Benefits of exercising outdoors

It has never been more evident of the physical and mental health benefits that exercising in the great outdoors can bring. 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 some fresh air!

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.

Build Strength

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



Exercising with weights



Yoga



Carrying heavy shopping

Improve Balance

For older adults, to reduce the chance of frailty and falls, undertake at least 2 days a week of activities such as Tai Chi, Dance or Bowls.

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 6 Jan - Mon 27 Jan

Block 2: Mon 3 Feb - Mon 2 Mar

Block 3: Mon 9 Mar - Mon 30 Mar

Block 4: Mon 20 Apr - Mon 11 May

Block 5: Mon 18 May - Mon 15 Jun

Block 6: Mon 22 Jun - Mon 13 Jul

Block 7: Mon 20 Jul - Mon 10 Aug

Block 8: Mon 17 Aug - Mon 14 Sept

Block 9: Mon 21 Sept - Mon 12 Oct

Block 10: Mon 19 Oct - Mon 16 Nov

Block 11: Mon 23 Nov - Mon 14 Dec

Location: Moors Valley Country Park, Golf & Activity Centre, 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 6 Jan - Mon 27 Jan

Block 2: Mon 3 Feb - Mon 2 Mar

Block 3: Mon 9 Mar - Mon 30 Mar

Block 4: Mon 20 Apr - Mon 11 May

Block 5: Mon 18 May - Mon 15 Jun

Block 6: Mon 22 Jun - Mon 13 Jul

Block 7: Mon 20 Jul - Mon 10 Aug

Block 8: Mon 17 Aug - Mon 14 Sept

Block 9: Mon 21 Sept - Mon 12 Oct

Block 10: Mon 19 Oct - Mon 16 Nov

Block 11: Mon 23 Nov - Mon 14 Dec

Location: Moors Valley Country Park, Golf & Activity Centre, 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.

Monday

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 

Tuesday

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 

Wednesday

Golf Club, Sturminster Marshall, BH21 4BD

10 - 11am 

West Parley Sports & Social Club, BH22 8SQ

10 - 11am  Meet at the Curlew Pub

Moors Valley Country Park & Forest, BH24 2ET*

10 - 11am  10 - 10.30am 

QE Leisure Centre, Wimborne, BH21 4DT**

10.30am - 12pm 

Thursday

The Penn Court Café, West Moors, BH22 0HX

10 - 11am  10 - 10.30am 

Friday

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 33** for more details on volunteering opportunities

* Please note that you are entitled to free parking at Moors Valley Country Park & Forest for your first 3 consecutive weeks. Monday walks exclude bank holidays. ** Once a month this walk runs from varying locations, call 01425 480811 or visit the website www.moors-valley.co.uk/events for details.

EAST DORSET HERITAGE TRUST WALKS

Date: Thur 16 Jan
Location: Christchurch

Date: Thur 27 Feb
Location: Milton Abbas

Date: Thur 19 March
Location: Studland and Old Harry Rocks

Date: Thur 23 Apr
Location: Rockford & Ringwood

Date: Thur 22 Aug
Location: Woodgreen & Hale



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

Other Walking Opportunities

Walking for Health

For other Health Walks in Dorset please visit the Walking for Health website

➤ wfh.org.uk

Locations include:

Dorchester Strollers
Weymouth & Portland
The Tollerford Practice Walking Group
North Dorset Walking for Health
Swanage Walking for Health

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

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. Nordic Walking poles are provided.

'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. Nordic Walking poles are provided.



TASTER SESSIONS

Moors Valley Country Park & Forest

Date: Wed 15 Jan
Time: 10 - 11am
Date: Tue 21 Apr
Time: 11.15am - 12.15pm
Date: Fri 11 Sept
Time: 11.15am - 12.15pm
Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET
Price: £4.50 per person
Age: Adults



Kingston Lacy

Date: Tue 21 Jan **Time:** 11am - 12pm
Date: Tue 28 Apr **Time:** 10.45 - 11.45am
Location: Kingston Lacy House, Wimborne, BH21 4EA
Price: £4.50 per person **Age:** Adults



West Moors

Date: Wed 29 Apr **Time:** 10.15 - 11.15am
Location: Fryers Field, West Moors, BH22 0LJ
Price: £4.50 per person **Age:** Adults



'LEARN TO' COURSES

Moors Valley Country Park & Forest

Date: Wed 22 Jan - Wed 12 Feb
Time: 11am - 12pm
Date: Sat 25 Jan & Sat 1 Feb
Time: 11am - 1pm
Date: Mon 24 Feb - Mon 16 Mar
Time: 11.15am - 12.15pm
Date: Tue 28 Apr - Tue 19 May
Time: 11am - 12pm
Date: Sat 2 May & Sat 9 May
Time: 11.15am - 1.15pm
Date: Wed 6 May - Wed 27 May
Time: 10.15 - 11.15am
Date: Mon 8 Jun - Mon 29 Jun
Time: 10.15 - 11.15am
Date: Wed 16 Sept - Wed 7 Oct
Time: 11am - 12pm
Date: Sat 19 Sept & Sat 26 Sept
Time: 11.15am - 1.15pm
Location: Moors Valley Country Park, Golf & Activity Centre, BH24 2ET
Price: £20 per course **Age:** Adults



Kingston Lacy

Date: Tue 4 Feb & Tue 11 Feb
Time: 9.30 - 11.30am
Date: Tue 10 Mar & Tue 17 Mar
Time: 11am - 1pm
Date: Tue 5 May & Tue 12 May
Time: 9.30 - 11.30am
Date: Tue 6 Oct - Tue 27 Oct
Time: 10.45 - 11.45am
Location: Kingston Lacy House, Wimborne, BH21 4EA
Price: £20 per course
Age: Adults



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



BOOK

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



BOOK

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

Wednesdays 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



BOOK

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

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

Age: Adults



BOOK

MONTHLY NORDIC ADVENTURE WALKS

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.

Price: £6.50 per person



Tuckton

Date: Thur 6 Feb

Time: 10.30am - 12.30pm

Location: Wick Lane, Wick, Tuckton BH6 4JT

Martin

Date: Thur 2 Jul

Time: 10.30am - 12.30pm

Location: Martin Down Car Park, Silless Lane, Martin

North Dorset

Date: Thur 5 Mar

Time: 10.30am - 12.30pm

Location: North Dorset Trailway, car park at end of Havelins lane, Stourpaine DT11 8TH

Sixpenny Handley

Date: Thur 3 Sept

Time: 10.30am - 12.30pm

Location: Church Farm, High Street, Sixpenny Handley SP5 5ND

New Forest

Date: Thur 2 Apr

Time: 10.30am - 12.30pm

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

Witchampton

Date: Thur 1 Oct

Time: 10.30am - 12.30pm

Location: Moor Crichel Sports Ground, New Town, Witchampton, BH21 5AU

Blandford Forum

Date: Thur 7 May

Time: 10.30am - 12.30pm

Location: Keyneston Mill, DT11 9HZ

Kingston Lacy

Date: Thur 5 Nov

Time: 10.30am - 12.30pm

Location: Kingston Lacy House, Wimborne, BH21 4EA

New Forest

Date: Thur 4 Jun

Time: 10.30am - 12.30pm

Location: Mockbeggar & Ibsly Common car park, near Moyles Court School, New Forest SU 163 082



SUMMER EVENING NORDIC

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

Moors Valley Country Park & Forest

Date: Tue 7 Jul, Tue 14 Jul, Tue 21 Jul, Tue 28 Jul, Tue 4 Aug or Tue 11 Aug

Time: 6 - 7pm

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

Price: £4.75 per session or use your subscription

Age: Adults



NORDIC AT NIGHT

A brrrrrilliant opportunity to explore the forest at night with a qualified Nordic Walking instructor to guide the way.

Moors Valley Country Park & Forest

Date:

Tue 27 Oct, Tue 3 Nov, Tue 10 Nov, Tue 17 Nov, Tue 24 Nov or Tue 1 Dec

Time: 6 - 7pm

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

Price: £4.75 per session or use your subscription

Age: Adults

Notes: Please wear your own head torch



BAT NORDIC WALK

An opportunity to go Nordic Walking whilst learning and spotting bats at dusk in the forest.

Moors Valley Country Park & Forest

Date: Tue 29 Sept

Time: 7 - 8pm

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

Price: £4.75 per session or use your subscription

Age: Adults



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!



Moors Valley Country Park & Forest

COUCH TO 5K

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

Block 1: Tue 14 Jan - Tue 17 Mar

Time: 9.30 - 10.15am

Block 2: Tue 21 Apr - Tue 23 Jun

Time: 9.30 - 10.15am

Block 3: Mon 1 Jun - Mon 27 Jul

Time: 5.30 - 6.15pm

Block 4: Tue 15 Sept - Tue 17 Nov

Time: 9.30 - 10.15am

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

Price: £9 per block

Age: Adults

Notes: Excludes school holidays



BUGGY COUCH TO 5K

A 9 week programme of running, using the NHS Couch to 5K app suitable for parents and the little one.

Date: Wed 15 Jan - Wed 18 Mar

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

Time: 10 - 10.45am

Price: £9 per block

Age: Adults

Notes: Excludes school holidays



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.

Block 1: Sat 11 Jan - Sat 29 Feb

Block 2: Sat 7 Mar - Sat 25 Apr

Block 3: Sat 2 May - Sat 20 Jun

Block 4: Sat 27 Jun - Sat 15 Aug

Block 5: Sat 22 Aug - Sat 10 Oct

Block 6: Sat 17 Oct - Sat 5 Dec

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

Time: 9 - 10am

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.*

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 and skills based sessions are also held on a weekly basis.

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

✉ roadrunners@wimborneac.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 LEVEL 3

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 from 22 July to 26 Aug.*

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 33** for more details on volunteering opportunities

SUMMER EVENING HEALTH RIDES

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

Ferndown

Date: Tuesdays

Tue 7 Jul - Tue 25 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.



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.

Moors Valley Country Park & Forest

Date:

Course 1: Wed 26 Feb, 4 & 11 Mar

Time: 1 - 2.30pm

Course 2: Wed 6, 13 & 20 May

Time: 1 - 2.30pm

Course 3: Thur 18, 25 Jun & 2 Jul

Time: 10 - 11.30am

Course 4: Mon 14, 21 & 28 Sept

Time: 11.30am - 1pm

Course 5: Mon 14, Tue 15 & Wed 16 Sept

Time: 2 - 3.30pm

Course 6: Tue 3, 10 & 17 Nov

Time: 1 - 2.30pm

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

Price: £59 per course

Notes: Bike hire included.





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 sec@dcn.org.uk

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.



HOW DO I START?

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

Please contact the Health and Activity Team to arrange your 1-2-1 consultation
✉ activate@dorsetcouncil.gov.uk
☎ 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, Golf & Activity Centre, BH24 2ET

Time: 11am - 12pm

Price: £3 donation per bike

Notes: You are very welcome to bring your own bike. Sessions exclude the school summer holidays.



OTHER TIMES AND AVAILABILITY

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

GROUPS WELCOME

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

WORKING TOGETHER



Forestry England

BIKE FLEET

The Health & Activity Team based at Moors Valley Country Park, Golf & Activity Centre has a fleet of adaptive bikes suitable for a range of needs. Please visit moors-valley.co.uk to see the full range of bikes available.





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

See **page 33** for more details on volunteering opportunities

Other Accessible Opportunities

Dorset Destroyers Wheelchair Rugby Team

 thedorsetdestroyers.co.uk

Dorset Disability Sport

 disabilitysportsdorset.weebly.com

Access Dorset

 accessdorset.org.uk

Cycles4All Eastleigh

 paviliononthepark.org/cycles4all

Pedall New Forest

 pedall.org.uk

Wheels For All Portsmouth

 facebook.com/wheelsforallcycleproject
 02392 728899

Wheels For All Wiltshire

 wiltshire.gov.uk
 01722 434770

Guided Running at Moors Valley Country Park

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.

 moors-valley.co.uk
 01425 480811

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/INTERMEDIATE SESSIONS

Moors Valley Country Park & Forest

Date: Tue 7 Jul, Tue 14 Jul, Tue 21 Jul, Tue 28 Jul, Tue 4 Aug, Tue 11 Aug or Tue 18 Aug

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

Time: 5.30 - 6.30pm

Price: £5 per person

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

Notes: Please bring a towel or fitness mat. Please park at Moors Valley Golf and Activity Centre on arrival unless informed otherwise.



West Parley

Date: Mon 6 Jul, Mon 13 Jul, Mon 20 Jul, Mon 27 Jul, Mon 3 Aug, Mon 10 Aug or Mon 17 Aug

Location: West Parley Sports & Social Club, BH22 9AP

Time: 6.30 - 7.30pm

Price: £5 per person

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

Notes: Please bring a towel or fitness mat.



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.

To find out more about mindfulness sessions please call the Health and Activity Team on ☎ 01425 480811 or email ✉ activate@dorsetcouncil.gov.uk



TAI CHI

Tai Chi combines deep breathing and relaxation with flowing movements. It is ideal for inactive people wanting to raise their activity levels gently and gradually. 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.



TASTER SESSIONS

Come along to our taster session and have a go to see if Tai Chi is the activity for you!

Moors Valley Country Park & Forest

Date: Tue 31 Mar

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

Time: 10 - 10.45am

Price: £1 to pay on the day

Age: Adults

Notes: No need to book just turn up with your £1 coin

Wimborne

Date: Wed 1 Apr

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

Time: 10 - 10.45am

Price: £1 to pay on the day

Age: Adults

Notes: No need to book just turn up with your £1 coin

Sturminster Marshall

Date: Wed 1 Apr

Location: Walnut Tree Field, Sturminster Marshall

Time: 11.45am - 12.30pm

Price: £1 to pay on the day

Age: Adults

Notes: No need to book just turn up with your £1 coin

BEGINNERS SESSIONS

Moors Valley Country Park & Forest

Block 1: Tue 21 Apr - Tue 12 May

Block 2: Tue 2 Jun - Tue 23 Jun

Block 3: Tue 30 Jun - Tue 21 Jul

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

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

Age: Adults



BOOK

Wimborne

Block 1: Wed 22 Apr - Wed 13 May

Block 2: Wed 3 Jun - Wed 24 Jun

Block 3: Wed 1 Jul - Wed 22 Jul

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

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

Age: Adults



BOOK

Sturminster Marshall

Block 1: Wed 22 Apr - Wed 13 May

Block 2: Wed 3 Jun - Wed 24 Jun

Block 3: Wed 1 Jul - Wed 22 Jul

Location: Walnut Tree Field, Sturminster Marshall

Time: 11.45am - 12.45pm

Price: £18 per block

Age: Adults



BOOK

TRIATHLON BIKE AND RUN SKILLS FOR CHILDREN



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

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

You will pick up ideas on how to ride your bike skilfully and how to pace your running for a triathlon. The sessions will finish with a fun competition to put your new skills into place. We will talk about the swim, but you won't be swimming. You will need a road worthy bike, cycle helmet and a pair of trainers to take part.

8-13 years

Course 1: Mon 17 Aug 9.30 - 11.30am

Course 2: Tue 18 Aug 9.30 - 11.30am

14-16 years

Course 1: Thur 20 Aug 9.30 - 11.30am

Course 2: Fri 21 Aug 9.30 - 11.30am

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

Price: £15 per course



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. To find out more about fitness buggy workouts please call the Health and Activity Team on ☎ 01425 480811 or email ✉ activate@dorsetcouncil.gov.uk

GET INTO GOLF

Moors Valley



Golf Course

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!

Moors Valley Golf Course

FREE GOLF TASTER

Looking for a new challenge?

Want to get healthy and active?

Keen to meet new friends?

Come along to our FREE golf taster evening where you will have a go at playing golf, have fun and chat over a glass of prosecco.

Date: Thur 2 Apr

Time: 6 - 7.30pm

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

Age: Adults



LEARN GOLF IN A DAY

Date: Sat 4 Jul

Time: 10am - 4pm

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

Price: £36 per person

Age: Adults

Notes: Please bring a packed lunch/ refreshments



GOLF FOR BEGINNERS - ADULTS

Date:

Course 1: Tue 7 Apr - Tue 28 Apr

Time: 6 - 7pm

Course 2: Sat 2 May - Sat 23 May

Time: 1 - 2pm

Course 3: Tue 2 Jun - Tue 23 Jun

Time: 6 - 7pm

Course 4: Fri 3 Jul - Fri 24 Jul

Time: 9.30 - 10.30am

Course 5: Fri 4 Sept - Fri 25 Sept

Time: 9.30 - 10.30am

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

Price: £24 per course

Age: Adults



GOLF FOR BEGINNERS - LADIES

Date: Thur 9 Apr - Thur 30 Apr

Time: 9.30 - 10.30am

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

Price: £24 per course

Age: Adults



JUNIOR GOLF ADVENTURE DAYS

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 environment.

Date: Thur 23 Jul or Thur 30 Jul

Time: 10am - 4pm

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

Price: £30 per person

Age: 8 - 13 years



GOLF TUITION - INDIVIDUALS

We can also offer one to one tuition with;

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

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.

Please phone The Health & Activity team on **01425 479776** to find out more about how groups or individuals can be supported.

FOOTGOLF AND PITCH AND PUTT

Footgolf is a great game where players kick a football into large golf style holes in as few shots as possible. Moors Valley Golf Course offers both a 9 hole footgolf or 5 hole pitch and putt course, perfect for the whole family to enjoy. **Price:** £4 per person



Golf Booking

01425 479776

Moors Valley Country Park, Golf & Activity Centre

Moors Valley

Golf Course

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



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

GolfCourseMoorsValley
@MoorsValleyGolf

moors-valley.co.uk/golf



Volunteer

See **page 33** for more details on volunteering opportunities

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

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

TASTER EVENTS

Park Foot Orienteering

Location: Potterne Park, Verwood, BH21 6RS
Date: Sat 4 Jul **Time:** 10.30am - 1pm **Price:** Free



Country Park Foot or Cycle Orienteering

Location: Moors Valley Country Park & Forest, BH21 2ET
Date: Sat 18 Jul **Time:** 10.30am - 1pm **Price:** Free
Notes: Bike hire available at normal cost



Countryside Foot Orienteering

Location: BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY
Date: Sat 8 Aug **Time:** 10.30am - 1pm **Price:** Free



Urban Foot Orienteering

Location: Willow Walk, Wimborne Town Centre (next to Waitrose) BH21 1AN
Date: Sat 5 Sept **Time:** 10.30am - 1pm **Price:** Free



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 11 Jan, Sat 8 Feb, Sat 14 Mar, Sat 11 Apr, Sat 9 May, Sat 13 Jun, Sat 11 Jul, Sat 12 Sept, Sat 10 Oct, Sat 14 Nov or Sat 12 Dec

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

Time: 1.30 - 3pm

Price: £2.50 per person

Notes: Maps and compasses are provided.



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**

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. Kayaking, canoeing and Stand up Paddleboards are low impact activities that can improve aerobic fitness, strength and flexibility. 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. At the end of the session paddlers should achieve the British Canoeing Paddle Start Award.

Thur 7 May	6.30 - 8.30pm	Sat 9 May	9.30 - 11.30am
Thur 21 May	6.30 - 8.30pm	Sat 23 May	9.30 - 11.30am
Thur 9 Jul	6.30 - 8.30pm	Sat 27 Jun	9.30 - 11.30am
Thur 30 Jul	6.30 - 8.30pm	Sat 1 Aug	9.30 - 11.30am

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

Age: 8+ years (We would normally expect children to be accompanied by an 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

✉ riverside@phcc.org.uk

If you cannot make the advertised sessions; contact the club and we will arrange an alternative time if we can ☎ **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.

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 2 May

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

Time: 11.30am - 4pm

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



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 2 Aug

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.



Introduction to Flatwater Fitness and Race Paddling

The Club will be running introductory sessions and courses for adults and for juniors throughout the year, including school holidays. For more information

✉ riverside@phcc.org.uk or visit

📍 pooleharbourcanoecub.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 please email

✉ riverside@phcc.org.uk or visit

📍 pooleharbourcanoecub.uk

Active 4 Health



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



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.

Next course at Moors Valley Country Park starts Monday 24 Feb - Wednesday 1 Apr, 1pm - 2pm.

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**



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.

DORSET COUNCIL

Conservation volunteers help us look after our Nature Reserves and Open Spaces all around the East Dorset area, helping make the spaces better for native wildlife. This friendly group meet on Thursdays through the winter months, and activities differ

from week to week depending on what the habitats need. Working outdoors is a wonderful way of exploring new areas, learning more about our wildlife and keeping fit. No previous experience necessary, and all tools, gloves provided!



Volunteer

If you would like to join any volunteering opportunities at Moors Valley Country Park & Forest, please call ☎ **01425 470721** or email ✉ **rangers@moors-valley.co.uk**

If you would like to join any volunteering opportunities for Dorset Council's conservation please call ☎ **01425 470721** and ask for Hannah in the Countryside Team or email ✉ **hannah.bosence@dorsetcouncil.gov.uk**

VOLUNTEERING OPPORTUNITIES

With trained volunteers leading 16 health walks, 9 weekly health rides, 2 accessible cycling sessions, 1 weekly running session and conservation tasks, it has never been more evident how important volunteers are in keeping people active.



Health Walk Leader

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

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.

Golf Volunteers

Golf is a new addition to the health and activity volunteering roles this year.

Opportunities include Golf Buddies, Golf Course Maintenance and more.

All tasks are outdoors, active and will benefit the course, wildlife and your own health and wellbeing. Golfers and non-golfers are welcome, please phone the Health and Activity team for more details or follow us on social media.



Like us on Facebook at [facebook.com/GolfCourseMoorsValley](https://www.facebook.com/GolfCourseMoorsValley) or follow us on Twitter [@MoorsValleyGolf](https://twitter.com/MoorsValleyGolf)

Volunteer Training Dates

Walk Leader Training

Thurs 13 Feb or Thurs 2 Apr or Thurs 21 May or Thurs 24 Sept

Cycle Leader Training

Thurs 30 Jan or Thurs 14 May or Thurs 8 Oct

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



Stepping into nature

Activities for happy, healthy living

Being close to nature can help boost your health, mood and build self esteem. In short, it can make you feel better and put a smile on your face too!

The Stepping into Nature project opens Dorset's beautiful landscape, wildlife and culture, helping people live healthier and happier lives for longer. Through partners the project delivers nature-themed activities, held indoors and out, helping people discover new places, learn new skills and meet like-minded people. All the activities are dementia friendly and are mostly free or with a very small charge and will help you take that first step in nature.

The project is led by the Dorset AONB and is supported by the National Lottery Community Fund

✉ stepin2nature@dorsetcouncil.gov.uk or ☎ 01305 224788

www.stepin2nature.org

FOLLOW US...



Keep up to date with physical outdoor activities for adults and children, fun family events, new activities as well as interesting stories by following us.

Moors
Valley 

Golf Course

ACTIVATE

COAST & GREENSPACE

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

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

moors-valley.co.uk/golf

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

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

moors-valley.co.uk/events

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**.

Season Tickets

Visit all year round with an Annual Season Ticket, for as little as **£6 per month** with our Direct Debit option. With so much to explore there's always more to come back for.

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.



SPORTS 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

Verwood Bowling Club

📍 Moorlands Rd, Verwood BH31 7PD

📞 01202 823339

West Moors Bowling Club

📍 Memorial Hall, Station Road, West Moors, Ferndown, BH22 0HZ

✉️ bowlswestmoors.co.uk

📞 01202 892033

Wimborne Bowls Club

📍 Redcotts Recreation Ground, Victoria Road, Wimborne BH21 1EW

✉️ wimbornebowlsclub.co.uk

📞 01202 880415

Cricket

Ferndown Strollers Cricket Club

📍 Church Road, Ferndown, BH22 9ET

✉️ secretary@ferndownstrollerscc.com

🌐 ferndownstrollerscc.com

📞 07899 942728

Ferndown Wayfarers Cricket Club

📍 Castleman Trailway, off Forest Links Road, Ferndown BH22 9PH

✉️ petermartin48@hotmail.co.uk

📞 07585 335754

Verwood Cricket Club

📍 Potterne Park, Potterne Way, Verwood, BH21 6RS

✉️ info@verwoodcricketclub.co.uk

🌐 verwoodcricketclub.co.uk

Wimborne & Colehill Cricket Club

📍 The Lease, off King Street, Wimborne, BH21 1DY

✉️ secretary@wimbornecricketclub.co.uk

🌐 wimbornecricketclub.co.uk

Football & Walking Football

Parley Ability Counts FC

📍 Chapel Gate, Parley, BH23 6BL

✉️ rob.amey@sky.com

📞 07988 604524

Wimborne Town FC

📍 The Cuthbury, Cowgrove Road, Wimborne, BH21 4EL

✉️ matty.holmes@wimborntownfc.co.uk

📞 07502200345

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 and search using the Activity Finder activedorset.org/activity-finder

Golf

Ferndown Forest Golf Club

📍 Forest Links Road, Ferndown BH22 9PH

✉️ golf@ferndownforestgolfcourse.co.uk

🌐 sturminstermarshallgc.co.uk

☎️ 01202 876096

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@wimbornewayfarershc.co.uk

🌐 wimbornewayfarershc.co.uk

☎️ 01425 473470

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

✉️ matnatmum@googlemail.com

☎️ 01202 823143

Petanque

Ferndown Wayfarers Boules Club

📍 Castleman Trailway, off Forest Links Road, Ferndown, BH22 9PH

✉️ garyfstarmer@gmail.com

🌐 parleypetanqueclub.com

☎️ 07733 361393

Parley Petanque Club

📍 275 Christchurch Road, West Parley, BH22 8SQ

✉️ tsw8848@gmail.com

Sailing

Weymouth Sailing Club

📍 Nothe Parade, Weymouth DT4 8TX

✉️ enquiries@wsc.org.uk

🌐 wimbornewayfarershc.co.uk

☎️ 01305 785481



Moors Valley

Golf Course

**18 and 11 hole Golf Course,
pay and play**

**9 hole Footgolf and
5 hole Pitch & Putt**

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

GolfCourseMoorsValley 

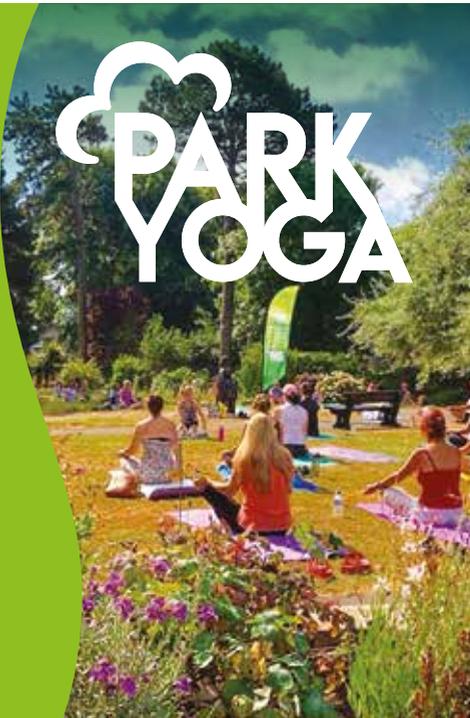
@MoorsValleyGolf 

moors-valley.co.uk/golf

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.



**PARK
YOGA**

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.

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

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; Triathlon Bike & Run skills for children (p23), Try Orienteering (pg 27), turn up activities unless otherwise stated.

An Early Risers Season Ticket can be purchased for £41 and lasts for 12 months allowing free car access until 12 noon and after 4pm until closing, every day.

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 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 three ways:

 moors-valley.co.uk/onlinebooking

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

 **Moors Valley Country Park, Golf & Activity Centre**

** For full terms and conditions please see page 39.*

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

 **Moors Valley Country Park, Golf & Activity Centre**

FOLLOW US

You can stay up to date with all our events by...

Liking us on Facebook at facebook.com/ActivateCoastGreenspace

Follow us on Twitter [@Activate_Dorset](https://twitter.com/Activate_Dorset)

Subscribe to our Activate Coast & Greenspace monthly e-newsletter

 dorsetcouncil.gov.uk/e-newsletter