

# Get Active in North Somerset

Physical activities and healthy living

## Walk, Jog, Run

Activity	Ages	When	Where	Accessibility	Contact
<p><b>BOGS of Somerset Hash</b>  <b>House Harriers – Social Walking and Running Trails</b></p> <p>A Hash requires a "hare" to set a trail with flour or chalk or a combination of these. Length varies, but a reasonable trail is between 3-5 Kms for walkers and 5-8 Kms for runners. They're often cross country/off-road but can be through streets and back alleys. A well planned Hash will ensure all participants return within a few minutes of each other followed by refreshments and an assessment of the trail.</p>	16+	Wednesdays 7pm for a 7.15pm start	Throughout North Somerset. Full event list: <a href="https://www.bristolhash.org.uk/bogsruns.php">https://www.bristolhash.org.uk/bogsruns.php</a>	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Tim Moran</p> <p>07801 678 432  <a href="mailto:tim@moransonline.co.uk">tim@moransonline.co.uk</a></p> <p><a href="https://www.bristolhash.org.uk/bogsintro.php">https://www.bristolhash.org.uk/bogsintro.php</a></p>

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<b>Couch to 5K</b> Join a local group or download the app and have a go yourself!	All ages		For the Weston-s-Mare Couch to 5K, visit: <a href="https://www.betterhealthns.co.uk/tools/couch-to-5k/">https://www.betterhealthns.co.uk/tools/couch-to-5k/</a> for the latest dates.		National: <a href="https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/">https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/</a>  North Somerset: <a href="https://www.betterhealthns.co.uk/tools/couch-to-5k/">https://www.betterhealthns.co.uk/tools/couch-to-5k/</a>
<b>Gordano Footpath Group</b> Wide variety of walks suitable for all ages and abilities. Walks vary in length from 4 to 10+ miles.	18+ and families	Various – please contact us for details	Gordano Valley and further afield	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Sheila Venn  01275 849 264  <a href="http://gordanofpg.org.uk">gordanofpg.org.uk</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Ladies Running</b>		Fridays 9.30am	Winscombe Community Centre Annexe 11 Sandford Road Winscombe BS25 1JA	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Madi Hearne 07896 076 387  <a href="mailto:Madi.hearne@btinternet.com">Madi.hearne@btinternet.com</a>
<b>Nailsea and District Footpath Group</b> Wide variety of walks suitable for all ages and abilities. Walks vary in length from 2 to 10+ miles.	18+	Tuesdays, Thursdays and occasional weekends. Times vary, please check website	Nailsea and further afield	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Gordon Bennett  01275 810 067  <a href="mailto:info@nfpfg.org.uk">info@nfpfg.org.uk</a>  <a href="http://www.nfpfg.org.uk">www.nfpfg.org.uk</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Nature Connection Walk Portishead</b> Each 90-minute session includes a grounding meditation, mindful walking, and reflective group discussions, finishing with refreshments.		3pm to 4.30pm  Second Monday of the month	Portbury Wharf	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="#">Connect3 Nature Walks   Free Wellbeing walks in North Somerset — Mudita Salus CIC</a>
<b>Nature Connection Walk Weston</b> Each 90-minute session includes a grounding meditation, mindful walking, and reflective group discussions, finishing with refreshments.		3pm to 4.30pm  First Monday of the month	Weston Woods	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="#">Connect3 Nature Walks   Free Wellbeing walks in North Somerset — Mudita Salus CIC</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Nature Connection Walk Winscombe</b> Each 90-minute session includes a grounding meditation, mindful walking, and reflective group discussions, finishing with refreshments.		3pm to 4.30pm  Third Monday of the month	Winscombe and Sandford Award Land	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="#">Connect3 Nature Walks   Free Wellbeing walks in North Somerset — Mudita Salus CIC</a>
<b>North Somerset Health Walks</b> Group walks encourage inactive individuals to start to get active. Walks vary in duration from 30 to 90 minutes. All abilities welcome.	All ages	Walks in and around Banwell, Churchill and Cheddar. Clevedon, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe, Worle and Yatton. Visit website for more information.		<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Visit: <a href="http://www.betterhealthns.co.uk/information/healthwalks/">www.betterhealthns.co.uk/information/healthwalks/</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Parkrun – Clevedon</b> A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!	All ages  (children under 11 years must be accompanied during the run)	Saturdays 9am	Salthouse Park Clevedon BS21 7TU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="mailto:clevedonsalthousefields@parkrun.com">clevedonsalthousefields@parkrun.com</a>
<b>Parkrun – Weston-super-Mare</b> A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!	All ages  (children under 11 years must be accompanied during the run)	Saturdays 9am	Marine Parade Weston-super-Mare BS23 1BE	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="mailto:marineparade@parkrun.com">marineparade@parkrun.com</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Junior Parkrun – Clevedon</b> Weekly, free, 2km timed events	4 to 14 years	Sundays 9am	Clevedon Seafront Clevedon BS21 7EH	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="http://www.parkrun.org.uk/clevedonseafont-juniors/">www.parkrun.org.uk/clevedonseafont-juniors/</a>
<b>Junior Parkrun – Weston</b> Weekly, free, 2km timed events	4 to 14 Years	Sundays 9am	Walford Avenue Weston-super-Mare BS22 7RD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="http://www.parkrun.org.uk/westonsupermare-juniors/">www.parkrun.org.uk/westonsupermare-juniors/</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Parkrun Junior – Yatton</b> Weekly, free, 2km timed events	4 to 14 years	Sundays 9am	Yatton Recreation Ground Yatton BS49 4HS	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="https://www.parkrun.org.uk/yattonrecreation-juniors/">https://www.parkrun.org.uk/yattonrecreation-juniors/</a>
<b>This Woman Runs – Clevedon</b> We create free, safe, local and zero-pressure running communities for women to connect, meet up, chat, laugh, share challenges, celebrate achievements, cheer each other on and run together.	18+	Sundays 8am	Clevedon Children's Centre The Barn Great Western Road Clevedon BS21 6HB	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Georgie Freeman 07835 966 916  <a href="mailto:hello@thiswomanruns.com">hello@thiswomanruns.com</a>  <a href="http://www.thiswomanruns.com">www.thiswomanruns.com</a>



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<b>This Woman Runs – Nailsea</b> We create free, safe, local and zero-pressure running communities for women to connect, meet up, chat, laugh, share challenges, celebrate achievements, cheer each other on and run together.	18+	Wednesdays 7.30pm  Sundays 8am	Meet at the bench by the children's play area, near Tesco car park in Millenium Park, Nailsea BS48 1AU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Georgie Freeman 07835 966 916  <a href="mailto:hello@thiswomanruns.com">hello@thiswomanruns.com</a>  <a href="http://www.thiswomanruns.com">www.thiswomanruns.com</a>
<b>This Woman Runs – Pill (Walking and Running)</b> We create free, safe, local and zero-pressure running communities for women to connect, meet up, chat, laugh, share challenges, celebrate achievements, cheer each other on and run together.	18+	Wednesdays 6.25pm (walking group with the intention of building up to jeffing)  7pm (running)	The Precinct Shopping Centre Church Place Pill BS20 0AE	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Georgie Freeman 07835 966 916  <a href="mailto:hello@thiswomanruns.com">hello@thiswomanruns.com</a>  <a href="http://www.thiswomanruns.com">www.thiswomanruns.com</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Walk and Talk for unpaid adult carers</b> Gentle exercise for all abilities Carers can join us for our walk and talks and coffee breaks. Varied routes and durations. Connect with nature and others.	18+	Twice a month	Different locations across North Somerset	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	North Somerset Carers Support Team 03000 120 120  <a href="mailto:carersupport@alliancehomes.org.uk">carersupport@alliancehomes.org.uk</a>  <a href="https://www.alliancehomes.org.uk/support-services/">https://www.alliancehomes.org.uk/support-services/</a>
<b>Walking at Tyntesfield</b> Getting active across the Tyntesfield estate is the perfect way to see the plants, trees and wildlife.	All ages	10am to 6pm in Summer  10am to 5pm in Winter  Every day except Christmas eve and Christmas day	Tyntesfield Wraxhall Bristol BS48 1NX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Tyntesfield Office 01275 461 900  <a href="mailto:Tyntesfield@nationaltrust.org.uk">Tyntesfield@nationaltrust.org.uk</a>  <a href="http://www.Nationaltrust.org.uk/tyntesfield">www.Nationaltrust.org.uk/tyntesfield</a>

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<b>Weston Whippets Running Club</b> Social running group encouraging members to enjoy running with a variety of running distances and terrain	Road and Trail running: 16+  Youth Training: 12 to 16 years  Funetics: 4 to 12 years	Monday: 7.30pm  Tuesday: 7pm  Wednesday: 6.30pm (under 16)  Thursday: 7pm  Saturday: 8am  Saturday: 9am (4 – 16 years)  Sunday: 8.30am	Various locations in Weston-super-Mare  4 to 16 year olds at Haywood Village school	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="mailto:westonwhippetsrc@gmail.com">westonwhippetsrc@gmail.com</a>