




NORTH SOMERSET WALKFEST

1-31 MAY 2024

CHOOSE FROM LOTS OF AMAZING WALKS AND EVENTS IN AND AROUND NORTH SOMERSET

Options for all ages, interests and abilities. Most walks are **FREE**
 For full information: n-somerset.gov.uk/nswalkfest or call **01275 882730**

PICK UP A BROCHURE AT YOUR LOCAL LIBRARY



We've brought together a whole programme of walks to make sure there is something for everyone: so, head out for a walk for the joy of walking, learn something new during an educational guided walk, talk it through in a walk and talk or netwalking group, or give walking sports a go.

Visit the website to find information about local groups and walking routes. Routes are up to 6 miles and all across North Somerset.

HEALTH WALKS

Health Walks are aimed at individuals who want to start and stay active. They are led by volunteers who have attended leader training to ensure a safe and enjoyable walk for all. Nailsea, Portishead and Weston offer a variety of distances for different abilities.

WALK EVERY DAY IN MAY

Start a new habit and challenge yourself to walk every day during Walk Fest. The distance isn't important. Head to the website to download the tracker and tick off every day that you walk.

 HEALTH AND WELLBEING

 WALKING SPORTS

 NATURE AND WILDLIFE

 HISTORY AND ARCHITECTURE

 ARTS AND CULTURE

WALK GRADES AND THEMES

EASY - mainly flat on paved surfaces without features such as steps; gentle pace.

FAIRLY EASY - mainly flat on paved surfaces with features such as steps; gentle pace.

MODERATE - more challenging slopes and the ground may be varied, may include steps and stiles; moderate pace.

CHALLENGING - suitable for experienced walkers able to walk longer distances over mixed terrain and gradients at a brisk pace.

Walk Every Day in May

Date: Throughout

Category: Health and Wellbeing

Must book? No

Free? Yes

Distance: You choose

Location: Anywhere

Organisation: [North Somerset Council](#)

Challenge yourself to walk every day in May! You can walk for as long as suits you – even 10 mins each day and you'll feel the difference.

Download the template online and tick off the days to keep track of when you walk.

[Find out more here](#)

Walk Well

Date: Throughout

Category: Health and Wellbeing

Must book? Yes

Free? Yes

Distance: 10,000 steps a day

Location: Anywhere!

Organisation: [Penny Brohn UK](#)



Step up and Walk Well in May 2024 to make every step count for cancer wellness!

Between 1st - 31st May, make every step count by raising vital funds for Penny Brohn UK, and provide wellbeing support for any adult with cancer across the UK. Sign up to complete 10,000 steps a day, or a distance of your choice, this May. Whether you walk, jog or wheel, you'll be helping to transform the lives of those living with cancer.

Not only will you be fundraising, but we also hope your daily walk will offer you time for self-care. Throughout the month we'll be sharing prompts for small, daily activities that enhance your overall wellness; from moments of meditation, to nutrition goals and challenges.

Let's walk towards cancer wellness, together.

Contact name: Penny Brohn UK

Contact phone: 0303 300 0118

Contact email: fundraising@pennybrohn.org.uk

[Find out more or book here](#)



Portishead Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 10:30am **Duration:** 1hr

Location: [Waitrose Piazza, BS20 7DE](#)

Organisation: [Portishead Health Walks](#)

Every
Mon

If you are new or returning to exercise, Health Walks North Somerset offers the opportunity to improve fitness at a pace that suits you, with most groups providing a number of walks so that all abilities are supported. The leader will tell you about the route at the start; we try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces. However, be prepared for the odd hill and stile, grass, uneven surfaces or puddles after rain. Please wear sensible shoes, preferably walking shoes or trainers. Assistance dogs only please.

Contact name: Chris Lockyer or North Somerset Council Physical Activity Team

Contact phone: 01275 845 736 / 01275 882 730

Contact email: getactive@n-somerset.gov.uk

Clevedon Town Walking Football

Category: Walking Sports

Must book? No

Free? Yes **Cost:** First session free, then £4

Time: 10:30am **Duration:** 1.5hrs

Location: [Everyone Active Stadium Astro Pitch, Davis Lane, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Every
Mon
&
Thurs

Recreational walking football sessions that are great for both physical and mental health. All welcome at our fully inclusive club.

Booking is not required but please let us know when you're coming for the first time so we're available to meet and greet you.

Contact name: John Walter

Contact phone: 07926 592457

Contact email: spf.age47@gmail.com

Nailsea Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 11am **Duration:** 1hr

Location: Various. Find out more [here](#)

Organisation: [Nailsea Health Walks](#)

Every
Mon
(except
27th)

If you are new or returning to exercise, Health Walks North Somerset offers the opportunity to improve fitness at a pace that suits you, with most groups providing a number of walks so that all abilities are supported. The leader will tell you about the route at the start; we try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces. However, be prepared for the odd hill and stile, grass, uneven surfaces or puddles after rain. Please wear sensible shoes, preferably walking shoes or trainers. Assistance dogs only please.

Contact name: Diane and Gordon or North Somerset Council Physical Activity Team

Contact phone: 01275 810 067 / 01275 882 730

Contact email: getactive@n-somerset.gov.uk



Weston Wonder Walks

Category: Health and Wellbeing

Grade: Fairly easy

Must book? Yes

Free? Yes

Time: 1pm **Duration:** 1.5hrs

Location: [Birbeck Pier Viewpoint, BS23 2EF](#)

Organisation: [Naturally Mindful](#)

Find Naturally Mindful on [Instagram](#) and [Facebook](#)

Join us as we embark on a rejuvenating journey through the heart of Weston-super-Mare. The Weston-Wonder-Walk is not just a stroll; it's a mindful exploration of the coastal, urban, and green spaces that make the town truly exceptional.

Why Weston-Wonder-Walk?

- Coastal Magic: Start your journey at Birbeck Pier, soaking in the sea breeze and coastal charm.
- Urban Elegance: Walk through the vibrant High Street, experiencing the pulse of our town.
- Grove Park Tranquility: Find serenity in the lush greenery of Grove Park, a hidden oasis in the heart of Weston.

Contact name: Kim

[Find out more or book here](#)



Blue Plaques of Weston-super-Mare

Category: History

Grade: Easy

Must book? No

Free? Yes

Time: 6:15pm **Distance:** 4.5 miles **Duration:** 2hrs

Location: [Grand Pier Seafront, BS23 1AL](#)

Organisation: [Weston Walking Group](#)

A walking town trail of Weston-super-Mare, looking at Blue Plaques as part of our week of walks to celebrate our 50th anniversary.

Contact name: Ken Cooper

Contact phone: 07770 721954

Contact email: ken25cooper@outlook.com

Flax Bourton Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 10am **Duration:** 1hr

Location: [St Michael's Church, BS48 3PY](#)

Organisation: [Flax Bourton Health Walks](#)

Every
Tues

If you are new or returning to exercise, Health Walks North Somerset offers the opportunity to improve fitness at a pace that suits you, with most groups providing a number of walks so that all abilities are supported. The leader will tell you about the route at the start; we try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces. However, be prepared for the odd hill and stile, grass, uneven surfaces or puddles after rain. Please wear sensible shoes, preferably walking shoes or trainers. Assistance dogs only please.

Contact name: North Somerset Council Physical Activity Team

Contact phone: 01275 882 730

Contact email: getactive@n-somerset.gov.uk



Clevedon Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 10:30am **Duration:** 1hr

Location: Various. Find out more [here](#)

Organisation: [Clevedon Health Walks](#)

Every
Tues
& Fri

If you are new or returning to exercise, Health Walks North Somerset offers the opportunity to improve fitness at a pace that suits you, with most groups providing a number of walks so that all abilities are supported. The leader will tell you about the route at the start; we try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces. However, be prepared for the odd hill and stile, grass, uneven surfaces or puddles after rain. Please wear sensible shoes, preferably walking shoes or trainers. Assistance dogs only please.

Contact name: Lynne Purcell or North Somerset Council Physical Activity Team

Contact phone: 01275 852 663 / 01275 882 730

Contact email: getactive@n-somerset.gov.uk

Weston Woods Walk

Category: Health and Wellbeing

Grade: Moderate

Must book? No

Free? Yes

Time: 10:30am **Distance:** 4.5 miles **Duration:** 3hrs

Location: [End of Worlebury Hill Road, at entrance to Weston Woods, BS22 9SG](#)

Organisation: [Weston Walking Group](#)

A moderate woodland walk with a short break for refreshments (please bring your own) as part of our week of walks to celebrate our 50th anniversary.

Contact name: Ken Cooper

Contact phone: 07770 721954

Contact email: ken25cooper@outlook.com

Walking Netball: Portishead

Category: Walking sports

Must book? Yes

Free? No **Cost:** £5

Time: 10:45am **Duration:** 1.5hrs

Location: [Parish Wharf Leisure Centre, BS20 7DD](#)

Organisation: [England Netball](#)

Find England Netball on [Instagram](#) and [Facebook](#)

Every
Tues

Walking Netball is a friendly and inclusive session providing an opportunity to exercise while having fun. It's netball but at a walking pace and the rules are slightly tweaked.

Contact name: Kerry Brooks

Contact phone: 07540 126813

Contact email: kerry.brooks@englandnetball.co.uk



Winscombe Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 11am **Duration:** 1hr

Location: [Woodborough Inn, BS25 1HD](#)

Organisation: [Winscombe Health Walks](#)

Every
Tues

If you are new or returning to exercise, Health Walks North Somerset offers the opportunity to improve fitness at a pace that suits you, with most groups providing a number of walks so that all abilities are supported. The leader will tell you about the route at the start; we try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces. However, be prepared for the odd hill and stile, grass, uneven surfaces or puddles after rain. Please wear sensible shoes, preferably walking shoes or trainers. Assistance dogs only please.

Contact name: Dawn Organ or North Somerset Council Physical Activity Team

Contact phone: 07376 126473 / 01275 882 730

Contact email: getactive@n-somerset.gov.uk

Walking Cricket: Weston-super-Mare

Category: Walking Sports

Must book? Yes

Free? First session free

Time: 12:30pm **Duration:** 1.5hrs

Location: [Hutton Moor Leisure Centre, BS22 8LY](#)

Organisation: [Somerset Cricket Foundation](#)

Every
Tues

Walking cricket is a slower version of the traditional game, played at a 'walking' pace and with adapted rules for indoor spaces. Ideal for men and women, usually aged 50 plus. Benefits of walking cricket include:

- Getting active and improving fitness
- Supporting recovery and rehabilitation after injury or operation
- Improving social wellbeing and meeting new friends
- Improving emotional and mental well being
- Reminiscing about a sport you played in the past
- Learning a new physical skill
- Being part of a new team

Contact name: Mustafa Shaikh

Contact phone: 07385 818493

Contact email:

mustafa.shaikh@somersetcricketfoundation.org

Learning Disability Walks: Clevedon

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 2pm **Distance:** 3-5km **Duration:** 1.5hrs

Location: [Marine Lake, BS21 7TU](#)

Organisation: [North Somerset People First](#)

A free and friendly group for adults with a learning disability and/or autism. Come and meet people and keep fit. Coffee stop included.

Contact phone: 01934 426 086

Contact email: info@nspf.co.uk



Long Ashton and Failand

Category: Nature and Wildlife

Grade: Moderate

Must book? No

Free? Yes

Time: 6:45pm **Distance:** 5 miles **Duration:** 2hrs

Location: [Long Ashton Village Hall, BS41 9DR](#)

Organisation: [Bristol Ramblers](#)

A delightful evening circular walk starting from Long Ashton Village Hall. The walk will follow footpaths and bridleways, including Ashton Hill woods. There should be bluebells.

Bus: X7/8/9.

Contact name: Tony

Contact phone: 01275 394188

Contact email: secretary@bristolramblers.org



Portishead Ladies Walking Group

Category: Health and Wellbeing

Must book? Yes

Free? Yes

Time: 9-9:30am

Location: See [Facebook group](#)

Distance: 4-5 miles

Organisation: [Portishead Ladies Walking Group](#)

Osprey Outdoors Weekly Walk

Category: Health and Wellbeing

Grade: Moderate

Must book? Yes

Free? Yes

Time: 9:30am **Distance:** 4-6 miles **Duration:** 6hrs

Location: Various minibus pick up points

Organisation: [Osprey Outdoors](#)

Every
Weds

Join us for a walk in the local countryside and enjoy a day away from town. Starting at 3 miles, and depending on the fitness levels of the group, we walk and explore the countryside, noting points of interest such as animal evidence, tree and plant identification, dry stone walls and ponds, to discover where nature is thriving. Using Ordnance Survey maps, we follow a route and become accustomed to basic map reading, so we don't get lost if our technology fails us!
Pick-ups: 9:30am, Weston-super-Mare train station; 9:40am, Worle Sue Ryder (Morrisons complex); 10am Clevedon Pets at Home car park (if booked). Returning before 4pm to Weston.

Contact phone: 07778 913192 / 07888 719423

Contact email: ospreyoutdoors@gmail.com

[Find out more or book here](#)



Leigh Woods and Nightingale Valley

Category: Nature and Wildlife

Grade: Moderate

Must book? No

Free? Yes

Time: 10am **Distance:** 6 miles **Duration:** 3hrs

Location: [The coffee cart at the North Somerset end of the Clifton Suspension Bridge, BS8 3PD](#)

Organisation: [Bristol Ramblers](#)



A lovely woodland and riverside circuit. From the Suspension Bridge, we will descend to the Avon through National Trust woodland, via Paradise Bottom, then follow the riverside path towards Suspension Bridge to the steady climb up Nightingale Valley to return to start point. Mostly hard surface tracks. Moderate slopes, which may be muddy and slippery after rain. Walking boots advised. Refreshment stop on route (please bring your own drinks and snacks). Toilets near the start of walk (Clifton end of the Suspension Bridge). Pubs and cafes in Clifton Village at end of walk, or coffee cart.
Buses: 8, 505.

Contact name: Anne

Contact phone: 0117 956 6892

Contact email: secretary@bristolramblers.org

Blagdon Lake Walk

Category: Health and Wellbeing

Grade: Moderate

Must book? No

Free? Yes

Time: 10:30am **Distance:** 7 miles **Duration:** Full day

Location: [North end of lake dam, by the spillway Blagdon Lane, BS40 7UN](#)

Organisation: [Weston Walking Group](#)

An interesting walk around the lake including Nempnett Thrubwell, Ubley and Blagdon. The walk takes place in fields, on tracks and roads and includes three gentle climbs. There will be two short breaks for coffee and a picnic lunch - please bring your own.

Part of our week of walks to celebrate our 50th anniversary.

Contact name: Ken Cooper

Contact phone: 07770 721954

Contact email: ken25cooper@outlook.com

Winscombe Wonder Walks

Category: Health and Wellbeing

Grade: Fairly easy

Must book? No

Free? Yes

Time: 1pm **Duration:** 1hr

Location: [Winscombe Award Land Car Park, BS25 5RN](#)

Organisation: [Naturally Mindful](#)

Find Naturally Mindful on [Instagram](#) and [Facebook](#)



Winscombe Wonder Walks—your weekly invitation to experience the transformative power of nature and mindfulness. Join me every Wednesday from 1 pm to 2 pm in the enchanting Winscombe Award Land (meet at the car park on Quarry Road). These guided walks are designed to nurture your mental wellbeing, foster a deep connection with nature, and inspire mindfulness.

Contact email: kim@naturally-mindful.co.uk



WSM Evening Health Walks

Category: Health and Wellbeing

Grade: Fairly easy

Must book? No

Free? Yes

Time: 7pm **Duration:** 1hr

Location: Various. Find out more [here](#)

Organisation: [Weston-super-Mare Evening Health Walks](#)

Every
Weds

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Contact name: Kira Thorpe / North Somerset Council Physical Activity Team

Contact phone: 07882 474692 / 01275 882 730

Contact email: getactive@n-somerset.gov.uk

Hash House Harriers

Category: Walking Sports

Grade: Moderate

Must book? No

Free? Yes

Cost: First time is free, then £1, or £10 per quarter

Time: 7:15pm **Distance:** 3-4 miles **Duration:** 1.5hrs

Location: Various. Find out more [here](#)

Organisation: [BOGS of Somerset Hash House Harriers](#)

Every
Weds

Following the idea of a children's paper chase game, Hash House Harriers follow a trail of chalk, flour, or a real human 'hare' for usually about 4 miles, starting from pubs in the north west somerset area. Taking place on Wednesday evenings, fitness is not required, and sociability and friendship take priority over competitiveness. Join us in the pub afterwards! Visit the website to find out more about hashing and see the full list of runs available. Please bring a torch.

Contact name: Doug Warwick

Contact phone: 07957 593194

Contact email: bogs3h@gmail.com

Nailsea, Brockley Court, Backwell Ponds

Category: Health and Wellbeing

Grade: Moderate

Must book? No

Free? Yes

Cost: A share of transport costs. We share cars

Time: 9:30am **Distance:** 5 miles **Duration:** 4hrs

Location: [Cross Elms Lane, BS9 2BP](#)

Organisation: [Stoke Lodge Ramblers](#)

The walk will go from the Grove Sports Centre, across the fields towards the grade 2 listed St Nicholas Church in Brockley. There is a short slight climb and a stile at the top and a short walk on the road. The return will be through fields to Backwell Ponds. There are some steps up to cross the railway line. The footpaths are flat through fields with a few kissing gates and a couple of stiles.

Contact name: Sue O'Hara

Contact phone: 07802 765375



A Brunel, Banksy and Botany Fest

Category: Nature and Wildlife

Grade: Strenuous

Must book? No



Free? Yes

Time: 10am **Distance:** 11 miles **Duration:** 5.5hrs

Location: [Outside the Bristol Beacon, BS1 5AR](#)

Organisation: [Bristol Ramblers](#)

We will walk along the southern edge of the Floating Harbour where we will see one of Banksy's iconic images (which makes good use of a fire alarm housing) and Brunel's SS Great Britain, the first steam powered iron ship in the world. We will then head westward along the Avon river and under Brunel's Suspension Bridge before a short, quite steep walk through magnificent ancient woodland towards Ashton Court, which has been a home of a deer park and stately home for around 900 years. The current building was significantly extended and modified in the 17th century. We will stop for lunch or picnic at the cafe before heading back to the city over the Suspension Bridge with wonderful views to the south and west. There are many buses to the start/finish point.

Contact name: Graham H

Contact phone: 07497 809078

Contact email: secretary@bristolramblers.org

Ecology Nature Walk with Mendip Hills

Ecologist

Category: Nature and Wildlife

Grade: Moderate

Must book? Yes

Free? No **Cost:** £8

Time: 10am **Distance:** 4km **Duration:** 2hrs

Location: [Mendip Activity Centre, BS25 5PQ](#)

Organisation: [Mendip Activity Centre](#)

A short but steep 4km walk hosted by Nathan Orr, Mendip Hills National Landscape ecologist exploring the rich and varied wildlife, geology and the history of Mendip Activity Centre. Paths are steep and access is limited. The focus of this walk will be on wildlife, geology and the history of the site. Mendip Activity Centre's 250-acre site is set in the heart of the National Landscape and is a haven for wildlife and ecology with an ancient woodland, rolling varied grassland and historic quarry. This walk is suitable for teenagers and adults.

Contact email: hello@mendip.co.uk

[Find out more or book here](#)

Clevedon Town Walking Football

Category: Walking Sports

Must book? No

Free? Yes **Cost:** First session free, then £4

Time: 10:30am **Duration:** 1.5hrs

Location: [Everyone Active Stadium Astro Pitch, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Every
Mon
&
Thurs

Recreational walking football sessions that are great for both physical and mental health. All welcome at our fully inclusive club.

Booking is not required but please let us know when you're coming for the first time so we're available to meet and greet you.

Contact name: John Walter

Contact phone: 07926 592457

Contact email: spf.age47@gmail.com



Blaze Trails - Poet's Walk

Category: Health and Wellbeing

Grade: Fairly easy

Must book? Yes

Free? Yes

Time: 10:30am **Distance:** 2 miles **Duration:** 1-1.5hrs

Location: [Outside Salthouse Fields bar and restaurant, BS21 7TY](#)

Organisation: [Blaze Trails - Somerset](#)

A short circular walk, starting at the Salthouse Fields car-park in Clevedon. The walk follows the coastal path and Poet's Walk route, taking in the estuary views and views of the pier and marine lake. There are refreshments at the coffee hut, near to the car-park, or at the Salthouse Fields bar and restaurant. There is the nearby playground too, for those coming with small children.

Contact name: Jemma Grundon

Contact email: jemmagrundon@gmail.com

[Find out more or book here](#)

Walking Netball: WSM

Category: Walking Sports

Must book? Booking not essential but please get in touch before coming

Free? No Cost: £3.60

Time: 1pm **Duration:** 1hr

Location: [Hutton Moor Leisure Centre, BS22 8LY](#)

Organisation: [England Netball](#)

Find England Netball on [Instagram](#) and [Facebook](#)

Walking Netball is a friendly and inclusive session providing an opportunity to exercise while having fun. It's netball but at a walking pace and the rules are slightly tweaked.

Contact name: Kerry Brooks

Contact phone: 07540 126813

Contact email: kerry.brooks@englandnetball.co.uk

Every
Thurs

Family Walk

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 1:30pm **Distance:** 4 miles **Duration:** 2hrs

Location: [Uphill Boat Yard, BS23 4XR](#)

Organisation: [Weston Walking Group](#)

A level, family walk towards Brean and back. All welcome including pushchairs, wheelchairs, dogs, children, grandparents etc. Part of our week of walks to celebrate our 50th anniversary.

Contact name: Ken Cooper

Contact phone: 07770 721954

Contact email: ken25cooper@outlook.com



We Are Aware Walk & Talk

Category: Health and Wellbeing

Grade: Fairly easy

Must book? Yes

Free? Yes

Time: Please get in touch to find out

Distance: 1-2 miles **Duration:** 2hrs

Location: Contact admin@weareaware.info

Organisation: [We Are Aware](#)

Find We Are Aware on [Instagram](#) and [Facebook](#)

These are gentle walks to get individuals out and walking for their mental and physical health – to connect in a safe and supportive group with awareness of mental health. Contact us for more information or to join our ever-growing mental health lived experience peer community.

Contact name: Alan, Becci or Sally

Contact email: admin@weareaware.info

[Find out more or book here](#)

Every
Fri

Clevedon Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 10:30am **Duration:** 1hr

Location: Various. Find out more [here](#)

Organisation: [Clevedon Health Walks](#)

If you are new or returning to exercise, Health Walks North Somerset offers the opportunity to improve fitness at a pace that suits you, with most groups providing a number of walks so that all abilities are supported. The leader will tell you about the route at the start; we try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces. However, be prepared for the odd hill and stile, grass, uneven surfaces or puddles after rain. Please wear sensible shoes, preferably walking shoes or trainers. Assistance dogs only please.

Contact name: Lynne Purcell or North Somerset

Council Physical Activity Team

Contact phone: 01275 852 663 / 01275 882 730

Contact email: getactive@n-somerset.gov.uk

Every
Tues
& Fri

50th Anniversary Walk

Category: Health and Wellbeing

Grade: Moderate

Must book? Yes

Free? Yes

Time: 1pm **Distance:** Approx. 4 miles **Duration:** 2hrs

Location: [Roman Road, Bleadon Hill, BS24 9UT](#)

Organisation: [Weston Walking Group](#)

Join us for a local walk to celebrate our 50th anniversary, or just come for a cream tea at 3pm at Bleadon Farm Shop café.

Contact name: Barbara

Contact phone: 01934 624138 / 074934 197780



Walking Cricket: Clevedon

Category: Walking Sports

Must book? Yes

Free? First session free

Time: 10:30am **Duration:** 1.5hrs

Location: [Strode Leisure Centre, BS21 6QG](#)

Organisation: [Somerset Cricket Foundation](#)

Every
Fri

Walking cricket is a slower version of the traditional game, played at a 'walking' pace and with adapted rules for indoor spaces. Ideal for men and women, usually aged 50 plus. Benefits of walking cricket include:

- Getting active and improving fitness
- Supporting recovery and rehabilitation after injury or operation
- Improving social wellbeing and meeting new friends
- Improving emotional and mental well being
- Reminiscing about a sport you played in the past
- Learning a new physical skill
- Being part of a new team

Contact name: Mustafa Shaikh

Contact phone: 07385 818493

Contact email:

mustafa.shaikh@somersetcricketfoundation.org

Tyntesfield Visually Impaired Walk

Category: Nature and Wildlife

Grade: Fairly easy

Must book? Yes

Free? The event is free

Normal admission charges apply for the venue.

Time: 11am **Distance:** 0.75 miles **Duration:** 1hr

Location: [Welcome Building, Tyntesfield NT, BS48 1PA](#)

Organisation: [National Trust](#)

Also
on
24th

Learn about the history of Tyntesfield using your senses to engage with nature.

Contact phone: 01275 461900

Walking Netball: Nailsea

Category: Walking Sports

Must book? Yes

Free? No **Cost:** £4

Time: 12pm **Duration:** 1hr

Location: [Scotch Horn Leisure Centre, BS48 1BZ](#)

Organisation: [England Netball](#)

Find England Netball on [Instagram](#) and [Facebook](#)

Every
Fri

Walking Netball is a friendly and inclusive session providing an opportunity to exercise while having fun. It's netball but at a walking pace and the rules are slightly tweaked.

Contact name: Kerry Brooks

Contact phone: 07540 126813

Contact email: kerry.brooks@englandnetball.co.uk



parkrun

parkrun is a free, 5k community event that takes place every Saturday morning. You can walk, jog, run, volunteer or spectate. parkrun is positive, welcoming and inclusive, there is no time limit, and no one finishes last as there is always a volunteer tail walker. Everyone is welcome to come along.

Category: Walking Sports

Grade: Easy

Must book? No, but please register [here](#) first.

Free? Yes

Time: 9am **Distance:** 5km

Every
Sat

Ashton Court parkrun

Location: [Ashton Court, BS41 9JN](#)

Organisation: [parkrun](#)

Contact email: ashtoncourt@parkrun.com

Clevedon Salthouse Fields parkrun

Location: [Clevedon Salthouse Park, BS21 7TU](#)

Organisation: [parkrun](#)

Contact email:

clevedonsalthousefields@parkrun.com

Marine Parade parkrun

Location: [Marine Parade, BS23 1BE](#)

Organisation: [parkrun](#)

Contact email: marineparade@parkrun.com

Young People's Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 10am **Distance:** 3-5km **Duration:** 2hrs

Location: [Parish Wharf Leisure Centre, BS20 7DD](#)

Organisation: [North Somerset People First](#)

Also
on
26th

A free and friendly group for young people aged 16 to 25 with a learning disability and/or autism. Come and meet people and keep fit.

Contact phone: 01934 426 086

Contact email: info@nspf.co.uk

Portishead Sculpture Trails

Category: Art and Culture

Grade: Fairly easy

Must book? Yes

Free? Yes

Time: 2pm **Distance:** 3km **Duration:** 2hrs

Location: [The Precinct, Outside the Port Bar, BS20 6AH](#)

Organisation: [Portishead Town Council](#)

Every
Sun

Art is story telling... and there is no better way to learn the history and culture of Portishead than by walking or cycling these trails. Established almost 25 years ago, our three trails will take you on a journey through time and the port, with its stories and history brought to light through a series of sculptures and installations.

Either enjoy digitally through an app combined with guide leaflets or with our very own local artist and former lecturer Martin Dowling. Martin adds his own personal interpretation to the walk, adding a rich colour and warmth from a local boy who understands the connection between place, its people and its story.

Contact name: Martin Dowling

Contact phone: 07960 932781

Contact email:

martin.dowling@portishead.gov.uk



Junior parkrun

Junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning. Junior parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last as there is always a volunteer tail walker.

Category: Walking Sports

Grade: Easy

Must book? No, but please register [here](#) first.

Free? Yes

Time: 9am **Distance:** 2km

Every
Sun

Clevedon Seafront Junior parkrun

Location: [Clevedon Bandstand, BS21 7EH](#)

Organisation: [parkrun](#)

Contact email: clevedonseafontjuniors@parkrun.com

Nailsea Golden Valley Playing Field Junior parkrun

Location: [Golden Valley Playing Field, BS48 2LL](#)

Organisation: [parkrun](#)

Contact email:

goldenvalleyplyingfieldjuniors@parkrun.com

Yatton Recreation Junior parkrun

Location: [Yatton Recreation Ground, BS49 4HS](#)

Organisation: [parkrun](#)

Contact email: yattonrecreationjuniors@parkrun.com

Weston-super-Mare Junior parkrun

Location: [Walford Avenue Neighbourhood Open Space, BS22 7RD](#)

Organisation: [parkrun](#)

Contact email:

westonsupermarejuniors@parkrun.com

Trees Through Time

Category: Nature and Wildlife

Grade: Moderate

Must book? Yes

Free? No **Cost:** £5 suggested / pay what you can

Time: 2pm **Distance:** Approx. 5km **Duration:** 2.5hrs

Location: [Leigh Woods, North Road, BS8 3PL](#)

Organisation: Danny Burke

Come on a journey of discovery of the trees that surround us. Our island's story has always been, and always will be, closely intertwined with the woods. In this interactive guided walk, we will explore the history of trees in Britain: how woodland cover has evolved over the centuries, our ancestors' inextricable relationship with trees, and a taste of the folklore that emerged from it. We will also learn to identify (and connect to) the trees around us, consider threats they face, and think about how recent, ground-breaking advances in tree science invite us to view trees in a new light. Looking to the future, we will consider how humans might restore balance to our relationship with trees, so that we might support each other once more.

Contact name: Danny Burke

Contact phone: 07883 097180

Contact email: danny.burke@hotmail.co.uk

Every
Sun

