



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

[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, 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

Long Ashton Health Walks

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

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

Location: [Long Ashton Community Centre, BS41 9DP](#)

End Location: [Old Library Cafe, BS41 9AH](#)

Organisation: [Long Ashton Health Walks](#)

Also
on
20th



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: Ruth Chapman, Karen Barratt or North Somerset Council Physical Activity Team

Contact phone: Ruth: 07814 617369

Karen: 07855 402768

P.A.T: 01275 882 730

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



Walking Netball: Clevedon

Category: Walking Sports

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

Free? No **Cost:** £6

Time: 10:45am **Duration:** 1hr

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

Organisation: [England Netball](#)

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

Every
Mon
(except
6th)

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



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

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](#)

Every
Mon
&
Thurs

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



Weston-super-Mare Health Walks

Category: Health and Wellbeing

Grade: Fairly easy

Must book? No

Free? Yes

Time: 2pm **Duration:** 1hr

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

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

Every
Mon
(except
6th)

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: John Western or North Somerset Council Physical Activity Team

Contact phone: 01934 511 808 / 01275 882 730

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

Mendip Hills Hash House Harriers

Category: Walking Sports

Grade: Challenging

Must book? No

Free? First run is free, then £1 per week

Time: 7pm **Distance:** 4 miles **Duration:** 2hrs

Location: [Burcott Inn, Wookey, BA5 1NJ](#)

Organisation: [Mendip Hash House Harriers](#) (MHHH)

Also
on
20th

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

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: 10:30am **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: Weston

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

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

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

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

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 **Duration:** 4-5 miles

Organisation: [Portishead Ladies Walking Group](#)

Every
Weds

Nailsea & District Footpath Group: Wednesday Stroll

Category: Health and Wellbeing

Grade: Moderate

Must book? Yes

Free? Yes

Time: 10:30am **Distance:** 2-4 miles **Duration:** All morning

Location: TBC - contact us

Organisation: [Nailsea and District Footpath Group](#)

Join us for one of our regular Wednesday morning strolls.

Contact name: Gordon Bennett

Contact phone: 01275 810067

Contact email: info@nfpfg.org.uk



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 Ordinance 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](#)

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](#)

Every
Weds

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.



A Somerset Levels Walk

Category: Health and Wellbeing

Grade: Challenging

Must book? Yes

Free? Yes

Time: 3:45pm **Distance:** 5 miles **Duration:** 2.5hrs

Location: [Red Cow Pub Car Park, Brent Knoll, TA9 4BE](#)

Organisation: [Woodspring Ramblers](#)

To start off our summer evening walks with supper, we have a nice easy flat walk across the Levels from the Red Cow. A few stiles, a couple of which are in poor condition.

Contact name: David

Contact phone: 07729 039962



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

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: 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:** 4 miles **Duration:** 2hrs

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 & District Footpath Group: Thursday Long Walk

Category: Health and Wellbeing

Grade: Challenging

Must book? Yes

Free? Yes

Time: 9am **Distance:** 10-12 miles **Duration:** All day

Location: Nailsea

Organisation: [Nailsea and District Footpath Group](#)

Join us for one of our regular Thursday all-day walks.

Contact name: Gordon Bennett

Contact phone: 01275 810067

Contact email: info@nfpg.org.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, 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

Dolebury Warren Walk

Category: Nature and Wildlife

Grade: Moderate

Must book? Yes

Free? Yes

Time: 12pm **Distance:** 3.5 miles **Duration:** 3.5hrs

Location: [Churchill Gate bus stop](#) (where A363 crosses A38)

Organisation: [Bristol Steppin' Sistas](#)

This inspiring walk for over 18s starts at a bus stop and is near to a car park and cafe in Churchill. We walk up and around Dolebury Warren and will see butterflies and orchids. There are stunning views which we can enjoy over a picnic (please bring your own). There are 2 stiles so accessibility is limited.

The walk is timed to start to meet the SW Falcon from Bristol to Plymouth.

Contact name: John Simpson

Contact email: jfsimpson50@hotmail.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](#)

Every
Thurs

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



Maes Knoll

Category: Nature and Wildlife

Grade: Moderate

Must book? No

Free? Yes

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

Location: [Junction of Bamfield and Paddock Garden, Whitchurch, BS14 0TG](#)

Organisation: [Bristol Ramblers](#)

A circular evening walk from Whitchurch up to Maes Knoll, the great Iron Age hill fort on the Dundry ridge. From Maes Knoll, there are magnificent views to the north across the city and to the south over the Chew Valley. The route then descends on the south side of the hill to Norton Malreward, one of those rural villages so near to Bristol. Then a walk through farmland to the outskirts of Whitchurch village and back to the start.

Buses to the start: M1.

Contact name: Tony

Contact phone: 01275 394188

Contact email: secretary@bristolramblers.org



Incredible Hike

Category: Walking Sports

Grade: Challenging

Must book? Yes

Free? No **Cost:** £350

Time: 8am **Distance:** 60 miles **Duration:** 3 days

Location: Minehead

End Location: Croyde

Organisation: [Children's Hospice South West](#)

The Incredible Hike is a guided 3-day walk totalling 60 miles from Minehead to Croyde. Sign up for our Incredible Hike and take in the breath-taking sights. From the coast path's official start point at Minehead, you will trek the rugged coastline of Exmoor, down to the scenic harbour village of Lynmouth, winding through idyllic coves and finishing in the seaside village of Croyde. Food and transfers are included.

Contact name: Kate Romo

Contact phone: 01271 325270

Contact email: kate.romo@chsw.org.uk

[Find out more or book here](#)

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



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:** 1-2hrs

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

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](#)

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

Every
Fri

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](#)

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
Fri



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

Rotating around Rickford

Category: Health and Wellbeing

Grade: Moderate

Must book? No

Free? Yes

Time: 2pm **Distance:** 4 miles **Duration:** 2.5hrs

Location: [Blagdon Village Club, BS40 7TA](#)

Organisation: [Wellbeing Walks for Women](#)

A 3.8 mile walk. There may be lots of ups and downs through fields and woods on this walk but the views across the Wrington Vale are spectacular. A mix of terrain, environment and effort required. Not difficult but not for those who like a comfortable stroll.

Contact name: Tori Harper

Contact phone: 07888 486118

Contact email: toriharpercounselling@yahoo.com

[Find out more or book here](#)

Churchill and Cheddar Health Walks

Category: Health and Wellbeing

Grade: Fairly easy

Must book? No

Free? Yes

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

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

Organisation: [Churchill and Cheddar Health Walks](#)

Also
on
4th

If you are new or returning to exercise, Health Walks North Somerset offer 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.

Contact name: Adrian Male or North Somerset Council Physical Activity Team

Contact phone: 01934 743 527 / 01275 882 730

Contact email: adrianmale99@gmail.com / getactive@n-somerset.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



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

Nailsea Round

Category: Nature and Wildlife

Grade: Moderate

Must book? No

Free? Yes

Time: 9am **Distance:** 9 miles **Duration:** 8hrs

Location: Great George St, BS1 6QF for car sharing. Or the lay-by on the left as you approach Nailsea on the B3130, BS48 1BU, at 9.30am.

Organisation: [Bristol Ramblers](#)

This circular walk around Nailsea starts by Wraxall House and ascends towards the warren, with views over Nailsea. We will then descend to Tickenham and West End, with a lunch stop at the Blue Flame, before following paths south and, eventually, east of Nailsea to complete the circuit. Please bring refreshments for stops, and wear stout footwear as parts of the route may be muddy.

Buses: X7, X9.

Contact name: Mandy

Contact phone: 07812 143302

Contact email: secretary@bristolramblers.org



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](#)



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

[Find out more or book here](#)

Sophie's Beach Clean

Category: Nature and Wildlife

Grade: Fairly easy

Must book? No

Free? Yes

Time: 2pm

Location: [Italian Gardens, Weston, BS23 1HL](#)

Organisation: [Sophie's Super Litter Picking](#)

There will be a short safety briefing before we begin, then equipment will be handed out and then we'll start beach cleaning and litter picking. Most equipment is provided (gloves, reusable Surfers Against Sewage bags, litter pickers) but please bring your own if you're able to.

Please dress for the weather, wear safe and sturdy shoes and bring a reusable cup.

Contact name: Sophie

Contact phone: 07449 455386

Contact email: sophiessuperlitterpicking@gmail.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

