



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](http://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](mailto:fundraising@pennybrohn.org.uk)

[Find out more or book here](#)



## Abbots Pool

**Category:** Nature and Wildlife

**Grade:** Moderate

**Must book?** No

**Free?** Yes

**Time:** 10am **Distance:** 5 miles **Duration:** 3hrs

**Location:** [Clifton end of Suspension Bridge, BS8 4DP](#)

**Organisation:** [Bristol Ramblers](#)

A circular walk starting from the Clifton end of the Suspension Bridge. The route passes through the National Trust's Leigh Woods and the village of Abbots Leigh. On a clear day, the Welsh hills can be seen across the Severn Estuary. Beyond Abbots Leigh lies Abbots Pool, a serene pool in a beautiful wooded location. In May, it will be bursting with new leaf and birdsong. After pausing by the pool, we will return to Clifton via the wide, open spaces of the Ashton Court Estate. Buses to the start: 8 and 505 to Clifton Village.

**Contact name:** Wendy

**Contact phone:** 07970 811668

**Contact email:** [secretary@bristolramblers.org](mailto:secretary@bristolramblers.org)



## Health Walk Volunteer Training

**Category:** Health and Wellbeing

**Must book?** Yes

**Free?** Yes

**Time:** 10am **Duration:** 3hrs

**Location:** Castlewood, Clevedon

**Organisation:** [North Somerset Council](#)

This training session will allow you to volunteer with your local health walks group: lead or assist with walks, help develop new walking routes and provide admin support at walks.

**Contact name:** Wendy

**Contact phone:** 01275 882730

**Contact email:** [getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk)

## 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](#)

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](mailto:getactive@n-somerset.gov.uk)

Also  
on  
13<sup>th</sup>



## 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](mailto: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](mailto:spf.age47@gmail.com)

## 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  
6<sup>th</sup>)

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](mailto: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  
27<sup>th</sup>)

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](mailto: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](mailto: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  
6<sup>th</sup>)

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](mailto: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  
13<sup>th</sup>

### **Nailsea and District Footpath Group Tuesday Morning Walk**

**Category:** Health and Wellbeing

**Grade:** Moderate

**Must book?** Yes

**Free?** Yes

**Time:** 9:30am **Distance:** 5 miles **Duration:** 3hrs

**Location:** Nailsea

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

Join us for one of our regular Tuesday morning walks, which are about 5 miles.

**Contact email:** [info@nfpg.org.uk](mailto:info@nfpg.org.uk)

### **Paradise Bottom and Abbots Leigh**

**Category:** Nature and Wildlife

**Grade:** Moderate

**Must book?** No

**Free?** Yes

**Time:** 10am **Distance:** 5 miles **Duration:** 3hrs

**Location:** A369 north-east side layby opposite Sandy Lane, BS8 3QY

**Organisation:** [Bristol Ramblers](#)

From the A369, this delightful walk descends to Paradise Bottom, then climbs back through Leigh Woods to follow the Monarchs Way to Abbots Leigh. It then continues to Abbot's Pool and returns along Sandy Lane. Peaceful woodland, riverside and open fields. Walking boots advised. Please bring your own refreshments for a stop on route. Pub and cafe close to the finish. Bus service X4.

**Contact name:** Peter

**Contact phone:** 07783 088089

**Contact email:** [secretary@bristolramblers.org](mailto:secretary@bristolramblers.org)

**Find out more or book here**



## 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](mailto: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](mailto: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](mailto:kerry.brooks@englandnetball.co.uk)



### Learning Disability Walk or Cycle!

**Category:** Health and Wellbeing

**Grade:** Easy

**Must book?** No

**Free?** Yes

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

**Location:** The Strawberry Line, Yatton

**Organisation:** [North Somerset People First](http://NorthSomersetPeopleFirst.org.uk)

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

**Contact phone:** 01934 426 086

**Contact email:** [info@nspf.co.uk](mailto:info@nspf.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](http://WoodboroughInn.co.uk)

**Organisation:** [Winscombe Health Walks](http://WinscombeHealthWalks.org.uk)

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](mailto:getactive@n-somerset.gov.uk)

Every  
Tues

### 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](http://HuttonMoorLeisureCentre.co.uk)

**Organisation:** [Somerset Cricket Foundation](http://SomersetCricketFoundation.org.uk)

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](mailto:mustafa.shaikh@somersetcricketfoundation.org)

Every  
Tues





### Ashton Court and Clifton

**Category:** Nature and Wildlife

**Grade:** Moderate

**Must book?** No

**Free?** Yes

**Time:** 6:30pm **Distance:** 5.5 miles **Duration:** 2.5hrs

**Location:** Outside the Nova Scotia, BS1 6XJ

**Organisation:** [Bristol Ramblers](#)

A very special walk that manages to combine the inner-city with glorious parkland, whilst also celebrating our wonderful Suspension Bridge. Splendid views of both the River Avon and the city are to be had, deer to be observed in Ashton Court, and the architectural delights of Clifton to be savoured along the way.

Buses: 9, X1/3/4/6/7/8/9.

**Contact name:** Roger

**Contact phone:** 07484 238717

**Contact email:** [secretary@bristolramblers.org](mailto:secretary@bristolramblers.org)



### 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](mailto:ospreyoutdoors@gmail.com)

[Find out more or book here](#)

### A Dundry Round

**Category:** Nature and Wildlife

**Grade:** Challenging

**Must book?** No

**Free?** Yes

**Time:** 9:30am **Distance:** 6 miles **Duration:** 3hrs

**Location:** Free car park, Dundry village, BS41 8LQ

**Organisation:** [Bristol Ramblers](#)

We meet at the free car park in Dundry, and head towards the pylons. There are spectacular views over Bristol, Somerset and even Wales! At Castle Farm we join the Monarch's Way and descend to a path that heads up and through woods, to the lane that takes us back into Dundry.

There are buses to Dundry Lane, but it is then a steep climb of more than a mile to the start of the walk.

**Contact name:** Patsy

**Contact phone:** 07780 934969

**Contact email:** [secretary@bristolramblers.org](mailto: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 **Duration:** 4-5 miles

**Organisation:** [Portishead Ladies Walking Group](#)

Every  
Weds

## 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.

## 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](mailto: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](mailto:bogs3h@gmail.com)



## Nailsea & District Footpath Group:

### All Day Walk

**Category:** Health and Wellbeing

**Grade:** Challenging

**Must book?** Yes

**Free?** Yes

**Time:** 9:30am **Distance:** 8 miles **Duration:** All day

**Location:** Nailsea

**Organisation:** [Nailsea and District Footpath Group](http://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@nfp.org.uk](mailto:info@nfp.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 Statium 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](mailto:spf.age47@gmail.com)

## 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](mailto:kerry.brooks@englandnetball.co.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](mailto: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](mailto:admin@weareaware.info)

**Organisation:** [We Are Aware](#)

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

Every  
Fri

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](mailto:admin@weareaware.info)

[Find out more or book here](#)

## 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](mailto: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](#)

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

**Contact phone:** 01275 461900

Also  
on  
10<sup>th</sup>

### 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](#)

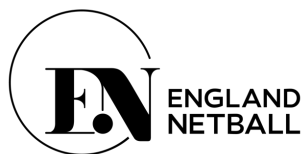
Find England Netball on [Instagram](#) and [Facebook](#)

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](mailto: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](mailto:ashtoncourt@parkrun.com)

### Clevedon Salthouse Fields parkrun

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

**Organisation:** [parkrun](#)

**Contact email:**

[clevedonsalthousefields@parkrun.com](mailto:clevedonsalthousefields@parkrun.com)



### Marine Parade parkrun

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

**Organisation:** [parkrun](#)

**Contact email:** [marineparade@parkrun.com](mailto:marineparade@parkrun.com)

### Donate For Defib

**Category:** Health and Wellbeing

**Grade:** Easy

**Must book?** No

**Free?** Yes

**Time:** 11am **Duration:** 2hrs

**Location:** Tropicana, Weston Seafront

**Organisation:** [Donate For Defib Weston-super-Mare](#)

Find Donate for Defib on [Facebook](#), [X](#) and [YouTube](#) or [donate here](#)

Everyone is welcome to join us to walk to raise awareness of defibrillators.

**Contact phone:** 07749 036032

**Contact email:** [donatefordefib.wsm@gmail.com](mailto:donatefordefib.wsm@gmail.com)

[Find out more or book here](#)

### 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](mailto:clevedonseafontjuniors@parkrun.com)

### Nailsea Golden Valley Playing Field

#### Junior parkrun

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

**Organisation:** [parkrun](#)

**Contact email:**

[goldenvalleyplayingfieldjuniors@parkrun.com](mailto:goldenvalleyplayingfieldjuniors@parkrun.com)

### Yatton Recreation Junior parkrun

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

**Organisation:** [parkrun](#)

**Contact email:** [yattonrecreationjuniors@parkrun.com](mailto:yattonrecreationjuniors@parkrun.com)

### Weston-super-Mare Junior parkrun

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

**Organisation:** [parkrun](#)

**Contact email:**

[westonsupermarejuniors@parkrun.com](mailto:westonsupermarejuniors@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  
11<sup>th</sup>

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](mailto: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](mailto:martin.dowling@portishead.gov.uk)

[Find out more or book here](#)

## 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

Every  
Sun

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](mailto:danny.burke@hotmail.co.uk)

