



**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

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



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

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



Blaze Trails - Woodspring Priory to Sand Point Loop

Category: Health and Wellbeing

Grade: Moderate

Must book? Yes

Free? Yes

Time: 11am **Distance:** 3.75 miles **Duration:** 2hrs

Location: [Woodspring Priory National Trust car park, BS22 9YU](#)

Organisation: [Blaze Trails - Somerset](#)

Come and join other local parents and carers with young babies on a lovely circular coastal walk from Woodspring Priory to Sand Point and back, which takes in stunning 360-degree views across Kewstoke and the Bristol channel. There will be a rest stop mid-walk at Middle Hope pebble beach. The terrain is mainly grassy tracks with some accessible rocky tracks and muddy paths. Walking boots or wellies are advised. There's one stile to climb over. This walk would be suitable for baby-carrying. Be aware when dressing babies that it is quite exposed on the top and can get quite cold and windy!

Contact name: Laura Roach

Contact email: laura_louise_smith@hotmail.co.uk

[Find out more or book here](#)

Learning Disability Walks: Portishead

Category: Health and Wellbeing

Grade: Easy

Must book? No

Free? Yes

Time: 11:30am **Distance:** 3-5km **Duration:** 1.5hrs

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

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

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



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](#)

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.

The Forester's Story

Category: Nature and Wildlife

Grade: Easy

Must book? Yes

Free? Yes

Time: 1:30pm **Distance:** 1 mile **Duration:** 2hrs

Location: [Leigh Woods Car Park, BS8 3QA](#)

Organisation: [Forestry England](#)



Forestry England

Led by one of the rangers, this is a storytelling walk in the woods, exploring how foresters look after the trees, wildlife and people.

This family event is best suited to 6-10 year olds and their accompanying adult(s). The paths may be muddy and uneven so wear grippy, supportive shoes, and a waterproof and warm layers or sunhats and suncream (depending on the weather!). If you need to borrow some outdoor gear, please get in touch. Please be aware there are no toilets or facilities on site.

The X4 badgerline and B2 buses drop off outside Leigh Woods. Parking is £2 for 2 hours or £4 all day via card or Ringo.

Contact name: Sian Brewer

Contact phone: 07880 108 512

Contact email: sian.brewer@forestryengland.uk

[Find out more or book here](#)



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

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



Walking Netball: WSM

Category: Walking Sports

Must book? Booking not essential but please get in touch prior to joining on the day.

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



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](#)

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

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

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

