

NORTH SOMERSET WALKFEST


1-31 MAY 2025

CHOOSE FROM LOTS OF AMAZING WALKS
IN AND AROUND NORTH SOMERSET

Options to join different walking activities for a range of abilities. Most walks are **FREE**
For full information: n-somerset.gov.uk/nswalkfest or call **01275 882730**

#NSWALKFEST






North Somerset
Council



Health Walks
North Somerset



Better Health
North Somerset

WELCOME TO NORTH SOMERSET WALKFEST 2025

A CELEBRATION OF WALKING IN NORTH SOMERSET

The month-long campaign encourages everyone to get outside, embrace walking, and discover beautiful places in North Somerset. It celebrates the positive effects of walking on physical, mental, and social wellbeing.

Celebrate Walk Fest with us, by joining one of the following:

- Health walks – aimed at individuals who want to start and stay active. Led by trained volunteers to ensure safe and enjoyable walks for all. Health Walk Volunteer Training is available in May.
- Discover somewhere you haven't walked before with our walking routes.
- Join a local walking group.
- Get involved with WalkFest in your workplace.
- Complete our survey and **win a £50 Love to Shop voucher.**

For full information: n-somerset.gov.uk/nswalkfest

If you would like support to view the programme online, please visit your local library.




NORTH SOMERSET WALKFEST

1-31 MAY 2025

Thank you to the Bristol Airport Diamond Fund who funded part of this project.



Bristol Airport

Walk Every Day in May

Date: Throughout

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](#)

The Mendip Society

A wide range of regular walks, events, talks and visits covering nature, geology, history and general interest in and around Mendip. The Mendip Society also organise training for hedging and dry stone walling, land management (at their two nature reserves) and much more besides.

The Mendip Society is a group of like-minded individuals that work to conserve and enhance the Mendip Hills and surrounding areas for everyone to enjoy.

As a registered charity, they organise a range of social activities on the hills for all of their members including walks, special interest visits and talks. They also manage some small nature reserves and members are encouraged to be involved with these.

Contact email: walks@themendipsociety.org.uk

Contact phone: 01275 472 797

Further information: <https://www.themendipsociety.org.uk>



Gordano Footpath Group: Sugar Loaf

Must book? Yes

Free? Yes

Time: 9am

Location: [Meet at car park behind Lidl in Portishead, BS20 7DE](#)

Organisation: [Gordano Footpath Group](#)

Various
days and
locations

Join us for an 8-mile walk to Sugar Loaf, meeting in the car park behind Lidl in Portishead, at 9am. We leave promptly and aim to car share if possible.

We are a members walking group, however new members are always welcome and are able to join us on a walk before joining the group. If you wish to join one of our May walks please contact us beforehand using the e-mail address below. The walk leader will then contact you to tell you of the nature and difficulty of the walk, and advise you of anything you should bring (eg walking poles, packed lunch). We also need to know the number of people walking, so it is essential that you book onto the walk.

Contact name: Gordano Footpath Group

Contact email: info@gordanofpg.org.uk

Further information: www.gordanofpg.org.uk

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Every
Mon,
Thurs
& Fri

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Walking Netball: Weston

Must book? Yes

Free? No, £3.60 per session

Time: 1pm

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Trailblazers Walking Netball Team](#)

Every
Thurs

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Tim Pollard

Contact phone: 01934 425 900

[Book your place here](#)



Yatton Health Walks

Must book? No**Free?** Yes**Time:** 2pm**Location:** Meet at [Scotch Horn Leisure Centre, Nailsea, BS48 1BZ](#)**Organisation:** [Yatton 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: Marion Davies or North Somerset Council Physical Activity Team**Contact phone:** 07967 346188 / 01275 882 730**Contact email:** getactive@n-somerset.gov.ukAlso
on 15
May

Walking Football: Western Rebels

Must book? No**Free?** No, first session free, then £5 per session**Time:** 10am**Location:** [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)**Organisation:** [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea**Contact phone:** 01934 823 541**Contact email:** mikemikeoshea@yahoo.co.ukEvery
Mon,
Weds
& Fri

Walking Football: Weston Seagulls

Must book? Yes**Free?** First session free, then £5 per session**Time:** 10am**Location:** [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)**Organisation:** [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Fridays are men's sessions, mixed sessions are available on Mondays at 8pm and Tuesdays at 10am.

Contact email: walking@wsmafc.co.uk

Clevedon Health Walks

Various
days
available

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Salthouse car park, Salthouse Road, Clevedon, BS21 7TR](#)

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

Walking Cricket: Clevedon

Every
Fri

Must book? Yes

Free? First session free

Time: 10:30am

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

Walking Netball: Nailsea

Every
Fri

Must book? Yes

Free? No, £4 per session

Time: 12pm

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

Organisation: [England Netball](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)



Mental Health Walk and Talks

Must book? Yes

Free? Yes

Time: 1.30pm

Location: Rotates weekly across Backwell, Clevedon, Nailsea and Portishead. Contact

admin@weareaware.info for more details.

Organisation: [We Are Aware](#)

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

A regular mental health Walk and Talk to provide peer connection, gentle exercise, reduce isolation and be part of a growing supportive community.

Contact: admin@weareaware.info for a referral form to join our ever-growing mental health lived experience peer community. Or visit: www.weareaware.info

Contact name: Alan

Contact email: admin@weareaware.info

Every
Fri

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 7.30pm

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Every
Mon,
Thurs
& 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.

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

Free? Yes

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

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

Every
Sat



Failand Bluebell Walk

Various
days and
locations

Must book? No

Free? Yes

Time: 10am

Location: [Community shop/cafe, Clevedon Rd, BS8 3UL](#)

Organisation: [Bristol Ramblers](#)

A picturesque 6-mile circular walk starting from Failand and undulating through fields and woods. On a clear day, there are extensive views across the Severn Estuary, and there are several bluebell woods.

Contact name: Dorothy

Contact phone: 01275 617 613



Churchill and Cheddar Health Walks

Also
on 17
May

Must book? No

Free? Yes

Time: 10am

Location: Maskells Wood – Meet at [Hannah More Cottage, Lower North Street, Cheddar, BS27 3HE](#)

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

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

Weston Walking Group – Goblin Combe

Must book? No

Free? Yes (membership fee is £10 per year if you decide to join the group regularly)

Time: 10:15am

Location: Meet in the [car park at the bottom of Goblin Combe, BS49 4PH](#)

Access also available by X1 bus, a short walk from Cleeve bus stop

Organisation: [Weston Walking Group](#)

A moderate 5 mile walk with 2 uphill sections and a short distance on fairly rough ground. We'll have a coffee and picnic stop.

Contact email:

walksorganiser@westonwalkinggroup.co.uk

Also on 10
and 14 May
(different
locations)



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.

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

Congresbury and Wrington

Must book? Yes

Free? First 2 walks free

Time: 10.15am for a 10.30am start

Location: Meet at the car park behind the [Congresbury Arms, BS49 5JA](#)

Organisation: [Woodspring Ramblers](#)

A mainly open fields walk from Congresbury to Wrington (via Mendip Springs Golf Club) and returning along the Congresbury Yeo path. 6 miles with coffee and lunch stops.

Contact name: Howard

Contact phone: 07967 346 189 (text preferred)

[Find out more here](#)



Portishead Health Walks

Every
Mon**Must book?** No**Free?** Yes**Time:** 10:30am**Location:** Meet at [Waitrose Piazza, Portishead, BS20 7DE](#)**Organisation:** [Portishead 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: Chris Lockyer or North Somerset Council Physical Activity Team

Contact phone: 01275 845 736 / 01275 882 730

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

Walking Football: Western Rebels

Every
Mon,
Weds
& Fri**Must book?** No**Free?** No, first session free, then £5 per session**Time:** 10.30am**Location:** [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)**Organisation:** [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Walking Football: Clevedon

Every
Mon,
Thurs
& Fri**Must book?** No**Free?** No, first session free, then £4 per session**Time:** 10.30am**Location:** [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)**Organisation:** [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com



Nailsea Health Walks

Every
Mon
Except 26
May

Must book? No

Free? Yes

Time: 11am

Location: Meet at Millenium Field, behind [Scotch Horn Leisure Centre, Nailsea, BS48 1BZ](#)

Organisation: [Nailsea 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: 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

Connect 3 Wellbeing Walks

Every
Mon –
different
locations

Must book? Yes

Free? Yes

Time: 4.30pm

Location: [Weston Woods – meet at car park at the end of Worlebury Hill Road, Weston-s-Mare, BS22 9SG](#)

Organisation: [Mudita Salus CIC](#)

Connect3 is a series of free guided nature walks in North Somerset, designed to support mental health and reduce isolation by helping people connect to themselves, others, and the natural world.

Each walk includes mindfulness exercises, grounding meditations, and opportunities for group reflection, fostering well-being and community.

Contact name: Kim Stone

Contact phone: 07767 144 665

Contact email: muditasalus@gmail.com

Walking Football: Weston Seagulls

Every
Mon

Must book? Yes

Free? First session free, then £5 per session

Time: 8pm

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk



Walking Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 10am

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Every
Tues

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk

Clevedon Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Boots, The Triangle, Clevedon, BS21 6HX](#)

Organisation: [Clevedon Health Walks](#)

Various
days
available

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

Must book? Yes

Free? No, £5 per session

Time: 10.45am

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

Organisation: [England Netball](#)

Every
Tues

Open to ladies aged 50 years and over. Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)



Osprey Outdoors Weekly Walk

Must book? Yes (Limited spaces)

Free? Yes

Time: 9:30am

Location: Mendip Hills. Various minibus pick up points available or you can meet us there.

Organisation: [Osprey Outdoors](#)

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 railway station; 9:40am, Worle Sue Ryder (Morrisons complex); 10am Clevedon Pets at Home car park (if booked). Returning before 3.30pm to Weston.

Contact phone: 07425 901 912

Contact email: ospreyoutdoors@gmail.com

[Find out more or book here](#)

Every
Weds

Gordano Footpath Group: Pill/Leigh Woods

Must book? Yes

Free? Yes

Time: 9.30am

Location: Pill/Leigh Woods [Meet at car park behind Lidl in Portishead, BS20 7DE](#)

Organisation: [Gordano Footpath Group](#)

Join us for an 6-mile walk in Pill/Leigh Woods, meeting in the car park behind Lidl in Portishead, at 9.30am. We leave promptly and aim to car share if possible.

We are a members walking group, however new members are always welcome and are able to join us on a walk before joining the group. If you wish to join one of our May walks please contact us beforehand using the e-mail address below. The walk leader will then contact you to tell you of the nature and difficulty of the walk, and advise you of anything you should bring (eg walking poles, packed lunch). We also need to know the number of people walking, so it is essential that you book onto the walk.

Contact name: Gordano Footpath Group

Contact email: info@gordanofpg.org.uk

Further information: www.gordanofpg.org.uk

Various
days and
locations

Weston u3a Weekly Walk

Must book? New members welcome, joining information can be found [here](#).

Time: 10.15am

Location: Various venues

Organisation: [Weston u3a Walking Group](#)

We meet at the start point of our walk at 10.15am, The start point can be as much as 45minutes drive away from Weston, but usually within 20 minutes. Our walks usually finish by 1.00pm.

The walking group is flourishing with almost 50 members, but we are always open to new members, we would especially like people who could offer their own walks.

[Contact us here](#)

[Find out more here](#)

Every
Weds



Long Ashton to Ashton Court

Must book? No

Free? Yes

Time: 10am

Location: Meet at [Long Ashton Community Centre, Keedwell Hill, Long Ashton, BS41 9DY](#)

Organisation: [Bristol Ramblers](#)

Various
days and
locations

From Long Ashton the 4-mile route heads circuitously towards lovely Ashton Court Estate, with its woodlands, mansion, gardens and deer-park. Bluebells may also feature on this green, delightful ramble.

Contact name: Tony

Contact phone: 01275 394 188



Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Every
Mon,
Weds
& Fri

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

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Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Weston-super-Mare Evening Health Walks

Must book? No

Free? Yes

Time: 7pm

Location: Meet at [Apex Park, Burnham-on-Sea, TA8 2EX](#)

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

Every
Weds
except
21 May

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 Walker and Runner Trails

Every
Weds

Must book? No

Free? First run is free, then £1 per run or £10 per quarter

Time: 7pm, for a 7.15pm start

Location: Meet at [The Old Inn, Hutton, Weston-super-Mare BS24 9QQ](#)

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

All events start at 7:15pm prompt. Please arrive from 7pm and in time for a brief before setting off. Meet outside or in the Pub Car Park.

A Hash requires a "hare" to set a trail with flour or chalk or a combination of these. Length varies, but a reasonable trail is between 3-5 Kms for walkers and 5-8 Kms for runners. They're often cross country/off-road, but can be through streets and back alleys. A well planned Hash will ensure all participants return within a few minutes of each other followed by refreshments and an assessment of the trail.

Contact name: Tim Moran

Contact phone: 07801 678 432

Contact email: tim@moransononline.com

Full event list:

<https://www.bristolhash.org.uk/bogsruns.php>

Website:

<https://www.bristolhash.org.uk/bogsintro.php>

Bluebells and Orchid Walk

Must book? Yes

Free? First 2 walks free

Time: 9.45am for a 10am start

Location: Meet at the bus stop in [Moor Lane, Hutton, BS24 9QW](#)

Organisation: [Woodspring Ramblers](#)

A 7 and a half mile walk to see orchids and bluebells in Hutton and Christon.

The terrain is mostly woodland, bridleway and farm fields and is undulating. The walk does include a steep climb through woodland up from Hutton and some road walking with a short section along a busy road.

Coffee and picnic lunch stop

Contact name: Linda

Contact phone: 07748 544 166

[Find out more here](#)

Walking Football: Clevedon

Every
Mon,
Thurs
& Fri

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts.

We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com



Walking Netball: Weston

Every
Thurs**Must book?** Yes**Free?** No, £3.60 per session**Time:** 1pm**Location:** [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)**Organisation:** [Trailblazers Walking Netball Team](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Tim Pollard**Contact phone:** 01934 425 900[Book your place here](#)

Walking Football: Weston Seagulls

Every
Fri**Must book?** Yes**Free?** First session free, then £5 per session**Time:** 10am**Location:** [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)**Organisation:** [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Fridays are men's sessions, mixed sessions are available on Mondays at 8pm and Tuesdays at 10am.

Contact email: walking@wsmafc.co.uk

Walking Football: Western Rebels

Every
Mon,
Weds
& Fri**Must book?** No**Free?** No, first session free, then £5 per session**Time:** 10am**Location:** [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)**Organisation:** [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea**Contact phone:** 01934 823 541**Contact email:** mikemikeoshea@yahoo.co.uk

Walking Cricket: Clevedon

Every
Fri

Must book? Yes

Free? First session free

Time: 10:30am

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

Clevedon Health Walks

Various
days
available

Must book? No

Free? Yes

Time: 10:30am

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

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



Walking Netball: Nailsea

Every
Fri

Must book? Yes

Free? No, £4 per session

Time: 12pm

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

Organisation: [England Netball](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)

Mental Health Walk and Talks

Every
Fri

Must book? Yes

Free? Yes

Time: 1.30pm

Location: Rotates weekly across Backwell, Clevedon, Nailsea and Portishead. Contact admin@weareaware.info for more details.

Organisation: [We Are Aware](#)

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

A regular mental health Walk and Talk to provide peer connection, gentle exercise, reduce isolation and be part of a growing supportive community.

Contact: admin@weareaware.info for a referral form to join our ever-growing mental health lived experience peer community. Or visit: www.weareaware.info

Contact name: Alan

Contact email: admin@weareaware.info

Walking Football: Clevedon

Every
Mon,
Thurs
& Fri

Must book? No

Free? No, first session free, then £4 per session

Time: 7.30pm

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com



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.

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

The Big Talk Club Walk

Must book? Yes

Free? No **Cost:** £20

Time: 8am

Location: [The Beacon Hub, High Street, Portishead, BS20 6EN](#)

Organisation: [Talk Club](#)

20+ Mile walk, from The Beacon Hub in Portishead to YMCA Clevedon and finishing at Hornets RFS in Weston-s-Mare. Medium to hard difficulty, Fundraising walk for Talk Club

Contact name: Steve

Contact email: steve@talkclub.org

Weston Walking Group

Portbury - Priors Wood - Bullocks Bottom

Must book? No

Free? Yes (membership fee is £10 per year if you decide to join the group regularly)

Time: 10:30am

Location: Meet in [Station Road, Portbury, BS20 7TN](#)

Organisation: [Weston Walking Group](#)

A moderate 7 and a half mile walk with some short climbs and descents, may be muddy in the woods. We'll stop for a picnic.

Contact email:

walksorganiser@westonwalkinggroup.co.uk

Also on 3 and
14 May
(different
locations)



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.

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:

goldenvalleyplayingfieldjuniors@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



Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10.30am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Every
Mon,
Weds
& Fri

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Every
Mon,
Thurs
& Fri

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Portishead Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Waitrose Piazza, Portishead, 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



Walking Netball: Clevedon

Must book? Yes

Free? No, £6 per session

Time: 10.45am

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

Organisation: [England Netball](#)

Also
on 19
May

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)

Nailsea Health Walks

Must book? No

Free? Yes

Time: 11am

Location: Meet at Millenium Field, behind [Scotch Horn Leisure Centre, Nailsea, BS48 1BZ](#)

Organisation: [Nailsea Health Walks](#)

Every
Mon
Except 26
May

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-super-Mare Health Walks

Must book? No

Free? Yes

Time: 2pm

Location: Meet at [The Railway Inn, Sandford, BS24 5RA](#)

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

Also
on 19
May

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



Connect 3 Wellbeing Walks

Must book? Yes

Free? Yes

Time: 4.30pm

Location: [Portbury Nature Reserve – meet by ‘Swan Lake’ \(near Robin Place\), Portishead, BS20 7PX](#)

Organisation: [Mudita Salus CIC](#)

Every
Mon –
different
locations

Connect3 is a series of free guided nature walks in North Somerset, designed to support mental health and reduce isolation by helping people connect to themselves, others, and the natural world.

Each walk includes mindfulness exercises, grounding meditations, and opportunities for group reflection, fostering well-being and community.

Contact name: Kim Stone

Contact phone: 07767 144 665

Contact email: muditasalus@gmail.com

Clevedon Evening Health Walks

Must book? No

Free? Yes

Time: 7pm

Location: Meet at [All Saints Church, All Saints Lane, Clevedon, BS21 6AU](#)

Organisation: [Clevedon Health Walks](#)

Various
days
available

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 Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 8pm

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Every
Mon

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk



Gordano Footpath Group: Hawksbridge Reservoir

Must book? Yes

Free? Yes

Time: 9am

Location: Hawksbridge Reservoir

Meet at car park behind Lidl in Portishead, BS20 7DE

Organisation: [Gordano Footpath Group](#)

Various
days and
locations

10-mile walk, meeting in the car park behind Lidl in Portishead, at 9am. We leave promptly and aim to car share if possible.

We are a members walking group, however new members are always welcome and are able to join us on a walk before joining the group. If you wish to join one of our May walks please contact us beforehand using the e-mail address below. The walk leader will then contact you to tell you of the nature and difficulty of the walk, and advise you of anything you should bring (eg walking poles, packed lunch). We also need to know the number of people walking, so it is essential that you book onto the walk.

Contact name: Gordano Footpath Group

Contact email: info@gordanofpg.org.uk

Further information: www.gordanofpg.org.uk

Walking Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 10am

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Every
Tues

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk



Clevedon Health Walks

Must book? No**Free?** Yes**Time:** 10:30am**Location:** Meet at [Salthouse car park, Salthouse Road, Clevedon, BS21 7TR](#)**Organisation:** [Clevedon Health Walks](#)Various
days
available

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/slippy 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

Must book? Yes**Free?** No, £5 per session**Time:** 10.45am**Location:** [Parish Wharf Leisure Centre, Harbour Road, Portishead, BS20 7DD](#)**Organisation:** [England Netball](#)Every
Tues

Open to ladies aged 50 years and over. Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks**Contact email:** kerry.brooks@englandnetball.co.uk[Book your place here](#)

Winscombe Health Walks

Must book? No**Free?** Yes**Time:** 11am**Location:** Meet at [Woodborough Inn, Ssandford Road, Winscombe, BS25 1HD](#)**Organisation:** [Winscombe Health Walks](#)Also
on 27
May

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/slippy 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 126 473 / 01275 882 730**Contact email:** getactive@n-somerset.gov.uk

Walking, Talking and Exploring Late Life Transitions

Must book? Yes

Free? Yes

Time: 12.30pm

Location: [The Market Kitchen Cafe, Ladymead Lane, Churchill, BS25 5NH](#)

Organisation: Walk and Talk with John Simpson and Roger White

This moderate 3.5 mile walk is designed for retired people keen to discuss the impact of ageing on their lifestyle. It is part of a new initiative which seeks to combine a good walk, a good pub at the end, and an interesting, focused, conversation along the way. The walk will be led by John Simpson and Roger White - We'll go for a 3.5 mile exploration of Dolebury Warren Iron Age Hillfort. Along the way there are lovely woods and meadows with fantastic views from the hilltop in all directions. There will be orchids and butterflies. It's an inspiring place you'll all enjoy.

There is parking at the café. The walk ends at The Crown, The Batch, Churchill, BS25 5PP. (A 10 minute walk from the starting point). The first bit of the walk is gradually uphill. Then its flat at the top and a gentle drop back to The Crown. There are two stiles.

We suggest everyone brings a packed lunch to eat as a picnic on the spectacular hilltop. There are no toilets except at the café and pub. Please dress according to weather.

Contact name: John Simpson

Contact phone: 07989 348 203

Contact email: jfsimpson50@hotmail.com

People First Walking Group, Clevedon

Must book? No

Free? Yes

Time: 2pm

Location: Meet at Clevedon Marine Lake

Organisation: People First

Find out more on our facebook page:

www.facebook.com/Northsomersetpeoplefirst or contact us using the telephone or email address below

A lovely friendly walk especially for adults with Learning Disabilities and/or Autism, run by local charity, People First.

Meet your walk leader and fellow walkers at Marine Lake in Clevedon, near the Salhouse Pub. From here take a gentle stroll to Clevedon Pier and back, stopping for refreshments along the way. A chance to get out in the fresh air, meet new like-minded people and engage with your local community. Support workers and carers welcome.

The event is free, please bring money for refreshments

People First is a Self Advocacy Charity working with adults with a Learning Disability, Autism or both. We host regular walking groups throughout North Somerset, mostly on Tuesday afternoons.

Contact name: Kerrie or Nikki

Contact phone: 01934 426 086

Contact email: info@nspf.co.uk



Weston u3a Weekly Walk

Must book? New members welcome, joining information can be found [here](#).

Time: 10.15am

Location: Various venues

Organisation: [Weston u3a Walking Group](#)

Every
Weds

We meet at the start point of our walk at 10.15am, The start point can be as much as 45minutes drive away from Weston, but usually within 20 minutes. Our walks usually finish by 1.00pm.

The walking group is flourishing with almost 50 members, but we are always open to new members, we would especially like people who could offer their own walks.

[Contact us here](#)
[Find out more here](#)

Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10.30am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Every
Mon,
Weds
& Fri

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Weston Walking Group – Wavering Down

Must book? No

Free? Yes (membership fee is £10 per year if you decide to join the group regularly)

Time: 10:30am

Location: Meet on [Webbington Road, BS26 2HN](#)

Organisation: [Weston Walking Group](#)

A moderate 6 and a half mile walk with 2 climbs and coffee and lunch. Parking is in the lay-by on the Webbington Road, just past the Webbington Hotel.

Contact email:

walksorganiser@westonwalkinggroup.co.uk

Also on 3 and
10 May
(different
locations)



Winscombe Circular

Must book? Yes

Free? First 2 walks free

Time: 3.45pm for a 4pm start

Location: Meet at the car park behind the [Woodborough Inn, Sandford Road, Winscombe, BS25 1HD](#)

Organisation: [Woodspring Ramblers](#)

A 4-mile late afternoon walk from Winscombe.

There will be an optional meal at approximately 6.30pm after the walk at the Woodborough Inn. Please book for the walk and let Robin have your food order by Thursday 8 May, non-members welcome.

Contact name: Robin

Contact phone: 07598 228 431

Contact email: robin.downton@btinternet.com

[Find out more here](#)

Hash Walker and Runner Trails

Must book? No

Free? First run is free, then £1 per run or £10 per quarter

Time: 7pm, for a 7.15pm start

Location: Meet at [The Swan Inn, Rowberrow, Winscombe, BS25 1QL](#)

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

All events start at 7:15pm prompt. Please arrive from 7pm and in time for a brief before setting off. Meet outside or in the Pub Car Park.

A Hash requires a "hare" to set a trail with flour or chalk or a combination of these. Length varies, but a reasonable trail is between 3-5 Kms for walkers and 5-8 Kms for runners. They're often cross country/off-road, but can be through streets and back alleys. A well planned Hash will ensure all participants return within a few minutes of each other followed by refreshments and an assessment of the trail.

Contact name: Tim Moran

Contact phone: 07801 678 432

Contact email: tim@moransonline.com

Full event list: <https://www.bristolhash.org.uk/bogsruns.php>

Website: <https://www.bristolhash.org.uk/bogsintro.php>

Every
Weds

Weston-super-Mare Evening Health Walks

Must book? No

Free? Yes

Time: 7pm

Location: Meet at [Matalan, Locking Castle, Highlands Lane, Weston-s-Mare, BS24 7AY](#)

Organisation: [Weston-super-Mare Evening 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: Kira Thorpe / North Somerset Council

Physical Activity Team

Contact phone: 07882 474692 / 01275 882 730

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

Every
Weds
except
21 May



Walking Football: Clevedon

Every
Mon,
Thurs
& Fri

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Walking Netball: Weston

Every
Thurs

Must book? Yes

Free? No, £3.60 per session

Time: 1pm

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Trailblazers Walking Netball Team](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Tim Pollard

Contact phone: 01934 425 900

[Book your place here](#)

Yatton Health Walks

Also
on 1
May

Must book? No

Free? Yes

Time: 2pm

Location: Meet at entrance to [Uphill Boat Yard, Uphill, Weston-s-Mare, BS23 4XP](#)

Organisation: [Yatton 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: Marion Davies or North Somerset Council Physical Activity Team

Contact phone: 07967 346188 / 01275 882 730

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



Gordano Footpath Group: Clevedon

Must book? Yes

Free? Yes

Time: 6pm

Location: Clevedon [Meet at car park behind Lidl in Portishead, BS20 7DE](#)

Organisation: [Gordano Footpath Group](#)

Various
days and
locations

3 mile walk. Meet in the car park behind Lidl in Portishead, at 6pm. We leave promptly and aim to car share if possible.

We are a members walking group, however new members are always welcome and are able to join us on a walk before joining the group. If you wish to join one of our May walks please contact us beforehand using the e-mail address below. The walk leader will then contact you to tell you of the nature and difficulty of the walk, and advise you of anything you should bring (eg walking poles, packed lunch). We also need to know the number of people walking, so it is essential that you book onto the walk.

Contact name: Gordano Footpath Group

Contact email: info@gordanofpg.org.uk

Further information: www.gordanofpg.org.uk

Bristol Ramblers

Must book? No

Free? Yes

Time: 9am

Location: [The Salvation Army Centre, 1 Heywood Road, Pill, BS20 0HT](#)

Organisation: [Bristol Ramblers](#)

Various
days and
locations

An introduction to this lovely, rural landscape on Bristol's western fringes. A refreshing excursion guaranteed, plus great Channel views. Some steep, green slopes, but your efforts are well-rewarded! (5 miles)

Contact name: Keith

Contact phone: 07312 119 175



Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Every
Mon,
Weds
& Fri

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk



Walking Football: Weston Seagulls

Every
Fri**Must book?** Yes**Free?** First session free, then £5 per session**Time:** 10am**Location:** [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)**Organisation:** [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Fridays are men's sessions, mixed sessions are available on Mondays at 8pm and Tuesdays at 10am.

Contact email: walking@wsmafc.co.uk

Clevedon Health Walks

Various
days
available**Must book?** No**Free?** Yes**Time:** 10:30am**Location:** Meet at [Sunnyside Surgery, Sunnyside Road, Clevedon, BS21 7TA](#)**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

Walking Cricket: Clevedon

Every
Fri**Must book?** Yes**Free?** First session free**Time:** 10:30am**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

Walking Netball: Nailsea

Every
Fri**Must book?** Yes**Free?** No, £4 per session**Time:** 12pm**Location:** [Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ](#)**Organisation:** [England Netball](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks**Contact email:** kerry.brooks@englandnetball.co.uk[Book your place here](#)

Mental Health Walk and Talks

Every
Fri**Must book?** Yes**Free?** Yes**Time:** 1.30pm**Location:** Rotates weekly across Backwell, Clevedon, Nailsea and Portishead. Contact admin@weareaware.info for more details.**Organisation:** [We Are Aware](#)Find We Are Aware on [Instagram](#) and [Facebook](#)

A regular mental health Walk and Talk to provide peer connection, gentle exercise, reduce isolation and be part of a growing supportive community.

Contact: admin@weareaware.info for a referral form to join our ever-growing mental health lived experience peer community. Or visit: www.weareaware.info

Contact name: Alan**Contact email:** admin@weareaware.info

Walking Football: Clevedon

Every
Mon ,
Thurs
& Fri**Must book?** No**Free?** No, first session free, then £4 per session**Time:** 7.30pm**Location:** [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)**Organisation:** [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John**Contact phone:** 07976 829 826**Contact email:** john.hughes@primemolasses.com

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.

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

Churchill and Cheddar Health Walks

Also
on 3
May

Must book? No

Free? Yes

Time: 10am

Location: Historic Axbridge – Meet at [Cheddar Reservoir car park Axbridge](#)

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

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

Wellbeing Walks for Women Yatton to Congresbury

Must book? No

Free? Yes

Time: 10am

Location: Meet at [Yatton Railway Station, Yatton, BS49 4AJ](#)

Organisation: [Wellbeing Walks for Women North Somerset](#)

Join us for a 3.5 mile walk from Yatton to Congresbury. It will be an easy/flat walk, with some field walking so please wear suitable shoes.

Wellbeing Walks for Women is a group where women can get out in the fresh air, talk and support each other. Walks are held all across North Somerset. To find out more visit our [facebook page](#)

Contact email: toriharpercounselling@yahoo.com



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.

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](#)

Nailsea Round

Must book? No

Free? Yes

Time: 9am

Location: Meet on [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](#)

The route 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 completing the circuit.

Contact name: Mandy

Contact phone: 07812 143 302

Various
days and
locations



Yeo Valley Lions Strawberry 'Lion' 50:50 Challenge

Must book? Yes

Free? No – sponsored charity walk

Time: From 9am

Location: Meet at [Yatton Railway Station, Yatton, BS49 4AJ](#)

Organisation: [Yeo Valley Lions](#)

Full event details and sponsorship forms can be found here:

[Strawberry Lion 2025 | Yeovalleylions](#)

Yeo Valley Lions Club's annual 50/50 Sponsored Charity Walk takes place each year along the Strawberry Line from Yatton. There is a choice of three walks of 5, 13 or 20 miles in length. Walkers can retain half of the funds they raise to donate to an organisation or charity of their choice and pass half to Yeo Valley Lions Club who nominate a different charity that they will support each year.

This year's chosen charity is People First, who are a Self Advocacy Charity working with adults with a Learning Disability, Autism or both.

Contact name: Roger Gibbins

Contact phone: 01275 874 875 / 07788 646 050

Further information: [Strawberry Lion 2025 | Yeovalleylions](#)

Clevedon Sunday Health Walks

Various
days
available

Must book? No

Free? Yes

Time: 10am

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

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



Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10.30am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way to meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Every
Mon,
Weds
& Fri

Long Ashton Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Long Ashton Community Centre, 5 Keedwell Hill, Long Ashton, BS41 9DP](#)

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

Portishead Health Walks

Must book? No

Free? Yes

Time: 10:30am

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

Organisation: [Portishead 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: Chris Lockyer or North Somerset Council Physical Activity Team

Contact phone: 01275 845 736 / 01275 882 730

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

Every
Mon



Walking Football: Clevedon

Every
Mon,
Thurs
& Fri

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Walking Netball: Clevedon

Also
on 12
May

Must book? Yes

Free? No, £6 per session

Time: 10.45am

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

Organisation: [England Netball](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)

Nailsea Health Walks

Every
Mon
Except 26
May

Must book? No

Free? Yes

Time: 11am

Location: Meet at Millenium Field, behind [Scotch Horn Leisure Centre, Nailsea, BS48 1BZ](#)

Organisation: [Nailsea 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/slippy 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-super-Mare Health Walks

Must book? No

Free? Yes

Time: 2pm

Location: Meet at the top of [Prince Consort Gardens, Upper Kewstoke Road, Weston-s-Mare, BS23 2EP](#)

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

Also
on 12
May

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

Connect 3 Wellbeing Walks

Must book? Yes

Free? Yes

Time: 4.30pm

Location: Winscombe and Sandford Award Land – meet in the parking area [Quarry Road, Sandford, Winscombe, BS25 5RN](#)

Organisation: [Mudita Salus CIC](#)

Every
Mon –
different
locations

Connect3 is a series of free guided nature walks in North Somerset, designed to support mental health and reduce isolation by helping people connect to themselves, others, and the natural world.

Each walk includes mindfulness exercises, grounding meditations, and opportunities for group reflection, fostering well-being and community.

Contact name: Kim Stone

Contact phone: 07767 144 665

Contact email: muditasalus@gmail.com

Walking Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 8pm

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Every
Mon

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk



Walking Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 10am

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Every
Tues

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way to meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk

Clevedon Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Pier Copse, Coity Place, Clevedon, BS21 7QR](#)

Organisation: [Clevedon Health Walks](#)

Various
days
available

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

Must book? Yes

Free? No, £5 per session

Time: 10.45am

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

Organisation: [England Netball](#)

Every
Tues

Open to ladies aged 50 years and over. Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)



Gordano Footpath Group: Oldbury on Severn

Must book? Yes

Free? Yes

Time: 9am

Location: Oldbury on Severn [Meet at car park behind Lidl in Portishead, BS20 7DE](#)

Organisation: [Gordano Footpath Group](#)

8-mile walk, meeting in the car park behind Lidl in Portishead, at 9am. We leave promptly and aim to car share if possible.

We are a members walking group, however new members are always welcome and are able to join us on a walk before joining the group. If you wish to join one of our May walks please contact us beforehand using the e-mail address below. The walk leader will then contact you to tell you of the nature and difficulty of the walk, and advise you of anything you should bring (eg walking poles, packed lunch). We also need to know the number of people walking, so it is essential that you book onto the walk.

Contact name: Gordano Footpath Group

Contact email: info@gordanofpg.org.uk

Further information: www.gordanofpg.org.uk

Various
days and
locations

Health Walk Volunteer Training

Must book? Yes

Free? Yes

Time: 10am

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. Please email or call to book a place.

Contact name: Physical Activity Team

Contact phone: 01275 882730

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

Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Every
Mon,
Weds
& Fri



Weston u3a Weekly Walk

Must book? New members welcome, joining information can be [here](#).

Time: 10.15am

Location: Various venues

Organisation: [Weston u3a Walking Group](#)

Every
Weds

We meet at the start point of our walk at 10.15am, The start point can be as much as 45minutes drive away from Weston, but usually within 20 minutes. Our walks usually finish by 1.00pm.

The walking group is flourishing with almost 50 members, but we are always open to new members, we would especially like people who could offer their own walks.

[Contact us here](#)

[Find out more here](#)

Kings Wood and 2 rivers path evening walk

Must book? No

Free? First 2 walks free

Time: 6.30pm

Location: Meet near [45 Cleeve Hill Road, Cleeve, BS49 4PH](#)

Organisation: [Brunel Walking Group](#)

A 5.5 mile walk from Goblin Combe car park off the A370 in Cleeve.

We then head up into Kings Wood and then down to fields and along the 2 Rivers Path before returning into Kings Wood on different footpaths back to the start. Possible pub stop at the end which is a 3-minute drive from the carpark.

Our evening walks are done at a brisk pace, so may not be suitable for beginners.

Paths could be muddy so please wear suitable footwear and clothing for the conditions and weather.

Contact name: Matthew

Contact phone: 07964 455 883

[Find out more here](#)

Hash Walker and Runner Trails

Every
Weds

Must book? No

Free? First run is free, then £1 per run or £10 per quarter

Time: 7pm, for a 7.15pm start

Location: Meet at [Nailsea MicroPub, Unit 4, Ivy Court, High Street, Nailsea, BS48 1AW](#)

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

All events start at 7:15pm prompt. Please arrive from 7pm and in time for a brief before setting off. Meet outside or in the Pub Car Park.

A Hash requires a "hare" to set a trail with flour or chalk or a combination of these. Length varies, but a reasonable trail is between 3-5 Kms for walkers and 5-8 Kms for runners. They're often cross country/off-road, but can be through streets and back alleys. A well planned Hash will ensure all participants return within a few minutes of each other followed by refreshments and an assessment of the trail.

Contact name: Tim Moran

Contact phone: 07801 678 432

Contact email: tim@moransononline.com

Full event list:

<https://www.bristolhash.org.uk/bogsruns.php>

Website:

<https://www.bristolhash.org.uk/bogsintro.php>



Dundry

Must book? No

Free? Yes

Time: 9.30am

Location: Meet at the [free car park at Dundry, BS41 8LQ](#)

Organisation: [Bristol Ramblers](#)

From Dundry, there are extensive views over Bristol. The walk explores the quiet valleys south of Dundry, with fine views, and a fair amount of ascent and descent! 6 miles

Contact name: Patsy

Contact phone: 07780 934 969

Various
days and
locations



Cheddar and Axbridge Reservoir

Must book? Yes

Free? First 2 walks free

Time: 9.45am for a 10am start

Location: Meet at [Cheddar Reservoir Car Park \(North\) near the Sailing Club, BS26 2HG](#)

Organisation: [Woodspring Ramblers](#)

A leisurely paced 6 to 7 mile walk, with one steep climb up onto the Mendips and down to Kingswood. Returning via the Strawberry Line and Axbridge.

Coffee and lunch stops with option for tea in Axbridge Village square afterwards.

Contact name: Jackie

Contact phone: 07810 785 681

[Find out more here](#)

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Every
Mon,
Thurs
& Fri



Walking Netball: Weston

Must book? Yes

Free? No, £3.60 per session

Time: 1pm

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Trailblazers Walking Netball Team](#)

Every
Thurs

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Tim Pollard

Contact phone: 01934 425 900

[Book your place here](#)

Walking Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 10am

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Every
Fri

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Fridays are men's sessions, mixed sessions are available on Mondays at 8pm and Tuesdays at 10am.

Contact email: walking@wsmafc.co.uk



Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Every
Mon,
Weds
& Fri

Walking Cricket: Clevedon

Must book? Yes

Free? First session free

Time: 10:30am

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

Clevedon Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Boots, The Triangle, Clevedon, BS21 6HX](#)

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

Various
days
available



Walking Netball: Nailsea

Every
Fri

Must book? Yes

Free? No, £4 per session

Time: 12pm

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

Organisation: [England Netball](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)

Mental Health Walk and Talks

Every
Fri

Must book? Yes

Free? Yes

Time: 1.30pm

Location: Rotates weekly across Backwell, Clevedon, Nailsea and Portishead. Contact admin@weareaware.info for more details.

Organisation: [We Are Aware](#)

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

A regular mental health Walk and Talk to provide peer connection, gentle exercise, reduce isolation and be part of a growing supportive community.

Contact: admin@weareaware.info for a referral form to join our ever-growing mental health lived experience peer community. Or visit: www.weareaware.info

Contact name: Alan

Contact email: admin@weareaware.info

Walking Football: Clevedon

Every
Mon,
Thurs
& Fri

Must book? No

Free? No, first session free, then £4 per session

Time: 7.30pm

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com



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.

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

Free? Yes

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

Ashton Court parkrun

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

Organisation: [parkrun](#)

Contact email: ashtoncourt@parkrun.com

Every
Sat

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

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.

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: goldenvalleyplayingfieldjuniors@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



Winscombe to Banwell (via Crook Peak, Loxton, Hutton and Locking)

Must book? Yes

Free? First 2 walks free

Time: 9.45am for a 10am start

Location: Meet at the car park behind the [Woodborough Inn, Sandford, Winscombe, BS25 1HD](#)

Organisation: [Woodspring Ramblers](#)

A large 14-mile loop around the local peaks. A strenuous walk, great for those training for the Mendip Challenge.

Contact name: Anthony

Contact phone: 07778 136 089

[Find out more here](#)

Clevedon Sunday Health Walks

Must book? No

Free? Yes

Time: 10am

Location: Meet at [Leaf And Bean, 7 Bellevue Road, Clevedon, BS21 7NP](#)

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

Various
days
available

River Wellbeing Walk and Lunch

Must book? Yes

Free? Yes

Time: 11am

Location: Meet at [Queens Square, Clevedon BS21 6NH](#)

Organisation: [Bristol Steppin' Sistas/Bruddas](#)

A short walk approx 4 miles, circular. Starting at Queens Square walking towards the Yearling Ditch, - follow route as far as Kenn Road then turn right following footpath on Kenn Rd back to the start. This walk is 4.25 miles (6.84 kilometres). Easy terrain along the two rivers. To book your place, please see the link below.

Contact name: Sophia Brown

Contact email: Bristolstep123@gmail.com

Contact phone: 07774 290 646

Booking Link:

<https://www.eventbrite.co.uk/e/1325498394379?aff=oddttdcreator>



Connect 3 Wellbeing Walks

Must book? Yes

Free? No, suggested donation of £5 - £8

Time: 9.30am

Location: Crook Peak – meet at [65 Wimblestone Road, Winscombe, BS25 1JP](#)

Organisation: [Mudita Salus CIC](#)

Every
Mon –
different
locations

Join us for a stunning 8-mile circular walk from Winscombe to Crook Peak (and back), one of the areas most iconic viewpoints.

As part of North Somerset Walk Fest 2025, this guided walk will take you through the village of Winscombe, up rolling hills, ancient woodlands, and open ridgelines, offering breathtaking panoramic views. Along the way, we'll pause for mindful nature connection activities, making this more than just a hike—it's an opportunity to slow down, connect, and recharge.

Contact name: Kim Stone

Contact phone: 07767 144 665

Contact email: muditasalus@gmail.com

Portishead Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Waitrose Piazza, Portishead, 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

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Every
Mon,
Thurs
& Fri

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com



Walking Football: Western Rebels

Every
Mon,
Weds
& Fri

Must book? No

Free? No, first session free, then £5 per session

Time: 10.30am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Walking Football: Weston Seagulls

Every
Mon

Must book? Yes

Free? First session free, then £5 per session

Time: 8pm

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk

Leigh Woods/Abbots Leigh

Various
days and
locations

Must book? No

Free? Yes

Time: 10am

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

Organisation: [Bristol Ramblers](#)

A lovely circular walk from the Suspension Bridge. The route passes through Leigh Woods and Abbots Leigh to the serene and beautiful Abbots Pool, returning across the Ashton Court Estate.

Contact name: Wendy

Contact phone: 07970 811 668



Walking Football: Weston Seagulls

Must book? Yes

Free? First session free, then £5 per session

Time: 10am

Location: [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)

Organisation: [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way to meet new people.

Monday evenings and Tuesday mornings are mixed sessions, Men only sessions are on Fridays at 10am.

Contact email: walking@wsmafc.co.uk

Every
Tues

Clevedon Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Sunnyside Surgery, Sunnyside Road, Clevedon, BS21 7TA](#)

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

Various
days
available

Walking Netball: Portishead

Must book? Yes

Free? No, £5 per session

Time: 10.45am

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

Organisation: [England Netball](#)

Open to ladies aged 50 years and over. Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)

Every
Tues



Winscombe Health Walks

Must book? No

Free? Yes

Time: 11am

Location: Meet at [Woodborough Inn, Ssandford Road, Winscombe, BS25 1HD](#)

Organisation: [Winscombe 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: Dawn Organ or North Somerset Council Physical Activity Team

Contact phone: 07376 126473 / 01275 882 730

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

Also
on 13
May

Walking Football: Western Rebels

Must book? No

Free? No, first session free, then £5 per session

Time: 10am

Location: [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)

Organisation: [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way to meet new people.

Contact name: Mike O'Shea

Contact phone: 01934 823 541

Contact email: mikemikeoshea@yahoo.co.uk

Every
Mon,
Weds
& Fri

Weston u3a Weekly Walk

Must book? New members welcome, joining information can be [here](#).

Time: 10.15am

Location: Various venues

Organisation: [Weston u3a Walking Group](#)

We meet at the start point of our walk at 10.15am. The start point can be as much as 45 minutes drive away from Weston, but usually within 20 minutes. Our walks usually finish by 1.00pm.

The walking group is flourishing with almost 50 members, but we are always open to new members, we would especially like people who could offer their own walks.

[Contact us here](#)

[Find out more here](#)

Every
Weds



Weston Big Wood and Portishead Coast Path evening walk

Must book? No

Free? First 2 walks free

Time: 6.30pm

Location: Meet outside [Gordano School, St Mary's Road, Portishead, BS20 7QR](#)

Organisation: [Brunel Walking Group](#)

A 5.6 mile walk through Weston Big Wood and then along a section of the Portishead Coast Path, before returning on different footpaths back over the hill to the start.

Please use street parking near the school.

Our evening walks are done at a brisk pace, so may not be suitable for beginners.

Paths could be muddy so please wear suitable footwear and clothing for the conditions and weather.

Contact name: Matthew

Contact phone: 07964 455 883

[Find out more here](#)

Hash Walker and Runner Trails

Every
Weds

Must book? No

Free? First run is free, then £1 per run or £10 per quarter

Time: 7pm, for a 7.15pm start

Location: Meet at [Dundry Inn, Church Road, Dundry, BS41 8LH](#)

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

All events start at 7:15pm prompt. Please arrive from 7pm and in time for a brief before setting off. Meet outside or in the Pub Car Park.

A Hash requires a "hare" to set a trail with flour or chalk or a combination of these. Length varies, but a reasonable trail is between 3-5 Kms for walkers and 5-8 Kms for runners. They're often cross country/off-road, but can be through streets and back alleys. A well planned Hash will ensure all participants return within a few minutes of each other followed by refreshments and an assessment of the trail.

Contact name: Tim Moran

Contact phone: 07801 678 432

Contact email: tim@moransononline.com

Full event list: <https://www.bristolhash.org.uk/bogsruns.php>

Website: <https://www.bristolhash.org.uk/bogsintro.php>

Weston-super-Mare Evening Health Walks

Every
Weds
except
21 May

Must book? No

Free? Yes

Time: 7pm

Location: Meet at [Worlebury Golf Course, Monks Hill, Worlebury, Weston-s-Mare, BS22 9SX](#)

Organisation: [Weston-super-Mare Evening 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: Kira Thorpe / North Somerset Council

Physical Activity Team

Contact phone: 07882 474692 / 01275 882 730

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



Gordano Footpath Group: Congresbury

Must book? Yes

Free? Yes

Time: 9.30am

Location: Congresbury [Meet at car park behind Lidl in Portishead, BS20 7DE](#)

Organisation: [Gordano Footpath Group](#)

5-mile walk, meeting in the car park behind Lidl in Portishead, at 9.30am. We leave promptly and aim to car share if possible.

We are a members walking group, however new members are always welcome and are able to join us on a walk before joining the group. If you wish to join one of our May walks please contact us beforehand using the e-mail address below. The walk leader will then contact you to tell you of the nature and difficulty of the walk, and advise you of anything you should bring (eg walking poles, packed lunch). We also need to know the number of people walking, so it is essential that you book onto the walk.

Contact name: Gordano Footpath Group

Contact email: info@gordanofpg.org.uk

Further information: www.gordanofpg.org.uk

Various
days and
locations

Backwell, Brockley Circular

Must book? Yes

Free? First 2 walks free

Time: 9.45am for a 10am start

Location: Meet by [St Andrews Church, Church Lane, Backwell, BS48 3JJ](#)

Organisation: [Woodspring Ramblers](#)

From the edge of Backwell, we head to Brockley, through Brockley Wood, Backwell Hill and return.

7 and a half miles, a mixture of fields and woodland with coffee and lunch stops.

Contact name: Jan

Contact phone: 07787 568 252

[Find out more here](#)

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 10.30am

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Every
Mon,
Thurs
& Fri



Walking Netball: Weston

Every
Thurs**Must book?** Yes**Free?** No, £3.60 per session**Time:** 1pm**Location:** [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)**Organisation:** [Trailblazers Walking Netball Team](#)

Open to ladies aged 50 years and over. Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Tim Pollard**Contact phone:** 01934 425 900[Book your place here](#)

Walking Football: Weston Seagulls

Every
Fri**Must book?** Yes**Free?** First session free, then £5 per session**Time:** 10am**Location:** [Weston-super-Mare Football Club, Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA](#)**Organisation:** [Weston-super-Mare AFC](#)

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Fridays are men's sessions, mixed sessions are available on Mondays at 8pm and Tuesdays at 10am.

Contact email: walking@wsmafc.co.uk

Walking Football: Western Rebels

Every
Mon,
Weds
& Fri**Must book?** No**Free?** No, first session free, then £5 per session**Time:** 10am**Location:** [Hutton Moor Leisure Centre, Hutton Moor Road, Weston-s-Mare, BS22 8LY](#)**Organisation:** [Western Rebels Walking Football](#)

Monday and Wednesday sessions are for those living with health conditions. General sessions open to all are available on Wednesdays and Fridays

Walking football is a slower version of the traditional game, for men aged over 50 and women over 40. It is played at a 'walking' pace, there is no running and it is non-contact. It is ideal for those who once enjoyed playing the sport to again participate, and also those looking for an activity to improve their health and fitness. It is also a great way meet new people.

Contact name: Mike O'Shea**Contact phone:** 01934 823 541**Contact email:** mikemikeoshea@yahoo.co.uk

Clevedon Health Walks

Must book? No

Free? Yes

Time: 10:30am

Location: Meet at [Salthouse car park, Salthouse Road, Clevedon, BS21 7TR](#)

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

Various
days
available

Walking Cricket: Clevedon

Must book? Yes

Free? First session free

Time: 10:30am

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

Must book? Yes

Free? No, £4 per session

Time: 12pm

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

Organisation: [England Netball](#)

Open to ladies aged 50 years and over.

Walking netball is played at a walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and one foot must be in contact with the ground at all times.

Contact name: Kerry Brooks

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

[Book your place here](#)

Every
Fri

Mental Health Walk and Talks

Must book? Yes

Free? Yes

Time: 1.30pm

Location: Rotates weekly across Backwell, Clevedon, Nailsea and Portishead. Contact admin@weareaware.info for more details.

Organisation: [We Are Aware](#)

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

A regular mental health Walk and Talk to provide peer connection, gentle exercise, reduce isolation and be part of a growing supportive community.

Contact: admin@weareaware.info for a referral form to join our ever-growing mental health lived experience peer community. Or visit: www.weareaware.info

Contact name: Alan

Contact email: admin@weareaware.info

Every
Fri

Walking Football: Clevedon

Must book? No

Free? No, first session free, then £4 per session

Time: 7.30pm

Location: [North Somerset Community Hand Stadium, Davis Lane, Clevedon, BS21 6TG](#)

Organisation: [Clevedon Town Walking Football](#)

Walking football is a slower version of the traditional game, it is played at a 'walking' pace, there is no running and it is non-contact.

We play three 20 minute sessions with breaks in between. (breaks more regular during hot weather) Bring a drink to rehydrate.

We aim to play 6-a-side games and based on numbers attending, we try to pre-select teams and pin the teams/matches on the hut before the session starts. We try to take account of age, ability and experience when selecting teams. We always encourage inclusivity and fair play.

Contact name: John

Contact phone: 07976 829 826

Contact email: john.hughes@primemolasses.com

Every
Mon,
Thurs
& 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.

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

Free? Yes

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

Ashton Court parkrun

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

Organisation: [parkrun](#)

Contact email: ashtoncourt@parkrun.com

Every
Sat

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

