


# **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](https://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](https://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**

## 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 meet new people.

**Contact name:** Mike O'Shea

**Contact phone:** 01934 823 541

**Contact email:** [mikemikeoshea@yahoo.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@gordanofpg.org.uk)

**Further information:** [www.gordanofpg.org.uk](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

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**Contact name:** Mike O'Shea

**Contact phone:** 01934 823 541

**Contact email:** [mikemikeoshea@yahoo.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:admin@weareaware.info) for a referral form to join our ever-growing mental health lived experience peer community. Or visit: [www.weareaware.info](http://www.weareaware.info)

**Contact name:** Alan

**Contact email:** [admin@weareaware.info](mailto: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](mailto: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](mailto:ashtoncourt@parkrun.com)

Every  
Sat

### Clevedon Salthouse Fields parkrun

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

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

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

### Marine Parade parkrun

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

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

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

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

### Nailsea Golden Valley Playing Field Junior parkrun

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

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

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

### Yatton Recreation Junior parkrun

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

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

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

### Weston-super-Mare Junior parkrun

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

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

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





## 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](mailto: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](mailto:Bristolstep123@gmail.com)

**Contact phone:** 07774 290 646

**Booking Link:**

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

