

Get Active in North Somerset

Physical activities and healthy living

Walk, Jog, Run

Activity	Ages	When	Where	Accessibility	Contact
<p>Gordano Footpath Group Wide variety of walks suitable for all ages and abilities. Walks vary in length from 4 to 10+ miles.</p>	18+ and families	Various – please contact us for details	Gordano Valley and further afield	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	<p>Sheila Venn 01275 849 264 gordanofpg.org.uk</p>
<p>Ladies Running</p>		Fridays 9.30am	Winscombe Community Centre Annexe 11 Sandford Road Winscombe BS25 1JA	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Madi Hearne 07896 076 387 Madi.hearne@btinternet.com</p>

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Activity	Ages	When	Where	Accessibility	Contact
<p>Nailsea and District Footpath Group Wide variety of walks suitable for all ages and abilities. Walks vary in length from 2 to 10+ miles.</p>	18+	Tuesdays, Thursdays and occasional weekends. Times vary, please check website	Nailsea and further afield	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	<p>Gordon Bennett 01275 810 067 info@nfpfg.org.uk www.nfpfg.org.uk</p>
<p>Nature Connection Walk Portishead Each 90-minute session includes a grounding meditation, mindful walking, and reflective group discussions, finishing with refreshments.</p>		<p>3pm to 4.30pm Second Monday of the month</p>	Portbury Wharf	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Connect3 Nature Walks Free Wellbeing walks in North Somerset — Mudita Salus CIC</p>

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<p>Nature Connection Walk Weston</p> <p>Each 90-minute session includes a grounding meditation, mindful walking, and reflective group discussions, finishing with refreshments.</p>		<p>3pm to 4.30pm</p> <p>First Monday of the month</p>	Weston Woods	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Connect3 Nature Walks Free Wellbeing walks in North Somerset — Mudita Salus CIC
<p>Nature Connection Walk Winscombe</p> <p>Each 90-minute session includes a grounding meditation, mindful walking, and reflective group discussions, finishing with refreshments.</p>		<p>3pm to 4.30pm</p> <p>Third Monday of the month</p>	Winscombe and Sandford Award Land	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Connect3 Nature Walks Free Wellbeing walks in North Somerset — Mudita Salus CIC

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<p>North Somerset Health Walks Group walks encourage inactive individuals to start to get active. Walks vary in duration from 30 to 90 minutes. All abilities welcome.</p>	All ages	Walks in and around Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Long Ashton and Yatton. Visit website for more information.		<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Visit: www.betterhealthns.co.uk/information/healthwalks/
<p>Parkrun – Clevedon A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!</p>	All ages (children under 11 years must be accompanied during the run)	Saturdays 9am	Salthouse Park Clevedon BS21 7TU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	clevedonsalthousefields@parkrun.com

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<p>Parkrun – Weston-super-Mare A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!</p>	All ages (children under 11 years must be accompanied during the run)	Saturdays 9am	Marine Parade Weston-super-Mare BS23 1BE	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	marineparade@parkrun.com
<p>Junior Parkrun – Clevedon Weekly, free, 2km timed events</p>	4 to 14 years	Sundays 9am	Clevedon Seafront Clevedon BS21 7EH	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	www.parkrun.org.uk/clevedonseafont-juniors/

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Junior Parkrun – Weston Weekly, free, 2km timed events	4 to 14 Years	Sundays 9am	Walford Avenue Weston-super-Mare BS22 7RD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	www.parkrun.org.uk/westonsupermare-juniors/
Parkrun Junior – Yatton Weekly, free, 2km timed events	4 to 14 years	Sundays 9am	Yatton Recreation Ground Yatton BS49 4HS	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	https://www.parkrun.org.uk/yattonrecreation-juniors/

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<p>Walk and Talk for unpaid adult carers Gentle exercise for all abilities Carers can join us for our walk and talks and coffee breaks. Varied routes and durations. Connect with nature and others.</p>	18+	Twice a month	Different locations across North Somerset	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>North Somerset Carers Support Team 03000 120 120</p> <p>carersupport@alliancehomes.org.uk</p> <p>https://www.alliancehomes.org.uk/support-services/</p>
<p>Walking at Tyntesfield Getting active across the Tyntesfield estate is the perfect way to see the plants, trees and wildlife.</p>	All ages	<p>10am to 6pm in Summer</p> <p>10am to 5pm in Winter</p> <p>Every day except Christmas eve and Christmas day</p>	<p>Tyntesfield Wraxhall Bristol BS48 1NX</p>	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Tyntesfield Office 01275 461 900</p> <p>Tyntesfield@nationaltrust.org.uk</p> <p>www.Nationaltrust.org.uk/tyntesfield</p>

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<p>Weston Whippets Running Club Social running group encouraging members to enjoy running with a variety of running distances and terrain</p>	<p>Road and Trail running: 16+</p> <p>Youth Training: 12 to 16 years</p> <p>Funetics: 4 to 12 years</p>	<p>Monday: 7.30pm</p> <p>Tuesday: 7pm</p> <p>Wednesday: 6.30pm (under 16)</p> <p>Thursday: 7pm</p> <p>Saturday: 8am</p> <p>Saturday: 9am (4 – 16 years)</p> <p>Sunday: 8.30am</p>	<p>Various locations in Weston-super-Mare</p> <p>4 to 16 year olds at Haywood Village school</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input checked="" type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>westonwhippetsrc@gmail.com</p>