HEALTH WALKS & CYCLE RIDES

KEY INFORMATION

- There is no need to book just turn up and join in!
- Please arrive 15 minutes prior to the start of any walk or ride session. Please note NO dogs are allowed on any walks (assistance dogs only).
- On your first health walk or health cycle we kindly ask you to complete a health questionnaire.
- If required, bike hire and helmets are available at all locations for a small charge by ringing 01425 480811.
- The health walks and health cycle rides do not take place on bank holidays or over the Christmas holidays.

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WALK LEVELS

LEVEL ONE: Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. This is up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

LEVEL TWO: Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

LEVEL THREE: This walk is for people looking for more challenging walks and increasing their level of physical activity. They are generally 45-90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

RIDE LEVELS

LEVEL 1
An hour’s ride led at a gentle, leisurely pace on flat terrain (where available) with occasional stops (6-7 miles) for people who are less active or who have confidence issues with cycling.

LEVEL 2
An hour’s leisurely ride, but uses mixed terrain, has occasional hills and is for people who are generally more active and confident on a bike (6-9 miles).

LEVEL 3
Minimum of an hour’s ride, led at a fast pace with no stops. It uses hills and mixed terrain and riders must be self-reliant in terms of punctures and navigation (8-10 miles).

INTERESTED IN VOLUNTEERING?

The health walks and health cycle rides are volunteer-led and without our dedicated team of leaders these activities would simply not exist.

If you are interested in becoming a trained leader then please call the Health and Activity Team on 01425 480811 or email activate@christchurchandeastdorset.gov.uk.
WHAT ARE HEALTH WALKS AND HEALTH CYCLE RIDES?

Health walks and cycle rides are a great way to establish a weekly routine of exercise and offer the perfect opportunity to get out and meet new people in a refreshing outdoor setting. Leaders on both activities are trained and all health walks are accredited with the national Walking for Health scheme.

Our aim is to give everyone access to a short, free and friendly health walk or cycle ride within easy reach of where they live.

www.wfh.org.uk

HEALTH WALKS

MONDAYS
Moors Valley Country Park & Forest, BH24 2ET*
10-11am 10-10.30am
The Hub, Verwood, BH31 7QE (Buggy Walk)
10-11am
Allendale Centre, Wimborne, BH21 1AS
10.30-11.15am

TUESDAYS
The Hub, Verwood, BH31 7QE
10-11am
Allendale Centre, Wimborne, BH21 1AS
10.30-11.15am
The Pure Drop, Ferndown, BH22 9NA
10-11am
Saxon Square, Christchurch, BH23 1QA
10.30-11.30am
Corfe Coffee, Corfe Mullen, BH21 3LA
10-11am

WEDNESDAYS
West Parley Sports & Social Club, BH22 8SQ
10-11am
Moors Valley Country Park & Forest, BH24 2ET*
10-11am 10-10.30am
QE Leisure Centre, Wimborne, BH21 4DT**
10.30am-12pm
Sandpiper Pub, Mudeford, BH23 4DN
10.45-11.45am

THURSDAYS
The Penn Court Café, West Moors, BH22 0JD
10-11am 10-10.30am

FRIDAYS
The Hub, Verwood, BH31 7QE
10-11am
Highcliffe Castle, Christchurch, BH23 4LE
10.15-11.15am

HEALTH CYCLE RIDES

MONDAYS
Highcliffe Castle, BH23 4LE
Meet outside the café | 10-11am
LEVEL 1 LEVEL 2

TUESDAYS
Ferndown Forest Golf Club, BH22 9PH
Meet outside the bar | 10-11am
LEVEL 1 LEVEL 2

WEDNESDAYS
Moors Valley Country Park & Forest, BH24 2ET*
Meet outside Bike Hire | 10-11am
LEVEL 1 LEVEL 2 LEVEL 3

THURSDAYS
Kingston Lacy House, BH21 4EA
Meet in main car park | 9.30-10.30am
LEVEL 1 LEVEL 2 LEVEL 3

* Please note that you are entitled to free parking at Moors Valley Country Park & Forest for your first 3 rides. During summer holidays this ride starts at 9.30am.

NOT CYCLED BEFORE?

If you need to increase your confidence on a bike then find out about our 1-2-1 tuition by calling 01425 480811.

* Please note that you are entitled to free parking at Moors Valley Country Park & Forest for your first 3 walks.

** Once a month this walk runs from varying locations, call 01425 480811 or visit the website www.moors-valley.co.uk/events for details.