



**Activities in Bournemouth**

Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
<b>Great Run Local, Bournemouth</b>	Weekly. Sunday 9.30-10.30am	Littledown Centre, Chaseside, Bournemouth, BH7 7DX	Meet at the Cricket Pavilion at 9.20am for a 9.30am start. Great Run Local is a free, weekly, friendly running initiative organised by fantastic volunteers. Offering both 2km and 5km distances. Our aim is to increase and encourage sports participation for all abilities and ages, for absolute beginners, families and more experienced regular runners.	Free	Suitable trainers, clothing for running/walking, water	01202 055780
<b>Park Yoga, Bournemouth</b>	Weekly. Sunday 10am-11am May to September	Bournemouth Central Gardens, BH2 6EY	Park yoga is a free one-hour outdoor yoga session. It will be held every Sunday morning throughout the summer starting in May and running until late September. Everyone is invited, and all abilities are welcome. During this one-hour session we will practice mindful breathing techniques in synchronisation with basic flow movement, with a combination of strengthening and flexibility. It starts with gentle opening and relaxation at the end. Provided by experienced teacher Kao (Joy) Mu-Jung	Free	Snack & drink. Yoga mat or towel	No need to book

<b>Health Walk, Bournemouth</b>	Weekly. Monday 10am	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	We meet weekly on Mondays at 10am for a Ranger led gentle guided walk around our lovely Nature Reserve, stopping to look at wildlife and anything of interest, it's a great opportunity to enjoy being outside surrounded by Nature and fresh air.	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), snack and drink, camera	01202 451548
<b>New Leaf at Stour Valley</b>	Weekly. Monday 1pm-2.30pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come down to the River Stour and experience the natural environment to get a quick boost to your health and wellbeing. This is an easy accessible session and is suitable for those who want to build confidence about getting out in nature. Join a guided stroll/roll or just sit in the wildlife garden and have a cup of tea and a chat with our friendly rangers and activity assistants.	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), camera	01202 451548
<b>Wildlife Walks with Bob Ford</b>	Weekly. Monday 2.30-4pm	Varies across Dorset. See website <a href="http://www.dorsetwalks.com/">www.dorsetwalks.com/</a>	All walks are for 90 minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed so please check the website for details.	£4	Waterproofs and suitable walking footwear	01305 750118 / 07980 967473
<b>Buggyfit, Southbourne</b>	Weekly Tuesday 9.30- 10.30am (term time only)	Meet at Bistro on the Beach Café on the Prom - you can park along the cliff top on Southbourne Coast Road, BH6 4BE	Buggyfit is the perfect way to get back into shape after having a baby, while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702

<b>Healthy Heritage, Stour Valley</b>	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Get involved in taking action to maintain and improve the Stour Valley Local Nature Reserve. A wide range of tasks are covered from hedge laying to making path improvements and clearing undergrowth. You will be supported by experienced volunteers from the Stour Valley Supporters group.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
<b>Gardening to Give, Kingfisher Barn Muscliff</b>	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come along and help tend the beautiful wildlife garden at the Barn. Give half an hour, or stay for all three. Whatever you can give. You will be supported by experienced volunteers from the Stour Valley Supporters group. Teas and coffees provided by the Rangers.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
<b>Wessex Orienteering Club Running session, Bournemouth</b>	Weekly. Tuesday 6-7pm	Bournemouth University Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour split into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523
<b>Boscombe Health Walk</b>	Weekly. Thursday 10am- 10.45am	JOY Café Churchill Gardens, Boscombe, BH1 4ES	Walking for Health trained volunteer led walk. Meet at 9.50 ready for a 10am start. Join us for a leisurely stroll down through Boscombe Chine Gardens to the seafront, and back again before stopping for a cup of tea and a chat for those who can stay!	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café)	01202 055780

<b>Buggyfit, Durley Chine</b>	Weekly Thursday 11am-noon (term time only)	Meet by the Harvester on the Prom at Durley Chine (free parking along the road BH2 5JF)	Buggyfit is the perfect way to get back into shape after having a baby while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702
<b>West Howe Health Walk</b>	Weekly. Friday 10am- 10.30am	Wellbeing Café, Henry Brown Youth Centre, Cunningham Crescent, West Howe, Bournemouth, BH11 8DU	Meet at 9.50 for a 10am start. A gentle 30 minute walk from the Wellbeing Café to Turbary Park Common and back again. Led by a trained, experienced Walking for Health volunteer	Free	Waterproofs, suitable walking footwear, money for refreshments	07952 317894