



Activities in Weymouth and Portland

Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Park Yoga, Weymouth	Weekly. Sunday 9.30-10.30am July to September	Lodmoor Country Park, Weymouth, DT4 7SX	Every Sunday (weather permitting) July to late September 9.30-10.30am. Free outdoor family yoga. All ages and abilities welcome to come and try yoga, stretch, relax, and connect with nature and the community. Provided by The Lotus yoga	Free	Suitable footwear, money for refreshments (café), camera, mat/towel, blanket	01305 750023
Nature Walk, Lorton Meadows Weymouth	Weekly. Monday 10-11am	Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH	A gentle walk (30-45mins) through the Lorton Meadows Nature Reserve, focusing on the natural environment. Recommended for beginners. Walks runs from the Easter Holidays to October Half Term. Please note this will not run on Bank Holidays. Provided by Dorset Wildlife Trust	£3 to include a drink	Waterproof coat, walking footwear, money for refreshments	01305 816546
Wildlife Walks with Bob Ford	Weekly. Monday 2.30-4pm	Varies across Dorset. See website www.dorsetwalks.com/	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

Mid-week Wildlife Conservation Volunteering	Weekly. Wednesday 9am-4pm	Conservation tasks are held in a variety of different places mainly in south and west Dorset, minibus pickups are arranged from Weymouth and Dorchester and en route.	The EuCAN DMV activities range from hedgelaying and dry stone walling to scrub clearance and fencing. We operate on a number of different sites between Wareham in the east of Dorset and as far west as Lyme Regis, working on nature reserves and private sites. We recommend that you telephone or email the organiser, David Searle to discuss the plans and to reserve a seat on the minibus if necessary.	Free	Waterproofs, suitable walking footwear, snack and drink, mug for hot drinks. Bring work/gardening gloves if you have them. Soup is generally provided but volunteers are recommended to bring their own lunch and snacks as well.	07790 219463 or eucan.dmv@gmail.com
Conservation Work Party, Lorton Meadows Weymouth	Fortnightly. Wednesday 10am-3pm	Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH	A range of conservation tasks to suit all abilities, with Dorset Wildlife Trust. You can attend for a few hours or all day.	Free	Waterproof coat, walking footwear, snack/drink/ lunch if staying all day. Tea & coffee, gloves and tools provided	01305 816546
Wildlife Walks with Bob Ford	Weekly. Fridays 10-11.30	Varies across Dorset. See website www.dorsetwalks.com/	All walks are for 90minutes (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

<p>General Gardening, Portland House</p>	<p>Weekly. Friday 10am-3.30pm</p>	<p>Portland House, 24 Belle Vue Road, Weymouth, DT4 8RZ</p>	<p>Gardening in General, weeding, pruning, lawn care. Provided by the National Trust</p>	<p>Free</p>	<p>Waterproofs, suitable footwear, snack/drink/lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular.</p>	<p>07826 890940</p>
-------------------------------------------------	-------------------------------------------	-------------------------------------------------------------	------------------------------------------------------------------------------------------	-------------	------------------------------------------------------------------------------------------------------------------------------------------------	---------------------