



Activities in Poole

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Poole	Health Walks, Poole	Weekly. Monday 1.15pm	Ham Common Car park, BH15 4LZ	Usually between 30 and 60 minutes and may include some moderate slopes, steps, stiles and uneven surfaces	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Poole	Health Walks, Poole	Weekly. Tuesday 10.30am	Castleman Trailway, Junction Sports Leisure Centre, BH18 8AX	Typically 30 minutes and suitable for walkers of all abilities on mostly flat surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Poole	Health Walks, Poole	First Tuesday of the month (October to May)	Flaghead Beach, 1 Flaghead Road, BH13 7JL	Typically 30 minutes and suitable for walkers of all abilities on mostly flat surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648

Poole	Health Walks, Poole	Weekly. Wednesday 10.30am	Bourne Valley, Rossmore Library, BH12 4HS	Usually between 30 and 60 minutes and may include some moderate slopes, steps, stiles and uneven surfaces	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Poole	Health Walks, Poole	Weekly. Thursday 10.30am	Poole Park, The Ark Café, BH15 2SF	Wheelchair friendly, typically 30 minutes and suitable for walkers of all abilities on mostly flat surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Poole	Health Walks, Poole	Fourth Thursday of the Month (May to September) 2pm	Lytchett Bay, The Hub, 193 Turlin Road, BH16 5DN	Usually between 30 and 60 minutes and may include some moderate slopes, steps, stiles and uneven surfaces	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Poole	Health Walks, Poole	Weekly. Friday 12pm	Upton Country Park, Bus Shelter, BH17 7BJ	Usually between 30 and 60 minutes and may include some moderate slopes, steps, stiles and uneven surfaces	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648

Poole	Health Walks, Poole	Weekly. Sunday 2pm	Poole Park, The Ark Café, BH15 2SF	Wheelchair friendly, typically 30 minutes and suitable for walkers of all abilities on mostly flat surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Poole	Outdoor Mindfulness, Poole	Weekly. Saturday 12.30-2pm On hold until further notice	Poole Park	An hour of Guided Mindfulness in the great outdoors followed but a cup of tea and a chat in the Café. Provided by Dorset Mental Health Forum	£2.50	Suggested suitable walking footwear, money for refreshments	01305 257172
Poole	Park Yoga, Poole	Weekly. Sunday 9.30-10.30am	Upton Country Park. Meet on the back lawn (behind Upton House)	Enjoy a free outdoor Park Yoga session on the Back Lawn at Upton Country Park. Suitable for all ages and abilities including children, the yoga class will allow you to take in the natural surroundings whilst taking part in gentle exercise. Please bring your own mat, a towel and a bottle of water.	Free	Suggested snack and drink, yoga mat, towel.	01202 262753 or info@uptoncountrypark.com