

Sept 2023



Activities in Swanage & Purbeck

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Purbeck	Running coaching, Swanage	Weekly. Saturday 8-9am	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Running coaching with Ucan Fitness - outdoors and sometimes training at places such as Dancing Ledge, Swanage Bay. For people that can run 5km minimum (at any pace). Booking required	£5 per session	Wear warm layers and suitable footwear for running, waterproofs if needed, bring water	07946 834728 or pllawtonarcher@aol.com
Purbeck	Circuits (for all abilities), Swanage	Weekly. Monday 7-8pm (Summer only)	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Total body strength circuits for all ages and abilities. Sometimes in a hall, sometimes outdoors. Booking required for initial session	£5 per session	Wear suitable footwear for exercise, bring water	07946 834728 or pllawtonarcher@aol.com

Purbeck	Walking for Health, Swanage	Weekly. Tuesday 2-3.30pm (no walks in August)	Venues vary - see website www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health	Swanage Walking for Health is part of Walking for Health, which is run in partnership with the Ramblers and Macmillan Cancer Support. We offer short walks, which are open to everyone but are particularly suitable for those who may find it hard to be active due to health conditions. Well behaved dogs welcome, but must be under control on a fixed lead at all times. www.walkingforhealth.org.uk/swanage	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000
Purbeck	Discover Arne Walk	Weekly. Wednesday 10am-12noon	Meet by the visitor hut in the car park, Arne Nature Reserve, Wareham, BH20 5BJ	2 hour walk around RSPB Arne taking in the fantastic wildlife and amazing landscape of the Purbecks.	£3.00	Waterproofs, suitable walking footwear, money for refreshments (café), binocular (you can hire these from the shop if you don't have your own)	01929 553360
Purbeck	Conservation Work Party, Durlston	Weekly. Wednesday . 10am-1pm	Learning Centre, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Our Wednesday Conservation Work Party is great chance to get outdoors, learn some new skills, get fitter and have fun, with a friendly and varied group of other volunteers in the beautiful coast and countryside of Durlston. A Ranger is always on hand to make sure you get the most out of the morning, and will help you get to grips with tasks including dry-stone walling, scrub cutting, path maintenance, tree planting and more. Volunteers range from 16 years old up to 80+ years old and you can do as much or as little as you like. Tea, coffee (and usually cake!) is provided. Free parking is available while volunteering at	Free	Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!	01929 424443

				Durlston. To find out more about Durlston, volunteering or how to get here, please visit www.durlston.co.uk If you would like to give it a go, or would like to find out more, please give the Rangers a ring.			
Purbeck	Cuppa & Chat at The Shed	Weekly, Mondays 2pm - 4pm	The Shed, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Enjoy a cuppa and make some new friends in the lovely woodland surroundings of Durlston Country Park. Just drop in and say hello!	Free	Open to all including those with disabilities or long-term health problems.	Visit www.durlston.co.uk/everyone-needs-a-shed for more information.

Purbeck	Practical Work Group at the Shed	Weekly, Tuesdays 2pm - 4pm	The Shed, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Join a ranger and our team of Sheddies to take part in various practical tasks at the Shed– you could be painting, sanding, woodworking, gardening, or carrying out other DIY projects to support the park.	Free	Open to all including those with disabilities or long-term health problems.	Visit www.durlston.co.uk/everyone-needs-a-shed-for-more-information .
Purbeck	Running for beginners, Swanage	Weekly. Thursday 6-7pm (starting on 11 January and running for 10 weeks)	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Beginners running with Ucan Fitness. A 10 week progressive course for absolute beginners. Booking required	£40 for the full 10 weeks	Wear warm layers and suitable footwear for running, waterproofs if needed, bring water	07946 834728 or pllawtonarcher@aol.com