

Free Outdoor Activities in Poole



boroughofpoole.com

April 2010 onwards

Come rain or shine we have some activities that will make you smile and help you get a good 30 minutes of physical activity.

Health Walks

- On hand are experienced trained volunteer walk leaders
- Afterwards there is always time for a chat and a cuppa
- Pre-walk Assessment
- Introductory walk on 1st Saturday of the month
see overleaf for details



Cycle Rides Across Poole

72km of cycle routes are in Poole of which 42km are leisure routes in green areas or separate from traffic.

For more information contact the Borough's Cycle Officer 01202 262066.



Walk Leader training

Want to help others improve their health and well being? NO experience need just willingness to spare an hour or two a week, leading a walk.

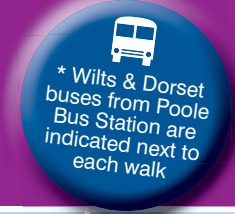


Poole Park, Baiter and Whitecliff Fitness Trial

There are new 2km and 5km routes throughout the parks with clusters of fitness equipment in various locations. Ranging from ski walkers and rowing machines to sit up benches and balancing bars. The equipment is for all ages and abilities so why not give it a go!

If you are interested in other outdoor fitness opportunities there are various providers offering activities in Poole. *For more info see the sport and recreation pages on boroughofpoole.com*

We run regular walks on the following days and times:



Day/time	Bus route	Walk	Meeting point
Every Tuesday 10:30am start	🚌 Routes 3&4	Trail Blazer - A 1 hour walk along the Castleman Trailway and into Delph Woods. This is a circular walk that is suitable for beginners of reasonable good health.	By gateway to the Castleman Trailway in the car park next to The Junction Leisure Centre.
Every Thursday 10:00am start	🚌 Routes M1&M2	Poole Park - 2km exercise trail - A circular walk around Poole Park Lake taking in the scenery with a chance to try out the outdoor fitness equipment.	Outside the entrance to Central Park Café (near to the miniature railway).
Every Friday lunchtime 12:00noon start	🚌 Route 8	Upton Country Park - 2/3km A country walk around the Park taking in some of the fantastic scenery over looking Poole Town and Holes Bay.	In the main car park opposite the bus shelter.
1st & 5th Sat of month 10am	🚌 Routes M1 & M2	Poole Park Lake circular walk 2km	Outside entrance to Central Park Café
2nd Sat of month 10am	🚌 Route 8	Upton Country Park circular walk 2-3km	In main car park opposite bus stop
3rd Sat of month 10am	🚌 Route 1	Baiter to Whitecliff 2-3km	Outside entrance to Poole Pottery
4th Sat of month 10am	🚌 Routes 3&4	Castleman Trailway Broadstone section of the Trailway 2-3km	Car park next to The Junction Leisure Centre

For more info contact Leisure Services on **01202 261306** or email: leisure@poole.gov.uk

