



Health And Activity – Get Active In Your Greenspace

The Health and Activity team offer residents across Dorset the opportunity to get more active through a wide range of coast and countryside activities. All of the outdoor activities are for every age, fitness level and ability. From Nordic Walking to cycling, running, golf, orienteering, yoga and more - you'll find something right for you. Keeping active helps you achieve a healthy lifestyle and we can help you have fun along the way.

Contact

Email healthandactivity@dorsetcouncil.gov.uk
Website <http://www.moors-valley.co.uk/onlinebooking>

Venue

Venue address Across Dorset

Other information

Availability Weekend
All year
Weekday
Daytime
Term Time
School Holidays

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.