

## **Dorset Active Leisure Month**

Activities A, B and C

### **Archery**

Bournemouth Archery Club

At Chapel Gate, East Parley, Christchurch.

All week 5-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: All abilities

The range is open every day, with disabled facilities for members/visiting archers.

07929 195845 /

Cost: Phone for details. Need to book: Phone for details

### **Archery**

Bournemouth Archery Club

At Chapel Gate, East Parley, Christchurch.

All week 12-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: All abilities

The range is open every day, with disabled facilities for members/visiting archers.

07929 195845 /

Cost: Phone for details. Need to book: Phone for details

### **Archery**

Bournemouth Archery Club

At Chapel Gate, East Parley, Christchurch.

All week 19-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: All abilities

The range is open every day, with disabled facilities for members/visiting archers.  
07929 195845 /

Cost: Phone for details. Need to book: Phone for details

## **Archery**

Bournemouth Archery Club

At Chapel Gate, East Parley, Christchurch.

All week 26-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: All abilities

The range is open every day, with disabled facilities for members/visiting archers.

07929 195845 /

Cost: Phone for details. Need to book: Phone for details

## **Armchair Exercises**

Armchair Exercises at Castleman Court

East Dorset Housing Association

At Castleman Court, Station Road, Westmoors, Ferndown, Dorset BH22 0JY

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: 50+

Ability suitable: Phone for details

[www.edha.co.uk](http://www.edha.co.uk)

01202 897290 / [castleman.court@edha.co.uk](mailto:castleman.court@edha.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Art Course**

Extension Art Courses for Older People

Bridport Older Peoples Forum

At Chancery House (Age Concern), Bridport

Monday 12-May-08

14.00 to 16.00

Age suitable: 50+

Ability suitable: Phone for details  
01308 424650 /  
Cost: £2.50. Need to book: Yes

## **Art Course**

Extension Art Courses for Older People  
Bridport Older Peoples Forum  
At Chancery House (Age Concern), Bridport  
Monday 19-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01308 424650 /  
Cost: £2.50. Need to book: Yes

## **Badminton**

Taster  
Sturminster Newton Over 50's Badminton Club  
At Sturminster Newton Leisure Centre DT10 1EW  
Tuesday 20-May-08  
11.00 to 12.00  
Age suitable: Over 50's  
Ability suitable: Active men and women  
01258 471463 /  
Cost: Free. Need to book: Phone for details

## **Birdwatching**

Singing and Ringing at Radipole Lake on International Dawn Chorus Day  
The Royal Society for the Protection of Birds  
At RSPB Radipole Lake Visitor Centre, Swannery Car Park, Weymouth DT4 7TZ  
Sunday 4-May-08  
5.00 to 8.00  
Age suitable: All Ages  
Ability suitable: Phone for details

Join us in the reeds to see birds in the hand being ringed and listen to the magic of the dawn chorus all around you. Please wear boots as some of this event will be off the main pathway.

01305 778313 /

Cost: Adults £3 Children £1.50 (half price for members). Need to book: Yes

## **Birdwatching**

Seabird Boat Trip

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Fri 16-May

7.15pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Relax and enjoy an evening cruise along Purbeck's beautiful World Heritage coast, guided by the Durlston Country Park Rangers. Puffins, Guillemots, Kittiwakes and more. For more information, and to book, phone (01202) 558550 (cost £12 adults, £5 children).

And every Friday until 4th July.

[www.durlston.co.uk](http://www.durlston.co.uk)

01202 558550 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: Adults £12 Children £5. Need to book: Yes

## **Birdwatching**

Seabird Boat Trip

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Fri 23-May

7.15pm to Phone for details

Age suitable: Phone for details

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Relax and enjoy an evening cruise along Purbeck's beautiful World Heritage coast, guided by the Durlston Country Park Rangers. Puffins, Guillemots, Kittiwakes and more. For more information, and to book, phone (01202) 558550 (cost £12 adults, £5 children). And every Friday until 4th July.

[www.durlston.co.uk](http://www.durlston.co.uk)

01202 558550 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: Adults £12 Children £5. Need to book: Yes

## **Birdwatching**

Poole Bird Boats - Purbeck Coast

The Royal Society for the Protection of Birds

At

Saturday 24-May-08

18.30 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Booking essential.

01929 462383 /

Cost: Phone for details. Need to book: Yes

## **Birdwatching**

Binocular and telescope demo day at Radipole Lake

The Royal Society for the Protection of Birds

At RSPB Radipole Lake Visitor Centre, Swannery Car Park, Weymouth DT4 7TZ

Saturday 24-May-08

10.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

A fantastic opportunity to get free expert advice and try out a wide range of binoculars and telescopes. Arrive any time between 10.00 and 16.00.

01305 778313 /

Cost: FREE. Need to book: Phone for details

## **Birdwatching**

### "Western Lady" Bird Boat Trip

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Wed 28-May

2.00pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

An afternoon seabird cruise along the World Heritage coast, with the Durlston Rangers on board the historic Western Lady 3. For more information and to book call (01929) 424443.

[www.durlston.co.uk](http://www.durlston.co.uk)

01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: Adults £10 Children £6. Need to book: Yes

## **Birdwatching**

### Seabird Boat Trip

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Fri 30-May

7.15pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Relax and enjoy an evening cruise along Purbeck's beautiful World Heritage coast, guided by the Durlston Country Park Rangers. Puffins, Guillemots, Kittiwakes and more. For more information, and to book, phone (01202) 558550 (cost £12 adults, £5 children).

And every Friday until 4th July.

[www.durlston.co.uk](http://www.durlston.co.uk)

01202 558550 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: Adults £12 Children £5. Need to book: Yes

## **Birdwatching**

Dorset Spring Bird Week 26th April - 4th May

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Sat - Sun 26 Apr -4 May

Various to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
Guided bird walks, throughout the county, led by Dorset's top birders. For more information, pick up a leaflet, call 01929 424443 or visit [www.durlston.co.uk](http://www.durlston.co.uk).  
[www.durlston.co.uk](http://www.durlston.co.uk)  
01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)  
Cost: £3. Need to book: Phone for details

## **Bowls**

Short Mat Bowls Taster  
Southill Short Mat Bowls  
At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS  
Wednesday 7-May-08  
14:00 to 17:00  
Age suitable: 16 +  
Ability suitable: All  
Please wear socks or moccasin type slippers.  
01305 772737 or  
01305 784018 /  
Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster  
Southill Short Mat Bowls  
At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS  
Wednesday 7-May-08  
19:00 to 22:00  
Age suitable: 16 +  
Ability suitable: All  
Please wear socks or moccasin type slippers.  
01305 772737 or  
01305 784018 /  
Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS

Monday 12-May-08

14:00 to 17:00

Age suitable: 16 +

Ability suitable: All

Please wear socks or moccasin type slippers.

01305 772737 or

01305 784018 /

Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS

Wednesday 14-May-08

14:00 to 17:00

Age suitable: 16 +

Ability suitable: All

Please wear socks or moccasin type slippers.

01305 772737 or

01305 784018 /

Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster

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Wednesday 14-May-08

19:00 to 22:00

Age suitable: 16 +

Ability suitable: All

Please wear socks or moccasin type slippers.

01305 772737 or

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Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS

Monday 19-May-08

14:00 to 17:00

Age suitable: 16 +

Ability suitable: All

Please wear socks or moccasin type slippers.

01305 772737 or

01305 784018 /

Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS

Wednesday 21-May-08

14:00 to 17:00

Age suitable: 16 +

Ability suitable: All

Please wear socks or moccasin type slippers.

01305 772737 or

01305 784018 /

Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS  
Wednesday 21-May-08  
19:00 to 22:00  
Age suitable: 16 +  
Ability suitable: All  
Please wear socks or moccasin type slippers.  
01305 772737 or  
01305 784018 /  
Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster  
Southill Short Mat Bowls  
At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS  
Wednesday 28-May-08  
14:00 to 17:00  
Age suitable: 16 +  
Ability suitable: All  
Please wear socks or moccasin type slippers.  
01305 772737 or  
01305 784018 /  
Cost: £1.70. Need to book: No

## **Bowls**

Short Mat Bowls Taster  
Southill Short Mat Bowls  
At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS  
Wednesday 28-May-08  
19:00 to 22:00  
Age suitable: 16 +  
Ability suitable: All  
Please wear socks or moccasin type slippers.  
01305 772737 or  
01305 784018 /

Cost: £1.70. Need to book: No

## **Bowls**

At Bournemouth Indoor Bowling Centre

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 394439 /

Cost: Phone for details. Need to book: Phone for details

## **Boxing**

Box It

Portland Amateur Boxing Club

At Portland A B C, East Street, Portland DT5 1NF

Sunday 11-May-08

11:00 to 12:00

Age suitable: 8 yrs - 80

Ability suitable: All

Insight to Amateur Boxing as a way of keeping fit and releasing frustration.

07732 220362 / vinceealson9@msn.com

Cost: Free. Need to book: No

## **Boxing**

Box It

Portland Amateur Boxing Club

At Portland A B C, East Street, Portland DT5 1NF

Sunday 18-May-08

11:00 to 12:00

Age suitable: 8 yrs - 80

Ability suitable: All

Insight to Amateur Boxing as a way of keeping fit and releasing frustration.  
07732 220362 / vinceealson9@msn.com  
Cost: Free. Need to book: No

## **Boxing**

Box It  
Portland Amateur Boxing Club  
At Portland A B C, East Street, Portland DT5 1NF  
Sunday 25-May-08  
11:00 to 12:00  
Age suitable: 8 yrs - 80  
Ability suitable: All  
Insight to Amateur Boxing as a way of keeping fit and releasing frustration.  
07732 220362 / vinceealson9@msn.com  
Cost: Free. Need to book: No

## **Brendoncare**

Club Dorset - The Castle Club  
Winchester  
At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe  
Monday 12-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
Tony Hanson or Janet Cary.  
clubdorset@brendoncare.org.uk / www.brendoncare.org.uk  
Cost: Phone for details. Need to book: Yes

## **Brendoncare**

Club Dorset - The Castle Club  
Winchester  
At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe  
Monday 19-May-08  
Phone for details to Phone for details

Age suitable: Phone for details  
Ability suitable: Phone for details

Cost: Phone for details. Need to book: Phone for details

## **Clay Pigeon Shooting**

Have a go at clay shooting  
Southern Counties Shooting  
At Wardons Hill, Dorchester DT2 9PW  
Saturday 24-May-08  
9.00 to 16.00  
Age suitable: 12 years and above  
Ability suitable: All  
www.southern-counties.com  
01935 83625 / scshooting@aol.com  
Cost: £10 for 25 clays. Need to book: Yes

## **Climbing**

Rock Climbing at Dancing Ledge  
Brenscombe Outdoor Centre  
At Meet at the National Trust car park (no charge), Durnford Drove, Langton Matravers.  
Saturday 17-May-08  
Phone for details to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
Climbing and abseiling lessons for groups. Every weekend between 17 and 31 May, also during half term week. Minimum group size of 8, maximum 20.  
01929 481222 /  
Cost: £22.80 per person for a 2.5 hour session. Need to book: Phone for details

## **Climbing**

Rock Climbing at Dancing Ledge  
Brenscombe Outdoor Centre  
At Meet at the National Trust car park (no charge), Durnford Drove, Langton Matravers.

Saturday 24-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Climbing and abseiling lessons for groups. Every weekend between 17 and 31 May, also during half term week. Minimum group size of 8, maximum 20.

01929 481222

Cost: £22.80 per person for a 2.5 hour session. Need to book: Phone for details

## **Climbing**

Rock Climbing at Dancing Ledge

Brenscombe Outdoor Centre

At Meet at the National Trust car park (no charge), Durnford Drove, Langton Matravers.

Saturday 31-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Climbing and abseiling lessons for groups. Every weekend between 17 and 31 May, also during half term week. Minimum group size of 8, maximum 20.

01929 481222

Cost: £22.80 per person for a 2.5 hour session. Need to book: Phone for details

## **Coffee Morning**

Coffee Morning with a Difference

At Easton Methodist Church, Portland

Friday 2-May-08

10.00 to 12.00

Age suitable: 50+

Ability suitable: Phone for details

01305 860652 /

Cost: Free. Need to book: Phone for details

## **Coffee Morning**

Coffee Morning with a Difference

At Easton Methodist Church, Portland

Friday 9-May-08

10.00 to 12.00

Age suitable: 50+

Ability suitable: Phone for details

01305 860652

Cost: Free. Need to book: Phone for details

## **Coffee Morning**

Coffee Morning with a Difference

At Easton Methodist Church, Portland

Friday 16-May-08

10.00 to 12.00

Age suitable: 50+

Ability suitable: Phone for details

01305 860652

Cost: Free. Need to book: Phone for details

## **Coffee Morning**

Coffee Morning with a Difference

At Easton Methodist Church, Portland

Friday 23-May-08

10.00 to 12.00

Age suitable: 50+

Ability suitable: Phone for details

01305 860652

Cost: Free. Need to book: Phone for details

## **Coffee Morning**

Coffee Morning with a Difference

At Easton Methodist Church, Portland  
Friday 30-May-08  
10.00 to 12.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 860652  
Cost: Free. Need to book: Phone for details

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Thursday 1-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Wednesday 7-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity

At Old School, Sturminster Marshall  
Thursday 8-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Portland Island Computer Klub

At Jubilee Hall, Easton Square, Portland, Dorset  
Monday 12-May-08  
19.30 to 21.30  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 860652 /  
Cost: £3.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Wednesday 14-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall

Thursday 15-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Portland Island Computer Klub

At Jubilee Hall, Easton Square, Portland, Dorset  
Monday 19-May-08  
19.30 to 21.30  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 860652 /  
Cost: £3.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Wednesday 21-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Thursday 22-May-08

14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Wednesday 28-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Mackrell Charity Computer Class  
The Mackrell Charity  
At Old School, Sturminster Marshall  
Thursday 29-May-08  
14.00 to 16.00  
Age suitable: 50+  
Ability suitable: Phone for details  
01258 857255 / [alistairstewartsykes@fish.co.uk](mailto:alistairstewartsykes@fish.co.uk)  
Cost: £4.00. Need to book: Yes

## **Computer Class**

Age Concern Dorchester Computer Clubs and Classes  
Age Concern  
At Age Concern Dorchester, Libraries at Corfe Castle, Crossways, Wareham and Wool,  
Swanage Evening WI and a club at Emanuel Baptist Church Swanage, home visits, Age  
Concern Weymouth

Phone for details Phone for details  
Phone for details to Phone for details  
Age suitable: 50+  
Ability suitable: Phone for details  
[www.ageconcern.org.uk](http://www.ageconcern.org.uk)  
01305 269444 / [wendy@acdorchester.org](mailto:wendy@acdorchester.org)  
Cost: Phone for details. Need to book: Phone for details

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Cost: Phone for details. Need to book: Phone for details

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01305 269444 / [wendy@acdorchester.org](mailto:wendy@acdorchester.org)

Cost: Phone for details. Need to book: Phone for details

## **Cooking Class**

Dorset Food and Health Trust - Anyone For Lunch?  
Dorset Food and Health Trust  
At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
Wimborne, Christchurch, Blandford, Wimborne St Giles  
Varied program Phone for details  
Phone for details to Phone for details  
Age suitable: 50+  
Ability suitable: Phone for details  
[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)  
01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)  
Cost: Phone for details. Need to book: Phone for details

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Dorset Food and Health Trust - Anyone For Lunch?  
Dorset Food and Health Trust  
At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
Wimborne, Christchurch, Blandford, Wimborne St Giles  
Phone for details Varied program  
Phone for details to Phone for details  
Age suitable: 50+  
Ability suitable: Phone for details  
[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)  
01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)  
Cost: Phone for details. Need to book: Phone for details

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Dorset Food and Health Trust - Anyone For Lunch?  
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At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
Wimborne, Christchurch, Blandford, Wimborne St Giles  
Phone for details Varied program

Phone for details to Phone for details  
Age suitable: 50+  
Ability suitable: Phone for details  
[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)  
01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)  
Cost: Phone for details. Need to book: Phone for details

## **Cooking Class**

Dorset Food and Health Trust - Anyone For Lunch?  
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At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
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Phone for details Varied program  
Phone for details to Phone for details  
Age suitable: 50+  
Ability suitable: Phone for details  
[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)  
01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)  
Cost: Phone for details. Need to book: Phone for details

## **Cooking Class**

Dorset Food and Health Trust - Anyone For Lunch?  
Dorset Food and Health Trust  
At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
Wimborne, Christchurch, Blandford, Wimborne St Giles  
Phone for details Varied program  
Phone for details to Phone for details  
Age suitable: 50+  
Ability suitable: Phone for details  
[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)  
01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)  
Cost: Phone for details. Need to book: Phone for details

## **Cooking Class**

Dorset Food and Health Trust - Anyone For Lunch?

Dorset Food and Health Trust

At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
Wimborne, Christchurch, Blandford, Wimborne St Giles

Phone for details Varied program

Phone for details to Phone for details

Age suitable: 50+

Ability suitable: Phone for details

[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)

01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Cooking Class**

Dorset Food and Health Trust - Anyone For Lunch?

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At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,  
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Phone for details Varied program

Phone for details to Phone for details

Age suitable: 50+

Ability suitable: Phone for details

[www.dorsetfoodandhealth.co.uk](http://www.dorsetfoodandhealth.co.uk)

01202 849111 / [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Countryside**

Early Spider Orchids and Other Spring Flowers

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Mon 05-May

2.30pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Ted Pratt leads this walk to admire the wonderful display of newly emerging flowers.

[www.durlston.co.uk](http://www.durlston.co.uk)

01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: £3. Need to book: Phone for details

## **Countryside**

Rockpool Ramble

Charmouth Heritage Coast Centre

At Cobb Gate Car Park, Lyme Regis

Saturday 24-May-08

14.00 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Join the wardens for a ramble over the rocks.....discover the marine creatures of our seashore. (SY 345 922).

[www.charmouth.org](http://www.charmouth.org)

01297 560772 / [info@charmouth.org](mailto:info@charmouth.org)

Cost: Adults £3.50 Children £2.50. Need to book: Yes

## **Countryside**

Butterflies and Spring Flowers

Avon Heath Country Park

At Avon Heath Country Park

Sunday 25-May-08

11.30 to 12.30

Age suitable: Adults and children 8+(with an adult)

Ability suitable: Phone for details

The flowery meadows near the centre are some of the best spots on the park for spring flowers and butterflies. Join expert Ian Cross and see what's on the wing.

01425 478470 /

Cost: £2.50. Need to book: Yes

## **Countryside**

Life on the Edge

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Mon 26-May

10.30am to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

The seabird colonies are in full breeding swing, discover why & how Guillemots and other wildlife live right on the cliff edge.

[www.durlston.co.uk](http://www.durlston.co.uk)

01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: £3. Need to book: Phone for details

## **Countryside**

Tea -time with Tufty!

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Thur 29-May

2.30pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Children's Event. Celebrate Tufty the Guillemots birthday with games and activities and find out more about life as a seabird. Booking Essential.

[www.durlston.co.uk](http://www.durlston.co.uk)

01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: £3. Need to book: Yes

## **Countryside**

New Nuts About Nature

Moors Valley Country Park and Forest

At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood, Dorset BH24 2ET

Thursday 31-May-08

11.00 to 14.00

Age suitable: All ages, children must be accompanied

Ability suitable: Phone for details

Join the rangers to name the new Nuts About Nature character. She's a beautiful 'bumblebee' but needs a name. Bring all your ideas with you and the winning name will be picked by the rangers on 2 June. There will also be a chance to take part in a variety of activities from the Nuts about Nature programme. (SU 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: £2 per child (accompanying adults free). Need to book: No

## **Countyside**

An introduction to the wild flowers of Hilfield

Hilfield Project

At The car park at Hilfield Friary, Hilfield, Dorchester, Dorset DT2 7BE

Saturday 10-May-08

10.30 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Discover the wild flowers growing in the different habitats of this area, bring pack lunch.

01300 341741 /

Cost: Adults £3 Children FREE. Need to book: Yes

## **Countyside**

Way of Life Activity Mornings

Moors Valley Country Park and Forest

At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,

Dorset BH24 2ET

Wednesday 14-May-08

9.45 to 10.45

Age suitable: Phone for details

Ability suitable: Phone for details

Led by volunteer health walk leaders, these walks last approx 45 mins and run every week to help you establish a routine, ideal for beginners. (SU 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: Walks are free, but car parking charges apply. Need to book: No

## Countyside

Spring Watch Treasure Trail

Avon Heath Country Park

At Avon Heath Country Park

All week 24-May-08

11.00 to 15.00

Age suitable: Phone for details

Ability suitable: Phone for details

You don't need to be Bill Oddy to work out the spring time clues hidden around the heath.

Find out more about animals using the park and solve the riddles in pursuit of your chocolate prize.

01425 478470 /

Cost: £2.50. Need to book: Phone for details

## Countyside

Pond Dip

Avon Heath Country Park

At Avon Heath Country Park

Thursday 29-May-08

11.30 to 12.30

Age suitable: All children should bring an adult

Ability suitable: Phone for details

Ever wonder what makes the ripples or blows the bubbles in our pond, or even who lurks in the mud at the bottom? Come pond dipping with the rangers and find out.

01425 478470 /

Cost: £2.50. Need to book: Yes

## Countyside

Dragons in the lake - Family event at Radipole Lake

The Royal Society for the Protection of Birds

At RSPB Radipole Lake Visitor Centre, Swannery Car Park, Weymouth DT4 7TZ

Friday 30-May-08

10.00 to 12.00

Age suitable: All Ages

Ability suitable: Phone for details

A pond dipping session to discover the incredible creatures that live in Radipole Lake. Amongst this watery world, we will be looking out for dragonfly nymphs and water beetles.

01305 778313 /

Cost: Adults free Children £2 (half price for Wildlife Explorers). Need to book: Yes

## **Countyside**

Meet a Moth!

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

Sat 31-May

10.00am to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Discover the beauty and strangeness of these creatures of the night, as we see what's turned up in last night's moth trap. FREE.

[www.durlston.co.uk](http://www.durlston.co.uk)

01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

Cost: Free. Need to book: Phone for details

## **Countyside**

Purbeck Aware 2008 - 'Purbeck Rocks'

Purbeck Heritage Committee

At Various

Phone for details 17 May - 15 June

Various to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

A variety of events for residents and visitors to find out why Purbeck is so special. Visit

[www.purbeck.gov.uk](http://www.purbeck.gov.uk) for details.

[www.purbeck.gov.uk](http://www.purbeck.gov.uk)

01929 557237 / [rachaelshefford@purbeck-dc.gov.uk](mailto:rachaelshefford@purbeck-dc.gov.uk)

Cost: Phone for details. Need to book: Phone for details

## **Craft Class**

Waterside Creative Card Club  
Waterside Weymouth Community Forum  
At The Waterside Weymouth Community Forum, The Park Community Centre,  
Chelmsford Street, Weymouth, Dorset DT4 7HP  
Thursday 1-May-08  
14.45 to 16.45  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 839579 / admin@theparkarea.co.uk  
Cost: £2.00. Need to book: No

## **Craft Class**

Waterside Creative Card Club  
Waterside Weymouth Community Forum  
At The Waterside Weymouth Community Forum, The Park Community Centre,  
Chelmsford Street, Weymouth, Dorset DT4 7HP  
Thursday 8-May-08  
14.45 to 16.45  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 839579 / admin@theparkarea.co.uk  
Cost: £2.00. Need to book: No

## **Craft Class**

Waterside Creative Card Club  
Waterside Weymouth Community Forum  
At The Waterside Weymouth Community Forum, The Park Community Centre,  
Chelmsford Street, Weymouth, Dorset DT4 7HP  
Thursday 15-May-08  
14.45 to 16.45  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 839579 / admin@theparkarea.co.uk

Cost: £2.00. Need to book: No

## **Craft Class**

Waterside Creative Card Club  
Waterside Weymouth Community Forum  
At The Waterside Weymouth Community Forum, The Park Community Centre,  
Chelmsford Street, Weymouth, Dorset DT4 7HP  
Thursday 22-May-08  
14.45 to 16.45  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 839579 / admin@theparkarea.co.uk  
Cost: £2.00. Need to book: No

## **Craft Class**

Waterside Creative Card Club  
Waterside Weymouth Community Forum  
At The Waterside Weymouth Community Forum, The Park Community Centre,  
Chelmsford Street, Weymouth, Dorset DT4 7HP  
Thursday 29-May-08  
14.45 to 16.45  
Age suitable: 50+  
Ability suitable: Phone for details  
01305 839579 / admin@theparkarea.co.uk  
Cost: £2.00. Need to book: No

## **Cricket**

Bournemouth Cricket Club  
At Phone for details  
Phone for details Phone for details  
Phone for details to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details

Phone for details.

01202 573690 /

Cost: Phone for details. Need to book: Phone for details

## **Croquet**

Taster' Session

Lym Valley Croquet Club

At Croquet Club Lawn, King George V Playing Field, Uplyme DT7 3UY

Sunday 4-May-08

10.30 to Phone for details

Age suitable: Adults or children with parent

Ability suitable: Anyone

Please wear flat shoes. Equipment provided.

01297 442181 /

Cost: FREE. Need to book: Yes

## **Croquet**

Taster' Session

Lym Valley Croquet Club

At Croquet Club Lawn, King George V Playing Field, Uplyme DT7 3UY

Thursday 15-May-08

14.00 to Phone for details

Age suitable: Adults or children with parent

Ability suitable: Anyone

Please wear flat shoes. Equipment provided.

01297 442181 /

Cost: FREE. Need to book: Yes

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Thursday 1-May-08

Phone for details to Phone for details

Age suitable: Phone for details  
Ability suitable: Phone for details  
Rides for the more experienced. 5 - 60 and 70 miles and more.  
01203 476404 / johnv@spindles11.fsnet.co.uk  
Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Why not try the social side of cycling?  
Axe Valley Pedallers (AVP)  
At The Kings Arms Pub, Colyford Road, Seaton, East Devon EX12 2AN  
Thursdays 1-May-08  
18.30 each Thursday night to 21.00 then its off to the pub for a well earned drink  
Age suitable: All ages  
Ability suitable: All abilities  
A mechanically sound bicycle, appropriate clothing and a helmet are required. 2008 ride  
schedule on web site.  
www.axevalleypedallers.co.uk  
01297 24942/01297 625375 respectively / rogers.d@btinternet.com  
alistaircope@thinkpositive.co.uk  
Cost: Free - all you need is a bicycle! Need to book: No - just turn up

## **Cycling**

Bournemouth Arrows  
At Winton Recreation Ground  
Friday 2-May-08  
18.00 to 20.00  
Age suitable:  
Ability suitable:  
Ages 5 - 10 years old and their families and for young riders to practice their skills.  
/  
Cost: Need to book:

## **Cycling**

Burton to Burley and back

Christchurch Cycling Club

At Meet at the Pioneer Store (nr fountain), Christchurch

Saturday 3-May-08

8.45 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

On road introduction to cycling. Please bring a pump, spare inner tube, emergency tool kit and small amount of cash on the ride.

01202 476404 / johnv@spindles11.fsnet.co.uk

Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Sunday 4-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / johnv@spindles11.fsnet.co.uk

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Spring Ride

Moors Valley Country Park and Forest

At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,  
Dorset BH24 2ET

Tuesday 6-May-08

10.00 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

A 6 mile ride following trails around the Park and Forest at Moors Valley, with refreshments at the Visitor Centre on our return. (SU 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: £7 including cycle hire, helmet and refreshments, £5 with own bike. Need to book:

Yes

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Wednesday 7-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / [johnv@spindles11.fsnet.co.uk](mailto:johnv@spindles11.fsnet.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Thursday 8-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / [johnv@spindles11.fsnet.co.uk](mailto:johnv@spindles11.fsnet.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Why not try the social side of cycling?

Axe Valley Pedallers (AVP)

At The Kings Arms Pub, Colyford Road, Seaton, East Devon EX12 2AN

Thursdays 8-May-08

18.30 each Thursday night to 21.00 then its off to the pub for a well earned drink

Age suitable: All ages

Ability suitable: All abilities

A mechanically sound bicycle, appropriate clothing and a helmet are required. 2008 ride schedule on web site.

[www.axevalleypedallers.co.uk](http://www.axevalleypedallers.co.uk)

01297 24942/01297 625375 respectively / [rogers.d@btinternet.com](mailto:rogers.d@btinternet.com)

[alisticope@thinkpositive.co.uk](mailto:alisticope@thinkpositive.co.uk)

Cost: Free - all you need is a bicycle! Need to book: No - just turn up

## **Cycling**

Bournemouth Arrows

At Winton Recreation Ground

Friday 9-May-08

18.00 to 20.00

Age suitable:

Ability suitable:

Ages 5 - 10 years old and their families and for young riders to practice their skills.

/

Cost: Need to book:

## **Cycling**

Burton to Burley and back

Christchurch Cycling Club

At Meet at the Pioneer Store (nr fountain), Christchurch

Saturday 10-May-08

8.45 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

On road introduction to cycling. Please bring a pump, spare inner tube, emergency tool kit and small amount of cash on the ride.

01202 476404 / [johnv@spindles11.fsnet.co.uk](mailto:johnv@spindles11.fsnet.co.uk)

Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Sunday 11-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / [johnv@spindles11.fsnet.co.uk](mailto:johnv@spindles11.fsnet.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Wednesday 14-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / [johnv@spindles11.fsnet.co.uk](mailto:johnv@spindles11.fsnet.co.uk)

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Thursday 15-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.  
01203 476404 / johnv@spindles11.fsnet.co.uk  
Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Why not try the social side of cycling?

Axe Valley Pedallers (AVP)

At The Kings Arms Pub, Colyford Road, Seaton, East Devon EX12 2AN

Thursdays 15-May-08

18.30 each Thursday night to 21.00 then its off to the pub for a well earned drink

Age suitable: All ages

Ability suitable: All abilities

A mechanically sound bicycle, appropriate clothing and a helmet are required. 2008 ride schedule on web site.

[www.axevalleypedallers.co.uk](http://www.axevalleypedallers.co.uk)

01297 24942/01297 625375 respectively / [rogers.d@btinternet.com](mailto:rogers.d@btinternet.com)

[alistaircope@thinkpositive.co.uk](mailto:alistaircope@thinkpositive.co.uk)

Cost: Free - all you need is a bicycle! Need to book: No - just turn up

## **Cycling**

Bournemouth Arrows

At Winton Recreation Ground

Friday 16-May-08

18.00 to 20.00

Age suitable:

Ability suitable:

Ages 5 - 10 years old and their families and for young riders to practice their skills.

/

Cost: Need to book:

## **Cycling**

Burton to Burley and back

Christchurch Cycling Club

At Meet at the Pioneer Store (nr fountain), Christchurch

Saturday 17-May-08

8.45 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

On road introduction to cycling. Please bring a pump, spare inner tube, emergency tool kit and small amount of cash on the ride.

01202 476404 / johnv@spindles11.fsnet.co.uk

Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Sunday 18-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / johnv@spindles11.fsnet.co.uk

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Wednesday 21-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / johnv@spindles11.fsnet.co.uk

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Purbeck Freewheelers  
Dorset Cyclists Network  
At Meet at Purbeck Sports Centre, Wareham.  
Wednesday 21-May-08  
18.30 to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
A guided cycle ride around Purbeck for all cyclists, between 15 and 18 miles.  
01929 554550 /  
Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club  
Christchurch Cycling Club  
At Phone for details  
Thursday 22-May-08  
Phone for details to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
Rides for the more experienced. 5 - 60 and 70 miles and more.  
01203 476404 / johnv@spindles11.fsnet.co.uk  
Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Win Green, Nr Tollard Royal  
Moors Valley Country Park and Forest  
At Location map sent on booking  
Thursday 22-May-08  
10.00 to 14.30  
Age suitable: Adults  
Ability suitable: Phone for details

If conditions are good we'll get some of the best views for miles. However views like that mean hills and Win Green is definitely a big one. So be prepared for some leg work! Approximately 15-20 miles; for regular riders wanting more adventure.

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvallet@eastdorset.gov.uk](mailto:moorsvallet@eastdorset.gov.uk)

Cost: £12 includes bike hire, helmet and lunch £9 with own bike. Need to book: Yes

## **Cycling**

Why not try the social side of cycling?

Axe Valley Pedallers (AVP)

At The Kings Arms Pub, Colyford Road, Seaton, East Devon EX12 2AN

Thursdays 22-May-08

18.30 each Thursday night to 21.00 then its off to the pub for a well earned drink

Age suitable: All ages

Ability suitable: All abilities

A mechanically sound bicycle, appropriate clothing and a helmet are required. 2008 ride schedule on web site.

[www.axevalleypedallers.co.uk](http://www.axevalleypedallers.co.uk)

01297 24942/01297 625375 respectively / [rogers.d@btinternet.com](mailto:rogers.d@btinternet.com)

[alastaircope@thinkpositive.co.uk](mailto:alastaircope@thinkpositive.co.uk)

Cost: Free - all you need is a bicycle! Need to book: No - just turn up

## **Cycling**

Bournemouth Arrows

At Winton Recreation Ground

Friday 23-May-08

18.00 to 20.00

Age suitable:

Ability suitable:

Ages 5 - 10 years old and their families and for young riders to practice their skills.

/

Cost: Need to book:

## **Cycling**

Burton to Burley and back  
Christchurch Cycling Club  
At Meet at the Pioneer Store (nr fountain), Christchurch  
Saturday 24-May-08  
8.45 to 12.00  
Age suitable: Phone for details  
Ability suitable: Phone for details  
On road introduction to cycling. Please bring a pump, spare inner tube, emergency tool kit and small amount of cash on the ride.  
01202 476404 / johnv@spindles11.fsnet.co.uk  
Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club  
Christchurch Cycling Club  
At Phone for details  
Sunday 25-May-08  
Phone for details to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
Rides for the more experienced. 5 - 60 and 70 miles and more.  
01203 476404 / johnv@spindles11.fsnet.co.uk  
Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Purbeck Freewheelers  
Dorset Cyclists Network  
At Meet at Purbeck Sports Centre, Wareham.  
Sunday 25-May-08  
10.30 to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
Guided cycle rides for the experienced cyclist, between 28 and 40 miles, with a stop at a pub for lunch.  
01929 554550 /

Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Wednesday 28-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / johnv@spindles11.fsnet.co.uk

Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Purbeck Freewheelers

Dorset Cyclists Network

At Meet at Purbeck Sports Centre, Wareham.

Wednesday 28-May-08

18.30 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

A guided cycle ride around Purbeck for all cyclists, between 15 and 18 miles.

01929 554550 /

Cost: FREE. Need to book: Phone for details

## **Cycling**

Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Thursday 29-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.  
01203 476404 / johnv@spindles11.fsnet.co.uk  
Cost: Phone for details. Need to book: Phone for details

## **Cycling**

Why not try the social side of cycling?

Axe Valley Pedallers (AVP)

At The Kings Arms Pub, Colyford Road, Seaton, East Devon EX12 2AN

Thursdays 29-May-08

18.30 each Thursday night to 21.00 then its off to the pub for a well earned drink

Age suitable: All ages

Ability suitable: All abilities

A mechanically sound bicycle, appropriate clothing and a helmet are required. 2008 ride schedule on web site.

[www.axevalleypedallers.co.uk](http://www.axevalleypedallers.co.uk)

01297 24942/01297 625375 respectively / rogers.d@btinternet.com

[alistaircope@thinkpositive.co.uk](mailto:alistaircope@thinkpositive.co.uk)

Cost: Free - all you need is a bicycle! Need to book: No - just turn up

## **Cycling**

Bournemouth Arrows

At Winton Recreation Ground

Friday 30-May-08

18.00 to 20.00

Age suitable:

Ability suitable:

Ages 5 - 10 years old and their families and for young riders to practice their skills.

/

Cost: Need to book:

## **Cycling**

Burton to Burley and back

Christchurch Cycling Club

At Meet at the Pioneer Store (nr fountain), Christchurch

Saturday 31-May-08

8.45 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

On road introduction to cycling. Please bring a pump, spare inner tube, emergency tool kit and small amount of cash on the ride.

01202 476404 / johnv@spindles11.fsnet.co.uk

Cost: FREE. Need to book: Phone for details

## **Cycling**

Cycle Ride

Dorset Cyclist's Network

At Walford Mill Car Park, Wimborne (phone to check)

Phone for details Monthly on Sunday Mornings

10.30 to 14.00

Age suitable: All ages

Ability suitable: Phone for details

Gentle ride 2-3 hours on lanes or bridleways. No one gets left behind. (SU 008 006).

[www.dcn.org.uk/diary.htm](http://www.dcn.org.uk/diary.htm)

01202 882721 /

Cost: FREE. Need to book: Phone for details

## **Cycling**

Burton Fields Circular Cycle Ride

Christchurch Cycling Club

At Start Sainsbury's Superstore at Somerford

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Distance of six miles aimed at the new family and reborn cyclist. Confidence and fitness building ride between Somerford and Burton.

01203 476404 / johnv@spindles11.fsnet.co.uk

Cost: FREE. Need to book: Phone for details

## Cycling

Park and Forest Cycle Rides

Moors Valley Country Park and Forest

At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,  
Dorset BH24 2ET

Various Select weekdays

10.00 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

Gentle cycle rides for adults wanting to gain more confidence on a bicycle. Approx 6  
miles long following trails around the Park and Forest at Moors Valley. (SU 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: £7 including cycle hire, helmet and refreshments, £5 with own bike. Need to book:

Yes