Let's Walk Programme

Many activities are free and include a drink, some may need to be booked in advance. For more information email getactive@plymouthactive.co.uk

Activity	Location	Day & Time	Description
Walking Netball	Plymouth Life Centre, PL2 3DG	Tuesday's at 11am	A modified version of netball that's designed to be low-impact, fun, and social. Suitable for all ages and abilities. Bookable on the PAL APP.
Wellbeing Walk	Southway Community Hub, PL6 6TB	Wednesday's at 9am (term time only)	A short walk around the local area open to all ages and abilities. Delivered by Southway Community Hub.
	Victoria Park, PL1 5LZ	The 2nd Wednesday of every month at 10.30am	Includes a short 15 minute walk and a longer 50 minute walk. Delivered by Livewell SW.
	Foulston Park, PL1 4NE	Wednesday 6pm	Healthy lifestyle walk and talk programme, delivered by Livewell SW. With a walk around the athletics track in the winter months & Devonport Park in the summer
	Plymouth Life Centre, PL2 3DG	The 4th Wednesday of every month at 10.30am	Includes a short 15 minute walk and a longer 50 minute walk, within park boundaries. Delivered by Livewell SW.
	Plymouth Life Centre, PL2 3DG	Thursday's at 6pm	Women's Walk. A 30 to 60 minute walk suitable for all abilities, aiming to give women the confidence to exercise in a group at night. Delivered by Livewell SW.
Nordic Walking	Plymouth Life Centre, PL2 3DG	Monday's at 1pm	Two taster sessions on 18th & 25th January 6 week course starts on 15th February – suitable for all ages & abilities
Foraging Walks	Plymouth Life Centre, PL2 3DG	Every other Thursday 10.30am	Book via www.incredibleedibleuk.co.uk/plymouthparks
Beginners Runing	Plymouth Life Centre, PL2 3DG	Monday's at 6pm	Starts Monday 11 January 2027. 4 week ladies beginner running course, for complete beginners, returners & non-confident runners
Couch 2 10k	Plymouth Life Centre, PL2 3DG	Monday's at 6pm	Starts Monday 8 February. 12 week ladies couch to 10k. Leading up to the Plymouth 10k, for any ability
Walking Tennis	Plymouth Life Centre, PL2 3DG	Wednesday's 12pm	Session is delivered by Improving Lives Plymouth please contact Claire on claire.loram-martin@improvinglivesplymouth.org.uk