

# Moors Valley

Country Park & Forest

## News & Events

Autumn / Winter

08/09





## Key to symbols



**Booking essential.** At the Information Point in the Visitor Centre or by telephone: 01425 470721



Dress to be outside in all weather conditions. Please wear **suitable footwear** and bring along **waterproof clothing**. Don't forget to wear **sun cream** on exposed skin.



**Old clothes** should be worn, as there is a possibility that clothes will get dirty or even damaged on this event. Long sleeved tops and trousers are recommended. We will not be liable for any damage caused to clothing.



Please bring along a **packed lunch** and any other refreshments you will need for the duration of the event, ideally in a rucksack.



Please meet at the **Information Point** in the Visitor Centre, ideally a few minutes before the start time of the event.



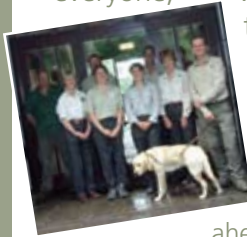
**Free car** parking for the duration of this event at Moors Valley Country Park. Please ask for your ticket to be validated at the Information Point before you leave.



Details of the **meeting point** for this event will be sent prior to the event.

## Welcome...

...to this edition of the News and Events Guide from Moors Valley Country Park and Forest. Inside you will find a variety of events with something to suit everyone, whether you enjoy a peaceful walk through the countryside or a lively jazz evening.



All the events are grouped into categories but there is also a handy calendar in the middle for an easy look at all our events to help you plan ahead. If you would like more details of anything mentioned in this programme or would like to book an event please do not hesitate to call us. We look forward to seeing you soon. *The Rangers*

## Booking Information

For more information on events, to check the suitability of an event due to disability or illness or to make a booking please contact the Information Point in the Visitor Centre either in person, by telephone or by email. The Information Point is manned between 9.00am and 4.30pm, seven days a week.

**Tel: 01425 470721**

or email [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

*For full booking information and event terms and conditions please see page 17.*



# Seasonal Highlights...

Here we've picked out some of the events not to be missed for the autumn and winter season. But don't forget to have a look at all the events in the programme – there's plenty to choose from!

## For children and families

Don't miss our **'Festive Fun Days'** in the run up to Christmas; they'll really get you and your whole family into the festive spirit! You can make tree decorations, wreaths and table centres and lots more, while listening to some traditional Christmas music and raising money for charity. Turn to page 6 for details.

And in February the Rangers are performing another of their popular story walks; this year you are challenged to join a **'Tree Quest'**. Turn to page 5 to find out the details and see if you are brave enough to join in!



## For adults

Our **'Willow Workshop'** is back once again by popular demand and this year there are two dates to choose from. Perfect for anyone who would like to have-a-go at making something decorative from willow for Christmas. See page 7 for details.

There are some fantastic **'Countryside Walks'** on offer this season, whether it's wildlife or spectacular scenery that interests you. So why not blow the cobwebs away and get some fresh air with the Recreation Rangers and a friendly group of like-minded people. Turn to pages 8 and 9 for details.



4-5 .....Events for Children and Families  
6-7 .....The Festive Season  
8-9 .....Guided Walks  
10-13 .....Guided Cycle Rides and Coaching  
14-17 .....Calendar of Events  
18-19 .....Get Active  
20-21 .....Golf  
22 .....Jazz Evenings  
23 .....Exhibitions  
24-25 .....Countryside Action Days  
26-27 .....News from around the Park and Forest



## Children & Family Events

These events are run by Moors Valley Rangers (unless otherwise stated) and give children and families the chance to explore their local environment and discover more about nature and animals.



**Wednesday 1st and Saturday 11th October**

### Fungi Foray



Join the Forestry Commission and discover the pleasures of hunting for fungi in your local woods in this beginner's guide to a fascinating subject. We will cover identification, conservation and edibility. Booking is essential - please phone Alexis Reeve on 02380 286840 or e-mail alexis.reeve@forestry.gsi.gov.uk

Time: 10.30am to 12.30pm  
 Age: 10 years and over  
 Cost: £3.00 per child, adults £5.00  
 Bring: a field guide if you have one

**Saturday 25th October to Sunday 2nd November**

### Autumn Tree Trail



A family quiz trail to 'get into autumn'. The walk will cover about 1½ miles and have something for everyone from tree trivia for adults to colour maps and leaf rubbings for children. No need to book just come along to the Information Point and pick up your trail card.

Time: between 11.00am and 2.00pm  
 Age: suitable for the whole family  
 Cost: £1.50 per child, adults 50p

**Monday 27th October**

### Feed the Birds Day



Join the Rangers to help feed the birds through the winter - have-a-go at making a natural pine cone or birch seed feeder. No need to book.

Time: between 11.00am and 2.30pm  
 Age: especially for families, all children must be accompanied  
 Cost: feeders start from £1.50 to take home

**Wednesday 29th October**

### Build a Box!



Create a hibernation habitat for bugs or dormice in time for the winter months. All materials provided.

Time: workshops at 11.00am, 12.30pm and 2.30pm  
 Age: especially for families, all children must be accompanied  
 Cost: £5.00 per child, adults free



**Sunday 9th November**  
**Tank Engine Day**

An opportunity to see a variety of shorter trains, each headed by one of our smaller tank engines. The trains will also be running in the opposite direction to normal.

- Time: 10.45am to 4.30pm
- Age: suitable for all the family
- Cost: normal train fares apply
- Location: Kingsmere Railway Station

**Tuesday 17th and Thursday 19th February**  
**Tree Quest**



A mad scientist has stolen all the acorns from Moors Valley because he believes acorns turn into money not oak trees. But now there is no food for the squirrels and other wildlife. Join the hedgehog knights of the round mushroom and the wise old badger on their quest to prove why trees are tremendous. This story walk will cover approx 1½ miles and will take around 2 hours to complete. Booking essential.

- Time: 10.30am to 12.30pm and 1.30pm to 3.30pm
- Age: 4 years and over, all children must be accompanied
- Cost: £5.00 per child, accompanying adults free

*For more events for families during the festive season please see pages 6 and 7.*



**Countryside Play Rangers**

Bored after school? Like being outside?

Want to know what you can do in the countryside?

We now have two Play Rangers solely committed to countryside play, helping children explore and discover the countryside around them. They will be at Stephens Castle, Dewlands Common, Potterne Hill and Potterne Wood in Verwood and Poor Common and Parley Common in Ferndown.

Join Tracy and Tom on one of their **'Play Days'** and you could be having fun searching out minibeasts, building shelters, playing stalking games, creating arts and crafts or even getting your hands dirty by carrying out some conservation tasks.

For a calendar of Play Days please e-mail [playrangers@eastdorset.gov.uk](mailto:playrangers@eastdorset.gov.uk) or phone 01425 470721.

*The 3 year 'Freedom to Play' project has been funded by the Big Lottery Fund.*





# The Festive Season

Moors Valley Country Park is open everyday during the festive season except Christmas Day. Why not join in with one of these fun events and get yourself in the festive spirit.



**Sunday 30th November**

## RNLI Reindeer Run and Santa Saunter



10km run, 5km fun run and sponsored walk through the forest to raise money for the RNLI's Lifeguard Service. Call 01202 662260 or go to [www.rnli.org.uk](http://www.rnli.org.uk) to get your entry pack. Places are limited so book early as no entries are allowed on the day.

Time: 10km starts at 10.00am, 5km run and walk starts at 11.30am  
Cost: £10.00 for the 10km race, £8.00 for the 5km race

**Friday 5th to Monday 22nd December**

## Christmas Tree Shop



Traditional Norway Spruce trees along with non-drop varieties such as Noble Fir and Lodgepole Pine will be available, ranging from 4 to 8 feet (larger sizes on request). Tree stands, foliage and pine cones will also be on sale. Follow the signs from the entrance road. Free parking when you buy a tree!

Time: 10.00am to 4.00pm each day  
Cost: Please call the Forestry Commission on 02380 283141

**Sunday 7th and 14th December**

## Santa Specials



Take a trip through the park on the Moors Valley steam train, then, on your return to the station, visit Santa in his grotto. Children and adults will receive a special gift as well as some festive refreshments. Please contact Moors Valley Railway to make your booking on 01425 471415.

Time: 11.00am, 12noon, 2.00pm and 3.00pm each day  
Cost: £9.50 per person  
Location: Kingsmere Railway Station

**Sunday 7th and 14th December**

## Festive Fun Days



Come and take part in a whole host of Christmas crafts and activities. Proceeds from these days go towards local charities. No need to book for the activities, just come along and join in the fun.

Time: between 11.00am and 4.00pm  
Age: suitable for the whole family  
Cost: items from 50p



**Sunday 14th December**

## Carols by Candlelight



Join Reverend Ralph Ward and local school children for carols by candlelight.

Time: 4.00pm to 5.00pm (approx)  
Age: suitable for the whole family  
Cost: car parking charges apply

**Wednesday 10th and Thursday 11th December**



## Willow Workshop

Join the Rangers to make beautiful decorations from willow, from stars to mince pie platters. All materials and tools are provided.

Time: 10.00am to 2.00pm  
Age: adults only  
Cost: £16.00 per person, includes coffee and cake



**Friday 26th December to Thursday 1st January**



## The Festive '08 quiz

Festive fun questions for the children and 2008 general knowledge questions for the adults.

No need to book, just come along to the Information Point and pick up your trail card. Approx 1½ miles.

Time: between 11.00am and 2.00pm  
Cost: £1.50 per child, adults 50p



## Christmas Shopping made easy

Don't forget The Country Shop when shopping this Christmas. Pop in and check out our superb range of natural history items; everything from stocking fillers to that extra special gift. A free gift wrapping service is available on many items. Open daily from 10.30am to 4.30pm.

Spend over £20.00 in a single transaction between the 3rd November and the 21st December and receive FREE parking.

## Christmas Lunches at Seasons

Enjoy a traditional Christmas lunch in our restaurant, in front of one of the biggest indoor Christmas trees in Dorset. Choose from 2 or 3 courses plus tea or coffee and mince pies. Menus will be available to browse from October. Please call Ian or Richard on 01425 470537 for more information or check out the website.

Receive FREE parking when you pre-book a Christmas lunch.





## Guided Walks for adults

A selection of Ranger and volunteer-led walks for all abilities exploring some of the best of Dorset and Hampshire's stunning coast and countryside.



### Health Walks

A great opportunity to get out in the fresh air and meet new people. Led by volunteer health walk leaders, these walks last approx 45 minutes and run every week to help you establish a routine. If you feel you are unable to walk for 45 minutes, please still come along as we have shorter routes available and our volunteers will ensure you get back safely. Ideal for beginners. No need to book, just turn up.



#### Every Monday and Wednesday

### Moors Valley Country Park

Meet: Visitor Centre, Moors Valley, BH24 2ET  
 Time: Mondays - 10.00am for a 10.15 start,  
 Wednesdays - 9.45am for a 10.00am start  
 Cost: Free (refreshments extra and car parking charges apply)

#### Every Monday

### Verwood Buggy Walk

This walk is especially designed for parents with little ones; all routes are suitable for buggies.

Meet: The Hub, Brock Way, BH31 6WW  
 Time: 9.30am for a 9.45am start  
 Cost: Free (refreshments at end of walk extra)

#### Every Tuesday and Friday

### Verwood

Meet: Tuesdays - Heritage Centre, Ringwood Road, BH31 6HF  
 Fridays - The Hub, Brock Way, BH31 6WW  
 Time: 9.45am for a 10.00am start  
 Cost: Free (refreshments at end of walk extra)

#### Every Tuesday and Wednesday

### Wimborne

Please note: the walk on Wednesdays is a level 2; the route will be hilly with some stiles and last approx. 1½ hours.

Meet: Tuesdays - Allendale Centre, Hanham Road, BH21 1AS  
 Wednesdays - QE Leisure Centre, BH21 4DT  
 Time: 10.15am for a 10.30am start  
 Cost: Free (refreshments at end of walk extra, parking charges apply in Wimborne Town)



## Countryside Walks



These walks are between 4 and 5 miles and are a step up from the health walks in terms of distance and offer some stunning scenery in the local countryside.

**Thursday 23rd October**

### Bolderwood, New Forest

A walk in the woods that includes the Forestry Commission's Reptile Centre (if you don't like snakes don't worry, they're all safely contained and it's free!). If the weather is good we should get a sight of a few basking in the autumn sunshine. We start and finish on the Bolderwood Ornamental Drive and also pass the Portuguese Fireplace en route.

Time: 10.00am to 12.30pm

Cost: £3.50

**Thursday 13th November**

### Horton Common, East Dorset

A local walk from Verwood, walking up to Horton Common which has great views of the district. We will chat about the historical importance of The Monmouth Ash and enjoy this undulating countryside before returning to Verwood.

Time: 10.00am to 12.30pm

Cost: £3.50

**Thursday 5th February**

### Morden, nr Lychett Matravers

Starting at the Cock and Bottle pub we head out west towards the villages of Newport and Bloxworth. There is a hill, but it will be worth it for the wonderful views across The Purbecks.

Time: 10.00am to 12.30pm

Cost: £3.50

**Thursday 5th March**

### Wimborne & Pamphill, East Dorset

Starting in the picturesque East Dorset market town of Wimborne, we walk along the River Stour towards Cowgrove and then up the ancient tracks towards the church and cricket ground, before heading back again along the pretty footpaths.

Time: 10.00am to 12.30pm

Cost: £3.50



## Ranger-led Cycle Rides and Coaching for adults

Whether you haven't ridden a bike for years or want to explore your local countryside with the added security of a qualified cycling instructor, we have the perfect event for you.



### Cycle Rides and Tuition at Moors Valley

**Mondays 3rd, 10th and 17th November or Wednesdays 28th January, 4th and 11th February**    

#### One to One Tuition

For adults who have never ridden before or want to re-learn an old skill, this course consists of three, one hour coaching sessions with a National Standard Cycling Instructor. After each session we chat through progress and the way forward.

Times: 10.00am, 12.00pm or 2pm

Cost: £54.00 for course includes cycle hire (we also have specific bikes with a low step through), refreshments, parking and money-off cycle hire vouchers

**Mondays 22nd, 29th September and 6th October**    

#### Get Back in the Saddle

A course of three group events designed to help adults regain confidence on a bicycle. We find you the right size bike and helmet, explain how to use gears and remind you how to ride, before a leisurely cycle around the forest where we can offer advice in a relaxed atmosphere.

Time: 10.00am to 12noon each day

Cost: £21.00 per person, includes cycle hire, refreshments and cycle hire vouchers; £15.00 with own bike

### Park Rides



A progression from the "Get Back in the Saddle" rides these are for the more confident rider. There is a 6 mile ride each month exploring different areas of the Park and Forest.

Time: 10.00am to 12noon (unless otherwise stated)

Cost: £7.00 includes cycle hire, helmet and refreshments, £5.00 with own bike (unless otherwise stated)

**Monday 13th October**

#### Autumn ride

Watch the seasons change as we cycle round the Park as the leaves turn golden.



**Tuesday 18th November**

## Lakeland Leisure Ride

Using the Nature Trail we cycle round both of Moors Valley's lakes before also enjoying the sights and sounds of the forest.

**Tuesday 9th December**

## Yuletide Cycle

An annual pedal to get you in shape before the festive excess begins! It's always good fun with plenty of merriment to set you up for the yuletide season ahead. Enjoy a two course Christmas dinner and mulled wine after the ride.

Time: 10.30am to 2.00pm

Cost: £16.00 includes lunch and bike hire £14.00 with own bike



**Tuesday 3rd February**

## Winter Warmer Ride

Keep the chills at bay with a warming cycle followed by a hot drink on our return.

**Monday 2nd March**

## Castleman Ride

We head out of the park and use the trailway heading towards Ringwood, stopping at the Busy Bee Café for refreshments before returning.



## Cycle Maintenance Courses



**Thursday 6th November and 5th February**

### Basic Trail

An introduction into cycle maintenance, aimed at giving you the skills to fix and repair the obvious things that can go wrong with a bike on a ride such as a flat tyre or a chain coming off and the peace of mind to make sure you can get home.

Time 1.00pm to 4.30pm

Cost: £10.00 including refreshments

**Thursday 13th November and Thursday 12th February**

### Workshop

This is a more advanced session showing you how to set up your bike at home to ensure smooth and trouble free riding. You will learn how to adjust gears, replace brakes, tighten loose spokes and more.

Time 1.00pm to 4.30pm

Cost: £10.00 including refreshments



## Cycle Rides Further Afield

Taking you out into the wider countryside using bridleways, tracks and quiet country lanes. Maps and information will be sent prior to the event.

### Level 1 (Easy)



Approximately 4 to 6 miles, covering easy terrain for people building their confidence on a bike.

Time: 10.00am to 12.30pm

Cost: £8.00 includes bike hire, helmet and refreshments;  
£5.00 with own bike

**Monday 20th October**

### Sweetbriar Drove, Wimborne

This gentle ride starts at the back of Kingston Lacy estate and uses off road gravel tracks and quiet lanes around Cowgrove and Shapwick and passing the national trust property at Whitemill.

**Tuesday 17th March**

### Wimborne St Giles, East Dorset

Starting in this very pretty village, we use gravel tracks and quiet country lanes along the River Allen towards Sixpenny Handley.

### Level 2 (Moderate)



Approx 7 to 9 miles including some hills and harder terrain.

Time: 10.00am to 12.30pm

Cost: £8.00 includes bike hire, helmet and refreshments;  
£5.00 with own bike

**Tuesday 14th October**

### Tarrant Rushton, East Dorset

We begin at the old disused airfield, which is flat and traffic free, before cycling over towards the Crichels on bridleways and lanes. Some great views across the district and beyond.

**Tuesday 4th November**

### Setthorns, New Forest

This ride uses bits of the Sustrans route 2 cycleway through Brownhill and Wooton coppice enclosures. We also venture to the outskirts of Sway and back via Mead End and Tiptoe. Refreshments will be at the Holmsley Tea Rooms.



**Tuesday 10th February**

## Burley Inclosure, New Forest

Using forest tracks, this is a great ride for a wintery day, protected by the trees and pretty much all off-road. Then it's into Burley for warm refreshments.

**Tuesday 24th March**

## Wareham Forest, Purbeck

We head through the north of Wareham Forest using the tracks and bridleways towards the village of Bloxworth before coming back via Bere Heath and Hide.



### Level 3 (Moderate/Hard)



Approximately 12 to 15 miles, but following 'level 2' terrain with a few road sections.

Time: 10.00am to 2.30pm

Cost: £12.00 includes bike hire, helmet and lunch;  
£9.00 with own bike

**Wednesday 8th October**

## Burley to Brockenhurst and back via the Castleman Trailway

For this ride we continue our trip along the old railway line and use the Hampshire section that takes us to Brockenhurst. We then use New Forest tracks and wooded enclosures to return to Burley.



**Thursday 12th March**

## East Dorset Villages

A pleasant ride through the quieter villages of the district, using lanes and tracks to navigate our way through this picturesque scenery of the district.

### Level 3+ (Hard)



Approximately 15 to 25 miles and can include some hills and more technical terrain. For more experienced riders only.

Time: 10.00am to 2.30pm

Cost: £12.00 includes bike hire, helmet and lunch;  
£9.00 with own bike



**Thursday 19th March**

## Corfe Castle, Purbeck

A ridge ride using the chalk downlands of the Purbeck hills and coast. Expect a few ups and downs on the way.



Sept 2008

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# Calendar of Events

Date Event

Page ✓

13 Orienteering **8 years plus**18 22 Get Back in the Saddle Cycle (3 week course) **adults**10 

Oct 2008

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| 26 | 27 | 28 | 29 | 30 | 31 |    |

Date Event

Page ✓

1 Fungi Foray **10 years plus**4 7 Volunteer Health Walk Leader Course **adults**19 8 Brockenhurst Cycle Ride (12-15 miles) **adults**13 10 Stringing the Blues Jazz Evening **adults**22 11 Fungi Foray **10 years plus**4 11 Try Orienteering **8 years plus**18 13 Autumn Cycle Ride (6 miles) **adults**10 14 Tarrant Rushton Cycle Ride (7-9 miles) **adults**12 

20 Sweetbriar Drove Cycle Ride (4-6 miles)

12 23 Bolderwood Walk (4-5 miles) **adults**9 27 Feed the Birds Day **all ages**4 28 Nordic Walking (6 week course) **adults**18 29 Build a Box **families**4 

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| Nov 2008 | S  | M  | T  | W  | T  | F  | S  |
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Date Event

- 3 1-2-1 Cycling Tuition **adults**
- 4 Setthorns Cycle Ride (7-9 miles) **adults**
- 6 Basic Trail Cycle Maintenance Course **adults**
- 8 Try Orienteering **8 years plus**
- 9 Tank Engine Day **families**
- 10 1-2-1 Cycling Tuition **adults**
- 13 Workshop Cycle Maintenance Course **adults**
- 13 Horton Common Walk (4-5 miles) **adults**
- 17 1-2-1 Cycling Tuition **adults**
- 18 Lakeland Leisure Cycle Ride (6 miles) **adults**
- 30 RNLI Reindeer Run (5km or 10km)

Page

- 10
- 12
- 11
- 18
- 5
- 10
- 11
- 9
- 10
- 11
- 6



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Date Event

- 7 Santa Special **families**
- 7 Festive Fun Day **families**
- 9 Yuletide Cycle Ride (6 miles) **adults**
- 10 Willow Workshop **adults**
- 11 Willow Workshop **adults**
- 12 Christmas Jazz Party **adults**
- 13 Try Orienteering **8 years plus**
- 14 Santa Special **families**
- 14 Festive Fun Day **families**

Page

- 6
- 6
- 11
- 7
- 7
- 22
- 18
- 6
- 6



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Date Event

- 10 Try Orienteering **8 years plus**
- 28 1-2-1 Cycling Tuition **adults**

Page

- 18
- 10





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Date Event

Page ✓

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| 3  | Winter Warmer Cycle Ride (6 miles) <b>adults</b>      | 11 | <input type="radio"/> |
| 4  | 1-2-1 Cycling Tuition <b>adults</b>                   | 10 | <input type="radio"/> |
| 5  | Morden Walk (4-5 miles) <b>adults</b>                 | 9  | <input type="radio"/> |
| 5  | Basic Trail Cycle Maintenance Course <b>adults</b>    | 11 | <input type="radio"/> |
| 10 | Burley Cycle Ride (7-9 miles) <b>adults</b>           | 13 | <input type="radio"/> |
| 11 | 1-2-1 Cycling Tuition <b>adults</b>                   | 10 | <input type="radio"/> |
| 12 | Workshop Cycle Maintenance Course <b>adults</b>       | 11 | <input type="radio"/> |
| 13 | Swing Fever Jazz Evening <b>adults</b>                | 22 | <input type="radio"/> |
| 14 | Try Orienteering <b>8 years plus</b>                  | 18 | <input type="radio"/> |
| 17 | Tree Quest Story Walk (1.5 miles) <b>4 years plus</b> | 5  | <input type="radio"/> |
| 19 | Tree Quest Story Walk (1.5 miles) <b>4 years plus</b> | 5  | <input type="radio"/> |

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Date Event

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| 2  | Castleman Cycle Ride (6 miles) <b>adults</b>               | 11 | <input type="radio"/> |
| 5  | Pamphill Walk (4-5 miles) <b>adults</b>                    | 9  | <input type="radio"/> |
| 12 | East Dosev Villages Cycle Ride (12-15 miles) <b>adults</b> | 13 | <input type="radio"/> |
| 14 | Try Orienteering <b>8 years plus</b>                       | 18 | <input type="radio"/> |
| 17 | Wimborne St Giles Cycle Ride (4-6 miles) <b>adults</b>     | 12 | <input type="radio"/> |
| 19 | Corfe Castle Cycle Ride (15-25 miles) <b>adults</b>        | 13 | <input type="radio"/> |
| 24 | Wareham Forest Cycle Ride (7-9 miles) <b>adults</b>        | 13 | <input type="radio"/> |





## Bookings and Payment

Nearly all events need to be booked in advance, look for the red phone symbol on the event details. **Payment for all events must be made on booking.** For non-bookable events payment should be made on the day. Payment can be made in cash, by credit or debit card or cheque (payable to 'East Dorset District Council').

## Photographs

From time to time we take photographs of people on events for use in press releases or promotional material. If you have any objections to your photo being taken or used then please let us know before the event.

## Behaviour

We reserve the right to refuse bookings if we feel that the behaviour of any individual may compromise the safety of that individual or the group as a whole. If on an event an individual's behaviour is affecting the staffing ratios and hence safety on an event then we reserve the right to ask the individual to leave the event or to be collected from the event.

## Cancellation

We reserve the right to cancel or postpone an event if there are insufficient numbers, extreme weather conditions or should unforeseen circumstances arise. Full refunds will be given under these conditions. If you are unable to attend an event please let us know as soon as possible. We will be able to give you a credit note if given 14 days notice. Any less notice and unfortunately it will not be possible to give a credit note.

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## Further Information

For more information on events, to check the suitability of an event due to disability or illness or to make a booking please contact the Information Point in the Visitor Centre either in person, by telephone or by email. The Information Point is manned between 9.00am and 4.30pm, seven days a week.

**Tel: 01425 470721**

or email [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)



## Get Active

If you would like to try something new or just get a bit more active in the fresh air then take a look at these special events.



**Saturdays 13th September, 11th October, 8th November, 13th December, 10th January, 14th February and 14th March**

### Try Orienteering



Join members of Wimborne Orienteering club to learn map and compass skills before having a go at a short course.

Time: 1.30pm to 3.00pm  
Age: adults, accompanied children 8 years and over also welcome  
Cost: £1.00 per child, adults £2.00

**Tuesdays 28th October, 4th, 11th, 18th and 25th November**

### Nordic Walking Course



Nordic walking is an exciting form of exercise that uses walking poles. Using 90% of the body's muscles Nordic walking can enhance posture, strengthen the upper body. It looks like skiing, only without the skis, and is a perfect exercise for all abilities.

All equipment is provided and the course is led by a qualified Nordic walking instructor.

Time: 10.00am to 11.00am (approx.)  
Cost: £25.00 for five week course

### Health Walks



A great opportunity to get out in the fresh air and meet new people. Led by volunteer health walk leaders, these walks last approx 45 minutes and run every week to help you establish a routine.

If you feel you are unable to walk for 45 minutes we now have 30 minute walks at Moors Valley on a Monday. Ideal for beginners. No need to book, just turn up.

**Every Monday and Wednesday**

### Moors Valley Country Park

Meet: Visitor Centre, Moors Valley, BH24 2ET  
Time: Mondays (45 minute walk) - 10.00am for a 10.15 start  
Mondays (30 minute walk) - 10.15am for a 10.30 start  
Wednesdays - 9.45am for a 10.00am start  
Cost: Free (refreshments extra and car parking charges apply)



Every Monday

## Verwood Buggy Walk

This walk is especially designed for parents with little ones; all routes are suitable for buggies.

- Meet: The Hub, Brock Way, BH31 6WW
- Time: 9.30am for a 9.45am start
- Cost: Free (refreshments at end of walk extra)

Every Tuesday and Friday

## Verwood

- Meet: Tuesdays - Heritage Centre, Ringwood Road, BH31 6HF, Fridays - The Hub, Brock Way, BH31 6WW
- Time: 9.45am for a 10.00am start
- Cost: Free (refreshments at end of walk extra)



Every Tuesday and Wednesday

## Wimborne

Please note: the walk on Wednesdays is a level 2; the route will be hilly with some stiles and last approx. 1½ hours.

- Meet: Tuesdays - Allendale Centre, Hanham Road, BH21 1AS, Wednesdays - QE Leisure Centre, BH21 4DT
- Time: 10.15am for a 10.30am start
- Cost: Free (refreshments at end of walk extra, parking charges apply in Wimborne Town)




Tuesday 7th October

## Volunteer Health Walk Leader Course

On completion of this course volunteers will be qualified to lead and back up health walks. No experience necessary to take part, you just need to enjoy meeting people, being in the fresh air and keen to encourage participants to walk more for their health. Booking for this course is essential, if you are a little unsure, please contact Ranger Jackie, Health Walk Coordinator and Trainer, 01425 470721.

- Meet: Visitor Centre, Moors Valley, BH24 2ET
- Time: 10.00am to 4.00pm
- Cost: Free for East Dorset Volunteers, includes lunch

Walking the Way to Health is a National Scheme supported by Natural England and the British Heart Foundation. Since the year 2000 over 1 million people across the country have been encouraged to walk more through this scheme. Since February 2007 over 350 people have taken part in at least one East Dorset Health Walk; a special thank you to all our existing volunteers, without whom the above walks would not run. If you enjoy walking and would like to help out, why not get trained up on our Volunteer Health Walk Leader Course.



## Golf

Tuition course and introductory sessions for children and adults who want to take up a new sport or improve their skills.



### The 18-hole Course

Open to all, from complete beginners to experienced golfers; set in a relaxing rural environment. Renowned for its superb greens and customer focus, it has been awarded a Silver Medal by HSBC/Golf Monthly. It is essential to pre-book a tee-time, by visiting [www.moors-valley.co.uk/golf](http://www.moors-valley.co.uk/golf) or by phone 01425 479776. 11-hole and early bird 7-hole options are also available.

### Activities Area

Enjoy an hours fun on our activities area for just £3.00 per person or buy a Family Ticket for £10.00 (2 adults, 2 children). Choose from the Golf Short Course, Putting Course, Croquet or Boules. (Please note: due to tuition sessions the Short Course will be closed until 1.00pm on Sundays and Mondays).

### Golf Tuition Courses and Introductory Sessions



A choice of programmes to suit all abilities. Equipment and free use of our practice facilities at the end of the session are provided. Please dress for the outdoors - wear loose comfortable clothing for free movement; and sensible footwear to cope with slippery surfaces.

To book in advance, please phone the Golf Team on 01425 479776

#### Every Sunday

### Junior Coaching

Supervised and structured sessions for children to have-a-go and develop their skills. Additional sessions take place on Mondays in the school holidays, please phone for details.

Time: 10.00am to 10.50am and 11.00am to 11.50am  
 Age: 7 to 12 years  
 Cost: £4.00 per child



**Every Sunday**

## Adult and Teenager Coaching

Supervised sessions for beginners with a relaxed approach (Please phone to let us know you're coming)

Time: 12noon to 12.50pm  
Cost: £5.00 per person

**First four Mondays in every month**

## Adult Coaching Courses

We introduce you to all elements of the game, so you are confident and able to play on an 18-hole golf course. Booking essential.

## Beginners

A great way to learn a new sport and make new friends. We teach you the basics of golf - the grip, the stance, the swing and a few rules. Free use of the practise area after the session.

Time: 10.00am to 10.50am  
Cost: £30.00 for the 4 sessions

## Intermediates

Designed for golfers who have either completed the Beginners' Course or who wish to get the most out of what the game has to offer. Our aim is to help you achieve an EGU/EWGA Golf Handicap. Free use of the golf course whilst signed up to the course.

Time: 11.00am to 11.50am  
Cost: £30.00 for the 4 sessions



## School and Youth Club Life-Skills Programme

Moors Valley Golf is to launch 'The First Tee Experience', a youth development programme taught through golf. Young people will learn life skills from communication and self-management to goal setting and exercising judgment. These lessons for life are taught through golf-related activities designed to have fun whilst learning courtesy, respect, honesty, integrity, confidence, responsibility, judgment, perseverance and sportsmanship.

We wish to partner with local schools, community groups and youth organisations. We will provide all the necessary equipment. A nominal charge is required to participate; however, no youth will be turned away due to economic circumstances.

For further information, contact the Golf Manager on 01425 479776 or email: [golf@eastdorset.gov.uk](mailto:golf@eastdorset.gov.uk)



## Jazz

Enjoy a relaxing evening of traditional jazz in our 18th Century barn.

These special events showcase music from some of the key players in the jazz field played by some of the best musicians in the area.



The Car Park is free on these evenings. Lighting is limited so please bring a torch. If you wish to be seated with another group, please let us know when you book.

Season's Restaurant will be open and offering their full menu and a range of specials. Orders will be taken on the evening. You will not be able to consume your own food (including nibbles). Seasons Bar will be open until the end of the second interval however you are more than welcome to bring along your own wine and beer (and glasses!) if you prefer.

**Friday 10th October**



### Stringing the Blues

We will be welcoming the fabulous jazz violinist Mike Piggott for this unique show which includes Nils Solberg on guitar and Pete Morgan on double bass. The music covers not only the French Café style of Django Reinhardt and Stephane Grappelli but also encompasses a wide variety of songs associated with the great players of jazz on stringed instruments over the years.

Time: 7.30pm to 10.30pm

Tickets: £8.00

**Friday 12th December**



### Christmas Jazz Party

Music for our Christmas Party will be provided by the Bournemouth based jazz band "Lemongrove" and, amongst their broad selection of swinging and exciting jazz, they will also be including a special tribute to Frank Sinatra who was born on 12th December 1915.

Time: 7.30pm to 10.30pm

Tickets: £20.00 includes a two course festive buffet and glass of wine

**Friday 13th February**



### Swing Fever

The Chris Walker Swingtet return together with their special guest Dave Shepherd to present a fond look back at some of the great tunes from the swing era. There's also an opportunity to enjoy a candlelit supper on the eve of St Valentine's Day.

Time: 7.30pm to 10.30pm

Tickets: £8.00



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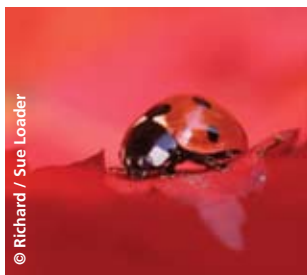


## In the Barn

Our character barn is a great backdrop for some fantastic exhibitions celebrating our countryside and wildlife.



The Campaign for Drawing  
[www.thebigdraw.org](http://www.thebigdraw.org)



© Richard / Sue Loader

All exhibitions are held in the Visitor Centre and can be viewed daily from 9.00am to 4.30pm.

**Saturday 20th September to Sunday 16th November**

### Richard and Sue Loader

A new selection of photographs from Richard and Sue, celebrating a variety of British wildlife including garden and wild flowers alongside some beautiful local landscapes. Pictures will be available to buy from the wall.

**Saturday 22nd November to Sunday 18th January**

### The Big Draw Competition

In conjunction with 'The Big Draw', budding artists are invited to get drawing throughout October – you can be as inventive as you like; use pencil, crayons, charcoal, chalk or even draw in sand or clay and take a picture of your drawing! Then pick your favourite picture to enter into our Big Draw Competition – all we ask is that it is on a countryside theme. The best images will then be on display in the Visitor Centre and prizes will be awarded for the winning artists under 18 years.

All entries must be submitted by 9th November.

For more details on 'The Big Draw' visit [www.thebigdraw.org.uk](http://www.thebigdraw.org.uk)

**Saturday 31st January to Sunday 8th March**

### Wildlife Photographer of the Year 2008

Not to be missed! The winning and highly commended images from the world's premier wildlife photography competition will be on display. Held annually since 1964, the competition showcases the most stunning and original wildlife pictures taken by photographers of all ages worldwide. Each year thousands of entries are received and judged by a specially selected expert panel.

The Wildlife Photographer of the Year is owned by the Natural History Museum and BBC Wildlife Magazine.



## Countryside Action Days

Help the Rangers with some practical conservation tasks and take part in some fun family friendly activities.

Join Rangers from Moors Valley Country Park at a countryside site near you and do your bit to help preserve it for the future.

Take part in some practical conservation tasks that will have a direct benefit for the wildlife that lives there and you will be rewarded with plenty of tea and coffee. There will also be some fun activities for children so you can bring the whole family.

Join in between 10.30am and 12.30pm or 1.00pm and 3.00pm – either work up an appetite or work off your lunch!

***Please call the Rangers to let us know if you intend to come to any of the dates below***



### Conservation Tasks & Activities



Tasks will vary depending on the site and time of year but may include clearing invasive shrubs, coppicing, pond clearance or tree planting. There will also be a selection of family-friendly activities which might include quiz trails, games and natural crafts.

**Time:** Join us between 10.30am and 12.30pm or 1.00pm and 3.00pm

**Age:** everyone is welcome, however those under the age of 16 must be accompanied and supervised by an adult, families are welcome

**Saturday 15th November**

### Moors Valley

Join in with some holly clearance and why not take a woodland walk through Potterne Wood and try some fun tree activities along the way.

**Cost:** free, although car parking charges apply



**Sunday 16th November**

## Parley Common, Ferndown

Join in with some clearance work to help restore the heathland. We hope to have a fire so why not bring a spud and you can enjoy a jacket potato! There will also be a heathland quiz trail so you can find out more about why heath is so important and have-a-go at looking for some heathland minibeasts.

Cost: free

Location: Parley Common can be accessed from the Heatherlands Centre, Ferndown.

**Sunday 18th January**

## Poor Common, Ferndown

Help the Rangers with some tree planting and scrub clearance. There will also be the chance to try searching out some minibeasts or making some natural pictures.

Cost: free

Location: Poor Common can be accessed via Casterbridge Road or Fitzpain Road, Ferndown.



**Saturday 28th February**

## Moors Valley

Join in with some dogwood clearance around Moors Lake then you can use the dogwood you have cut to create a unique piece of art or a wigwam plant support to take home.

Cost: free, although car parking charges apply



**Sunday 1st March**

## Stephens Castle, Verwood

Take part in some pine pulling and help protect the heath against invading trees. You can also have-a-go at some pond dipping and minibeasting and why not take the chance to explore the Stephens Castle Discovery Trail.

Cost: free

Location: Stephens Castle is located behind the British Legion in Verwood, access can also be made on foot via St Stephens Lane, Verwood.



**Sunday 22nd March**

## Leigh Common, Wimborne

Help the Rangers clear invasive shrubs from the meadow at Leigh Common and you can search out some woodland minibeasts and play some tree games.

Cost: free

Location: Leigh Common can be accessed from Leigh Lane, off Leigh Road, Wimborne.



## News from the Park and Forest

The spring and summer months have been as busy as ever for the Moors Valley Rangers. Here's just some of what's been happening.



### New toilets

The toilet refurbishment is complete and visitors are enjoying our new facilities. New additions include a larger disabled toilet with a height adjustable changing bench and tracking hoist, a rainwater collection tank for flushing the toilets and solar panels for heating hot water. We would like to thank all our visitors for their patience while the work took place and hope they are now enjoying the new facilities.

### Freshwater Festival

Our first Freshwater Festival was a huge hit with families in June. Visitors were given the chance to catch pond creatures and learn to coarse fish or try fly casting as well as take part in a watery quiz trail, have their face painted or make something crafty. The Festival was organised by the Moors Valley Rangers together with the Environment Agency and the Christchurch Angling Club.

### Happy Birthday to us!

July saw Moors Valley's official 20th birthday celebration and the day was enjoyed by thousands of visitors with entertainment from Genii Productions. There were stilt walkers, circus performers and an interactive puppet show.

### New scooter

Another mobility scooter has been kindly donated to Moors Valley by Wimborne Lions. This, our second scooter, is also a suitably sturdy version which can be used on the Forest tracks. If you would like to borrow it please ask at the Information Point, pre-booking is recommended.



## Cycle East Dorset

A new pack of cycling guides for East Dorset has been launched. There are six countryside routes contained in the pack and each one is detachable and fully waterproof. The routes use quiet lanes and bridleways. The guides are available from local Tourist Information Centres, Moors Valley Country Park and other selected outlets, priced at £3.75.

## Stephens Castle Education Facility

Since it was officially opened in June over 400 school children and local residents have explored the Stephens Castle Discovery Trail at the heathland site in Verwood. The Trail was funded by Defra's Aggregates Levy Sustainability Fund and designed and installed by Rangers from Moors Valley. It highlights the site's history, its geological importance and unique habitat through a series of interpretative panels and fun activities.

## New Technology for Orienteering

After a successful Lottery Bid, Wimborne Orienteering Club has received a full set of special electronic controls. They can instantly provide an accurate print-out of your journey as you use a map to visit a trail of orienteering markers. With simple mountings they can be added to any of our permanent orienteering markers in the Forest at Moors Valley.

A mountain bike orienteering pack is now also available from the Visitor Centre. Ask at the Information Point.

## Go, Go, Play Rangers!

Our new Play Rangers, Tracy and Tom, have had a great summer season helping children around the district to enjoy the countryside; discovering more about nature whilst having lots of fun. Not to be put off by some colder weather, the fun is set to continue in the autumn and winter months. E-mail them at [playrangers@eastdorset.gov.uk](mailto:playrangers@eastdorset.gov.uk) for more details.

## Information at your fingertips

Our new-look website will be on-line very soon so it should be even easier to find out everything there is to know about Moors Valley along with a full events listing and some fun games and activities for children.





*"Take nothing but photographs,  
leave nothing but footprints"*



## Visitor Information

Moors Valley is open every day (except Christmas Day), 8.00am to dusk (8.00pm at the latest). Entrance to the Park is free but car parking charges apply. The maximum daily charge until March 2009 will be £8.00 per car for a whole day visit. We are located 10 miles north of Bournemouth, signposted from the Ashley Heath roundabout on the junction of the A338 and A31.



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

## Contact phone numbers

|   |                     |
|---|---------------------|
| <b>Visitor Centre and Rangers</b> ..... | <b>01425 470721</b> |
| Moors Valley Railway .....              | <b>01425 471415</b> |
| Moors Valley Golf Course.....           | <b>01425 479776</b> |
| Season's Restaurant .....               | <b>01425 470537</b> |
| Country Shop .....                      | <b>01425 480811</b> |



A large print version of this guide is available on request. Please phone the Rangers on **01425 470721**

Moors Valley is a joint venture between **East Dorset District Council** and the **Forestry Commission**

