



Be Active in your Local Area

What's happening in your local area?

See what's being provided in each of the local areas within Coventry, Solihull and Warwickshire.

Please be advised that CSW Sport does not manage the websites that are listed and therefore does not take responsibility for their contents.

Coventry City Council area

Sports, Leisure and Tourism pages,

http://www.coventry.gov.uk/info/100009/sports_leisure_and_tourism

Local activities and provision, Coventry Active database,

http://www.coventry.gov.uk/info/200087/sports_clubs_and_centres/249/coventry_active

Coventry Health Hub, the public health information and resources website,

<http://www.coventryhealthhub.nhs.uk/Pages/default.aspx>

Walking for Health walks,

http://www.coventry.gov.uk/info/10096/healthy_living/463/coventry_healthy_walks

Walking in Warwickshire web page, <http://www.walkinginwarwickshire.co.uk/>

A Coventry Way, 21 circular walking routes and the 40 mile footpath itself,

http://www.acoventryway.org.uk/acw_rd.htm

Cycling page, http://www.coventry.gov.uk/info/10104/cycling-information_and_advice and cycling map,

<http://cyclemaps.coventry.gov.uk/> and <http://www.warwickshire.gov.uk/cycling>

Age UK Coventry, the focus being on activities for people aged 50 and above,

<http://www.ageuk.org.uk/coventry/Our-services/Fit-as-a-fiddle/>

North Warwickshire Borough Council area

Leisure Pages, http://www.northwarks.gov.uk/info/200300/leisure_centres_and_sport

Local activities and facilities, Warwickshire Community Information database,

<http://www.warwickshire.gov.uk/cid>

Walking for health group walks, <http://www.wfh.naturalengland.org.uk/walkfinder> or contact

StephanieLawrence@NorthWarks.gov.uk for more information and visit



http://www.northwarks.gov.uk/site/scripts/events_index.php?month=5&year=2010 for events, including walks

Walking routes <http://www.northardenheritagetrail.co.uk/> and Walking in Warwickshire web page, <http://www.walkinginwarwickshire.co.uk/>

Cycling routes, http://www.northwarks.gov.uk/info/200308/cycling/199/cycling_in_north_warwickshire and <http://www.warwickshire.gov.uk/cycling>

Age UK Warwickshire, the focus being on activities for people aged 50 and above, <http://www.ageuk.org.uk/warwickshire/Community-development--events/Ageing-well/>

Nuneaton and Bedworth Borough Council area

Nuneaton and Bedworth Leisure Trust pages, <http://www.nbleisuretrust.org.uk/>

Walking for Health group walks, <http://www.nbleisuretrust.org.uk/page29.asp> or <http://www.wfh.naturalengland.org.uk/walkfinder>

Walking routes, <http://www.nuneatonandbedworth.gov.uk/leisure-culture/parks-open-spaces/general-parks-information/greentrackwalks> and Walking in Warwickshire web page, <http://www.walkinginwarwickshire.co.uk/>

Swimming page, <http://www.nbleisuretrust.org.uk/page467.asp>

Cycling, <http://www.warwickshire.gov.uk/cycling>

Age UK Warwickshire, the focus being on activities for people aged 50 and above, <http://www.ageuk.org.uk/warwickshire/Community-development--events/Ageing-well/>

Rugby Borough Council area

Leisure Services pages, <http://www.rugby.gov.uk/site/scripts/documents.php?categoryID=200087>

Walking for Health group walks, http://www.rugby.gov.uk/site/scripts/documents_info.php?documentID=991 or <http://www.wfh.naturalengland.org.uk/walkfinder>

Walking page (including routes), http://www.rugby.gov.uk/site/scripts/documents_info.php?categoryID=451&documentID=988 and Walking in Warwickshire web page, <http://www.walkinginwarwickshire.co.uk/>



Cycling routes,

http://www.rugby.gov.uk/site/scripts/documents_info.php?documentID=262&pageNumber=2 and
<http://www.warwickshire.gov.uk/cycling>

Sports Club directory,

http://www.rugby.gov.uk/site/scripts/documents_info.php?categoryID=641&documentID=1220

Age UK Warwickshire, the focus being on activities for people aged 50 and above,

<http://www.ageuk.org.uk/warwickshire/Community-development--events/Ageing-well/>

Solihull Metropolitan Borough Council area

Leisure pages, <http://www.solihull.gov.uk/leisure/sports.htm> and <http://www.solihullactive.co.uk/>

Local activities and provision, Solihull Active database, <http://www.solihullactive.co.uk/takepart>

Walking for health group walks, <http://www.solihullactive.co.uk/default.aspx?page=152#Striders> and
[Strollers](http://www.wfh.naturalengland.org.uk/walkfinder) or <http://www.wfh.naturalengland.org.uk/walkfinder> and Step into Solihull programme for over
45s, <http://www.solihullactive.co.uk/stepintosolihull>

Discovery walks, combining walking, natural and local history, <http://www.solihulldiscoverywalks.co.uk/>

Cycling group (including routes), <http://www.cyclesolihull.org.uk/>

Cycling information (including routes), <http://www.solihull.gov.uk/transport/cyclelanes.htm>

Age UK Solihull, the focus being on activities for people aged 50 and above,

<http://www.ageuk.org.uk/solihull/Services-for-you/Fit-As-A-Fiddle/>

Stratford District Council area

Leisure pages, <http://www.stratford.gov.uk/leisure/>

Sports database, <http://apps.stratford.gov.uk/sportsclub/Search.aspx> and leisure directory,
<http://www.stratford.gov.uk/leisure/leisure-905.cfm>

Walking for health group walks, <http://www.stratford.gov.uk/leisure/leisure-2507.cfm> or
<http://www.wfh.naturalengland.org.uk/walkfinder> and Walking in Warwickshire web page,
<http://www.walkinginwarwickshire.co.uk/>

Walking and cycling page (including routes and other links),

<http://www.stratford.gov.uk/transport/walking-and-cycling.cfm> and for cycling specifically,
<http://www.warwickshire.gov.uk/cycling>



Age UK Warwickshire, the focus being on activities for people aged 50 and above,
<http://www.ageuk.org.uk/warwickshire/Community-development--events/Ageing-well/>

Warwick District Council area

Leisure pages, <http://www.warwickdc.gov.uk/WDC/Leisure/>

Sports club directory, <http://www.warwickdc.gov.uk/WDC/Leisure/Sports/Sports+clubs/>

Walking for health group walks, <http://www.wfh.naturalengland.org.uk/walkfinder> and
<http://www.warwickshire.nhs.uk/yourhealth/weightmanagement/walkingforhealth> , Mid Warwickshire
Ramblers, <http://www.midwarksramblers.org/> and the Bear walking group for people in their 20s to 40s,
<http://www.bearwalkinggroup.co.uk/>

Walking routes, <http://www.warwickdc.gov.uk/WDC/Leisure/Parks/Countryside/> and Walking in
Warwickshire web page, <http://www.walkinginwarwickshire.co.uk/>

Cycling routes,
<http://www.warwickdc.gov.uk/WDC/Leisure/Sports/Outdoor+sports/Cycling/Cycle+routes.htm> and
<http://www.warwickshire.gov.uk/cycling>

Age UK Warwickshire, the focus being on activities for people aged 50 and above,
<http://www.ageuk.org.uk/warwickshire/Community-development--events/Ageing-well/>