



Forestry England

# Feel good at Bedgebury

## Bedgebury Forest Runners

Monday - Friday 9.15am  
[bedgeburyforestrunners.com](http://bedgeburyforestrunners.com)

## Forest Yoga

Thursday 9.15am  
[lisawhitehouse.co.uk](http://lisawhitehouse.co.uk)

## Nordic Walking

Weekends  
[walx.co.uk/groups/walx-tonbridge-tunbridge-wells](http://walx.co.uk/groups/walx-tonbridge-tunbridge-wells)

## Ramblers Wellbeing Walks

Wednesdays 10am  
Phone to book: 01580 879820

## Walkers2Runners

Monday & Friday 8.45am  
[walkers2runners.co.uk](http://walkers2runners.co.uk)

## parkrun

Saturday 9am  
[parkrun.org.uk](http://parkrun.org.uk)

Classes must be booked in advance.

Discounted vehicle admission available when joining a health and wellbeing class. Free for Forestry England members.

## Running Events:

27 October 2024: Half Marathon/10k  
27 October 2024: Junior 2k  
2 February 2025: 5/10mile  
2 February 2025: Junior 2k  
Coming March 2025: Canicross 5/10k

## Table Tennis

Free to play table tennis near Go Ape. Bats and balls provided but feel free to bring your own!

## Cycling, Walking and Running Trails

From gentle ambles to adventures in the forest, we have a variety of cycling and walking trails for you to explore. Visit the information office to find out more.

## Orienteering

Fancy a challenge? Walk or run our self-led orienteering trails.