

## **Outdoor activities in Southampton**

**At the moment St Mary's Leisure Centre is closed. Here are some activities you can do outside to keep fit and active, and through this, help your mental health.**

### **Southampton Parkrun**

Looking for a free, friendly, weekly community event to get active? The Southampton Parkrun takes place in Southampton Common every Saturday at 9am. Walk, jog, or run the five kilometre route – it is up to you! Come along and join in, whatever your pace.

Find out more about [local Parkrun events](#).

If you decide to join in Park run, you need to register online first. You will get a barcode (like something in a shop) which is scanned when you complete the run, to give you your time. You can work towards a new PB (your personal best).

### **Not ready to run yet?**

#### **Couch to 5K**

Couch to 5K is a running programme for absolute beginners. Complete in as little as nine weeks, or longer if you want to go at your own pace. Do it anywhere!

Find out more about the [Couch to 5k app](#).

### **Walking and cycling**

Enjoy Southampton's walking and cycling routes with friends and family, as part of your commute, or to help improve your health and wellbeing. Why not:

- Discover a range of walking routes on the free [Go Jauntly walking app](#)
- Find a health walk or walking group in Southampton on [My Journey – Walking Opportunities](#)
- Find cycle routes, guided rides, and cycle confidence training on [My Journey – Get Cycling](#)
- Track your steps, set goals, and boost your activity with the free [Active 10 app](#)

### **Don't use your data!**

Use <https://maps.me> by downloading it when you have wifi and using it off line.

**Here are some of the parks in Southampton that you can use to do sporting activities.**

**East Park and Hoglands Park**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/central/east/>

Tennis courts

Hard court area

Basketball courts

**Southampton Common (opposite AMC) SO15 7NN**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/southampton-common/>

Gym equipment close to the playpark

Orienteering route

Open spaces for games

**The Outdoor Sports Centre SO16 7AY**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/sports-zone/>

Gym equipment

BMX track (but please don't wreck your bike)

Open spaces for games

**St James Park SO15 5LW**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/st-james/>

Gym equipment

Tennis courts

Open spaces for games

**Portswood Rec SO17 3SF**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/portswood-rec/>

Tennis courts

Open space for games

**Townhill Park SO18 023**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/townhill-green/>

Gym equipment  
Hard surface Games area

### **Mayflower Park SO14 2AQ**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/mayflower/>

Great views of the ships coming in and out  
Basketball courts

### **Daisy Dip SO16 3LR**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/daisy-dip/>

Games area

### **Riverside Park SO18 2JJ**

<https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/find-a-park/riverside-park/>

Cycle training track  
Tennis courts  
Sports pitches

### **Equipment available for use**

There will be a range of gym and outdoor equipment available from the hotel teaching room. Please make sure you put this back clean and ready for the next user, and do not keep it for yourself. We want as many people as possible to be able to benefit from the things we are providing.

The equipment includes:

#### **Games**

Footballs  
A set of team vests  
Volleyballs  
Net for volleyball or badminton  
Badminton racquets and shuttlecocks  
Cricket set  
Rounders bat  
Softball bat and ball  
Frizbees and rings

## **Gym**

Gym resistance bands

Skipping ropes

Portable Gymnastic rings