

SUMMER 2026 ACTIVITIES - All spaces on activities must be booked through Jess to ensure a reservation

Updated: 3rd July 2026 Co-ordinated by: Jess Slade - email: jessslade@torbaycdt.org.uk Mob: 07772023170



DATE	REGION	ACTIVITY	ARRIVE BY	START	END	COST	ADDRESS	PLACES AVAIL
Tuesday 7 th July 2026	Brixham	Southwest Coastal Path Walk. Short walk. The Maritime Heritage Trail. This is an easy walk around Brixham harbour and the nearby streets.	1:45pm	2pm	3:30pm	Free, please bring a drink.	Brixham Bus Stop, Town Square, Brixham TQ5 8EJ Bus route from Torquay thru to Brixham is No. 12	6
Sunday 12 th July 2026	Paignton	Beach Bliss Breathwork from 8.30-9.30, a dynamic practice of conscious connected breathwork (similar to WimHof breathing) to energise the body, release physical tension and stress and leave you feeling alive, present and reconnected to yourself. Optional sea swim at 9.30am and refreshments at Inn on the Quay, Brewers Fayre afterwards.	8:15am	8:30am	10:30am	Breathwork session free, refreshments not included.	Goodrington South Sands, meet in Goodrington Sands Car Park Tanners Road, TQ4 6LN	8
Monday 13 th July 2026	Torquay	Torbay Nordic Walking - This is a fast-paced walking group, using poles a spare set to try will be available. Please bring a drink and wear sensible footwear. Babbacombe to Walls Hill return. Two routes to choose from - harder down to Oddicombe across to Babbacombe Beach and up coastal path to Walls Hill to meet another group. Or walk across Babbacombe downs and around Walls hill to meet other group and return. Refreshment stop at a cafe along Babbacombe Downs.	10:15am	10:30am	1pm	Free, pay for own refreshments or bring your own.	Meeting point - Babbacombe Downs Road, near Cliff Railway Café by the statue at the entrance to the Hill to Oddicombe Beach. TQ1 3LF.	6
Tuesday 14 th July 2026	Brixham	Southwest Coastal Path Walk. Lupton House towards Greenway House. Some inclines and declines can be muddy and slippery if wet. Worth it for the views.	1:45pm	2pm	4:30pm	Free, please bring a drink.	Meet at Lupton House (front of main house), Brixham TQ50LD. Bus route No. 12. Parking available - you will need to pay	6

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Tuesday 14 th July 2026	Paignton	Boules - Come along and join us for a game of Boules on the Front Lawn at Parkfield House. 3 Sets available to play in teams, we will include a short introduction to the rules. Join us to learn to play or if you can already play in small groups to help others to learn.	10:15am	10:30am	12:30pm	Free and light refreshments provided.	Boules Game on lawn at Parkfield House, Paignton, TQ3 2NH.	10
Wednesday 15 th July 2026	Torquay	Table Tennis - outdoors. Come along and try out table tennis in the fresh air and just have a go, not too formal but enjoyable	10:15am	10:30am	12:30pm	Free, please bring a drink.	Cary Park Tennis Club, Cary Avenue, Torquay TQ1 3QT	6
Wednesday 15 th July 2026	Paignton	Community Sing (definitely not a choir) It is very social and very friendly singing group. No experience needed.	1:45pm	2pm	3:30pm	Free - we ask for a £3pp donation to cover tea/coffee and biscuits in the break.	Paignton Baptist Church, Crossways Centre, 43 Winner Street, Paignton, TQ3 3BN	6
Friday 17 th July 2026	Torquay	A Yoga 4 Mental Health taster session. Gain self-care skills by learning Yoga, Breathing, Relaxation and Mindfulness techniques. Can be done seated or on a yoga mat (both provided) NO PRIOR EXPERIENCE NEEDED This is the first session of an eight-week course - if you enjoy it you can enrol on the day.	9:45am	10am	11:30am	Free. Donations gratefully received.	Sports Hall, Torbay Foyer, Teignmouth Road, Torquay TQ1 4DZ.	12
Tuesday 21 st July 2026	Torquay	Southwest Coastal Path Walk. Cockington Estate. Some inclines and declines can be muddy and slippery if wet.	1:45pm	2pm	4:30pm	Free, please bring a drink.	Meet at Cockington Lane corner with Torbay Road (seafront), Livermead. TQ2 6QJ	6
Wednesday 22 nd July 2026	Paignton	Breathe Into Being - This class is fully guided and complete beginners are welcome. Sessions will include a short introduction to the technique, a grounding practice, 4 rounds of Wim-Hof style conscious connected breathwork, and time for integration before close.	6:45pm	7pm	8pm	First session free. Please bring a drink.	The Seaside Studio SW, 3rd floor, Pembroke House, Torquay Road, Preston, TQ3 2EZ. Meet outside Pembroke House.	2

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Thursday 23 rd July 2026	Torquay	Afternoon Disco	1:45pm	2pm	4pm	Non-Members: £2 Members: £1	The St Marychurch & Babbacombe Conservative Club, Manor Road, St Marychurch, Torquay TQ1 3JX	30
Thursday 23 rd July 2026	Paignton	Leisurely Leg Stretch for those with Limited Mobility. Meet at Inn on the Quay - walk along Promenade back to Inn on the Quay for social and refreshments.	2pm	2:15pm	4pm	Free. Buy your own refreshments.	Inn on the Quay, Tanners Road, Goodrington, Paignton, TQ4 6LP	6
Friday 24 th July 2026	Paignton	Croquet - Come along and join us to learn the basics of the game (or refresh yourself). Then take part in a friendly game around the Croquet court, through the hoops to get to the Centre pin to finish. FYI There are no longer public toilets at the site.	10:30am	10:45am	12:30pm	Free - please bring a drink / water bottle.	Meet at the Oldway Gardens Tea hut at Oldway Mansion, Torquay Road, Paignton TQ3 2TY. Game will be played on the lawn outside Oldway Masion. Limited parking roadside. Refreshments available from the tea hut after croquet.	12
Friday 24 th July 2026	Churston & Brixham	Walk & Talk Amblers. Churston Green to Brixham, walk roughly 2 miles. Refreshment stop and social in Brixham after walk. Take Bus back to Churston to collect cars or continue home.	10:15am	10:30am	1:30pm	Free. Buy your own refreshments.	Churston Green, Churston Ferrers, Brixham, TQ5 0HU Churston Road / Bascombe Road free parking or get 12 to Lupton House Stop and walk back.	10
Friday 24 th July 2026	Torquay	Join our Walk Activity Tasters and enjoy a friendly way to get moving while exploring the outdoors at a comfortable pace. Suitable for all fitness levels, these sessions are a great opportunity to boost your wellbeing, meet new people, and discover the benefits of walking.	2pm	2:15pm	3:30pm	Free. Take a bottle of water.	Start from Cary Park Tennis Club, Cary Avenue, Babbacombe, Torquay TQ1 3QT	12

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Sunday 26 th July 2026	Paignton	Beach Bliss Meditation from 8.30 until 9.30, a class combining relaxing meditation and Yoga Nidra techniques supported by gentle breathwork practices to soothe your nervous system and leave you feeling relaxed, rested and refreshed. Optional sea swim at 9.30am and refreshments at Inn on the Quay, Brewers Fayre afterwards.	8:15am	8:30am	10:30am	Meditation session free, refreshments not included.	Goodrington South Sands, meet in Goodrington Sands Car Park Tanners Road, TQ4 6LN	8
Monday 27 th July 2026	Paignton	Table Tennis - outdoors. Come along and try out table tennis in the fresh air and just have a go, not too formal but enjoyable.	10:15am	10:30am	12:30pm	Free - bring a drink.	Victoria Park, Torquay Road, TQ4 5BW. Meet at park entrance on Torquay Road, near to traffic lights	6
Tuesday 28 th July 2026	Paignton	Beach Day, Boules, Frisbee, Sunbathing and more - join in with us for games on the beach or on Youngs Park Green (if the tide is in) Bring along any other games you might like to play. We will have use of a Beach hut nearby for refreshments and chairs. Please bring a packed lunch if you would like to make a day of it. There will be a Sea Swim at 2pm for those that want to stay and join us, or even just a paddle.	11:30am	11:45am	1:30pm	Free but provide your own lunch.	Meeting at the North Sands of Goodrington Beach TQ4 6BU. Outside of the North Sands Kiosk which is on the promenade just past Cantina. The beach hut is just a few yards from the Kiosk.	12
Tuesday 28 th July 2026	Paignton	Healthscape Sea Swim - Introduction to the sea safety and a swim with a Healthscape Instructor to help build confidence and ability in the water. We do not swim out of our depth, and we stay together to enjoy a sea dip. We have the facilities of a Beach hut to also socialise and have a hot drink and light refreshments.	1:30pm	2pm	4pm	Free	Meeting at the North Sands of Goodrington Beach TQ4 6BU. Outside of the North Sands Kiosk which is on the promenade just past Cantina. The beach hut is just a few yards from the Kiosk.	12
Wednesday 29 th July 2026	Dawlish	Torbay Nordic Walking - This is a fast-paced walking group using walking poles, a set will be available to try. Please bring a drink and wear sensible Footwear. Walking from Dawlish train station an Inland route to Dawlish Warren, refreshment break there and then walk back along the sea wall to Dawlish Train Station.	10:15am	10:30am	2pm	Free, pay for own refreshments or bring your own.	Meeting at Dawlish Train Station. There is a GWR train leaving Torquay at 09.50 arriving at 10.21 which I will be doing if anyone wants to join me.	6

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Wednesday 5 th August 2026	Torquay	Torbay Nordic Walking - This is a fast-paced walking group using walking poles, a set will be available to try. Please bring a drink and wear sensible Footwear. From Ansteys Cove Car Park we will join the coastal path around Stoodley Knowle, Ilsham and Thatchers Rock and down to Meadfoot Beach where a refreshment break will be made at either the Meadfoot Beach Cafe or the Kents Carven Cafe walking up through Ilsham Green and back to cars or buses.	10:15am	10:30am	1:30pm	Free, pay for own refreshments or bring your own.	Meeting at Anstey's Cove Car Park, Torquay, TQ1 2QP. Free parking available on Ilsham Road (near Kents Cavern) then walk through Stoodley Meadow to meeting point. Arriving by Bus get off at Wellswood and walk down.	6
Thursday 6 th August 2026	Torquay	Treasure Hunt. Join us for a detective mystery themed walking Treasure Trail to Solve a crime around Torquay Harbour and Corbyn Head. The route is about 2.5 miles and suggested time to solve the crime is 2.5 hours. If would like to go to lunch afterwards, suggestions can be made during Treasure Hunt.	10:45am	11am	1:30pm	Free, but if considering staying for lunch bring wallet.	English Riviera Visitor Information Centre, 5 Vaughan Parade, Torquay, TQ2 5JG	30
Friday 7 th August 2026	Paignton	Boules - Come along and join us for a game of Boules on the Front Lawn at Parkfield House. 3 Sets available to play in teams, we will include a short introduction to the rules. Join us to learn to play or if you can already play in small groups to help others to learn.	10:15am	10:30am	12:30pm	Free and light refreshments provided.	Boules Game on lawn at Parkfield House, Paignton, TQ3 2NH.	10
Monday 10 th August 2026	Torquay	Digital Skills Training for over 55's offered by AbilityNet - A session on Staying Safe Online and scams, and general I.T related questions.	10:45am	11am	1pm	Free to attend. Refreshments available - £1 for tea or coffee.	Torbay Community Café & Help Hub, 4-8 Temperance Street, Torquay TQ2 5PU	8
Monday 10 th August 2026	Paignton	Healthscape Sea Swim - Introduction to the sea safety and a swim with a Healthscape Instructor to help build confidence and ability in the water. We do not swim out of our depth, and we stay together to enjoy a sea dip. We have the facilities of a Beach hut to also socialise and have a hot drink and light refreshments.	1:30pm	2pm	4pm	Free	Meeting at the North Sands of Goodrington Beach TQ4 6BU. Outside of the North Sands Kiosk which is on the promenade just past Cantina. The beach hut is just a few yards from the Kiosk.	12

DATE	REGION	ACTIVITY	ARRIVE BY	START	END	COST	ADDRESS	PLACES AVAIL
Monday 10 th August 2026	Paignton	Men's Walking Football (Astro Turf) A free taster session to walking football for Men over 50 years old, no experience needed just an interest in finding out more - the rules are quite different to "football" Meet and be introduced to the game with some of the current members and the coach. Please bring a drink and sensible footwear (good tread trainers). It is advised to buy moulded stud boots and shin pads if this is something you wish to continue with after the taster session.	5:45pm	6pm	7pm	Free 1st session, then £6 p/week	Paignton Sports Academy, Waterleat Road, TQ3 3WA. Free parking available at the school reception area.	12
Tuesday 11 th August 2026	Dartmouth	Treasure Hunt in Dartmouth. Join us to solve the mystery of a missing celebrity Chef. Chief Inspector Laura Nordor needs your help in solving this perplexing crime. This Route is approximately 1 mile and takes approximately 2 hours to complete. If would like to go to lunch afterwards, suggestions can be made during Treasure Hunt.	10:15am	10:30am	4:30pm	Free, but if considering staying for lunch bring wallet and to pay for Bus / Ferry.	Meet at Paignton Bus station at 10:15am Bus 120 leaves at 10:30am. Look for Jess and Stan leading this adventure. Arriving at Banjo in Kingswear just before 11am. Take Ferry across to Dartmouth to start the Hunt and solve the crime.	30
Wednesday 12 th August 2026	Torquay	Shapemasters. Gentle exercise using motorised equipment - plus info on extras i.e. classes and swims at the Centre.	1:45pm	2pm	3:30pm	Free taster session. Bring a drink.	Riviera Centre, Torquay, Chestnut Avenue TQ2 5LZ - Meet in main reception of Riviera	8
Wednesday 12 th August 2026	Torquay	Table Tennis - outdoors. Come along and try out table tennis in the fresh air and just have a go, not too formal but enjoyable.	10:15am	10:30am	12:30pm	Free - bring a drink.	Cary Park Tennis Club, Cary Avenue, Torquay TQ1 3QT	6
Wednesday 12 th August 2026	Paignton	Women's Walking Football (Astro Turf) A free taster session to walking football for ladies over 40 years old, no experience needed just an interest in finding out more - the rules are quite different to "football" Meet and be introduced to the game with some of the current members and the coach. Please bring a drink and sensible footwear (good tread trainers). It is advised to buy moulded stud boots and shin pads if this is something you wish to continue with after the taster session.	5:15pm	5:30pm	6:30pm	Free 1st session, then £5 p/week	Paignton Sports Academy, Waterleat Road, TQ3 3WA. Free parking available at the school reception area.	8
Thursday 13 th August 2026	Paignton	Leisurely Leg Stretch for those with Limited Mobility. Meet at Inn on the Quay - walk along Promenade back to Inn on the Quay for social and refreshments.	2pm	2:15pm	4pm	Free. Buy your own refreshments.	Inn on the Quay, Tanners Road, Goodrington, Paignton, TQ4 6LP	6

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Friday 14 th August 2026	Totnes	Walk & Talk Amblers. Meet at bus stop opposite Royal Seven Stars in Totnes for a walk along the river up to Long Marsh return. Refreshment stop included for social.	10:15am	10:30am	1:30pm	Free. Buy your own refreshments.	Meet at Bus stop opposite Royal Seven Stars Coronation Road, Totnes, TQ9 5DD.	10
Friday 14 th August 2026	Torquay	Join our Walk Activity Tasters and enjoy a friendly way to get moving while exploring the outdoors at a comfortable pace. Suitable for all fitness levels, these sessions are a great opportunity to boost your wellbeing, meet new people, and discover the benefits of walking.	2pm	2:15pm	3:30pm	Free. Take a bottle of water.	Meeting point - Spanish Barn, Torre Abbey, The King's Drive, Torquay, TQ2 5JE	12
Monday 17 th August 2026	Paignton	Torbay Nordic Walking - This is a fast-paced walking group, using poles a spare set to try will be available. Please bring a drink and wear sensible footwear. Preston Beach to Goodrington Beach Return. Stopping at Cantina on Goodrington for a refreshment break. Fairly flat other than walking over Roundham.	10:15am	10:30am	1:30pm	Free, pay for own refreshments or bring your own.	Meeting point - Preston Beach corner of Marine Drive and Seaway Road by the Old Toilet Block and Sandbanks Kiosk TQ3 2NU	6
Wednesday 19 th August 2026	Torquay	Digital Skills Training for over 55's offered by AbilityNet - An Introduction of AI and general I.T related questions.	10:45am	11am	1pm	Free to attend. Refreshments available - £1 for tea or coffee	Torbay Community Café & Help Hub, 4-8 Temperance Street, Torquay TQ2 5PU	8
Friday 21 st August 2026	Paignton	Croquet - Come along and join us to learn the basics of the game (or refresh yourself). Then take part in a friendly game around the Croquet court, through the hoops to get to the centre pin to finish. FYI There are no longer public toilets at the site.	10:30am	10:45am	12:30pm	Free - please bring a drink / water bottle.	Meet at the Oldway Gardens Tea hut at Oldway Mansion, Torquay Road, Paignton TQ3 2TY. Game will be played on the lawn outside Oldway Masion. Limited parking roadside. Refreshments available from the tea hut after croquet.	12

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Tuesday 25 th August 2026	Paignton	Beach Day, Boules, Frisbee, Sunbathing and more - join in with us for games on the beach or on Youngs Park Green (if the tide is in) Bring along any other games you might like to play. We will have use of a Beach hut nearby for refreshments and chairs. Please bring a packed lunch if you would like to make a day of it. There will be a Sea Swim at 2pm for those that want to stay and join us, or even just a paddle.	11:30am	11:45am	1:30pm	Free but provide your own lunch.	Meeting at the North Sands of Goodrington Beach TQ4 6BU. Outside of the North Sands Kiosk which is on the promenade just past Cantina. The beach hut is just a few yards from the Kiosk.	12
Tuesday 25 th August 2026	Paignton	Healthscape Sea Swim - Introduction to the sea safety and a swim with a Healthscape Instructor to help build confidence and ability in the water. We do not swim out of our depth, and we stay together to enjoy a sea dip. We have the facilities of a Beach hut to also socialise and have a hot drink and light refreshments.	1:30pm	2pm	4pm	Free	Meeting at the North Sands of Goodrington Beach TQ4 6BU. Outside of the North Sands Kiosk which is on the promenade just past Cantina. The beach hut is just a few yards from the Kiosk.	12
Wednesday 26 th August 2026	Torquay	Shapemasters. Gentle exercise using motorised equipment - plus info on extras i.e. classes and swims at the Centre.	1:45pm	2pm	3:30pm	Free taster session. Bring a drink.	Riviera Centre, Torquay, Chestnut Avenue TQ2 5LZ - Meet in main reception of Riviera	8
Thursday 27 th August 2026	Paignton	Table Tennis - outdoors. Come along and try out table tennis in the fresh air and just have a go, not too formal but enjoyable	1:45pm	2pm	4pm	Free - bring a drink.	Victoria Park, Torquay Road, TQ4 5BW. Meet at park entrance on Torquay Road, near to traffic lights	6
Thursday 27 th August 2026	Torquay	Afternoon Disco	1:45pm	2pm	4pm	Non-Members: £2 Members: £1	The St Marychurch & Babbacombe Conservative Club, Manor Road, St Marychurch, Torquay TQ1 3JX	30