

Outdoor wellbeing opportunities

Glastonbury area

[RSPB Ham Wall](#) (BA6 9SX)

Ham Wall is a wetland teeming with wildlife - from rare species like water voles and otters to magnificent birds like bitterns and kingfishers. Enjoy stunning views across the marshes to Glastonbury Tor and follow secluded paths through the landscape. Free to access but £4 for parking (free parking for RSPB members).

Regular events (ticket prices apply) organised by RSPB include guided walks, photography sessions, and events for families such as pond dipping with nets: events.rspb.org.uk/hamwall

A local flat and even cycle way / footpath runs through the heart of the reserve (the old railway track), linking Glastonbury to Ham Wall and onto Shapwick Heath nature reserve.

ham.wall@rspb.org.uk / 01458 860494

rspb.org.uk/reserves-and-events/reserves-a-z/ham-wall/

Ham Wall recent sightings blog - community.rspb.org.uk/placestovisit/hamwall/b/hamwall-blog

[Shapwick Heath](#) (Western entrance, BA6 9TT)

Next to Ham Wall, Shapwick Heath is located at the heart of the Avalon Marshes area. It is an internationally important site for wetland birds and is composed of a mosaic of wetland habitats including traditional wildflower meadows, a network of ditches, fen, mire and wet woodland, along with open water and reed beds restored from former peat-diggings. Shapwick Heath is also the location of the Neolithic 'Sweet Track', a scheduled ancient monument and the oldest man-made trackway in Britain, preserved in the anaerobic conditions of the reserves wet peat soils.

Visitor information, parking, the Marshes Tea Stop café, Somerset Crafts gallery and public toilets can be found at the **Avalon Marshes Centre**. Visitors can also access archaeological reconstructions such as a Saxon longhall, the dining room of a Roman villa and an Iron Age roundhouse, which 110 volunteers have worked on since 2015.

enquiries@naturalengland.org.uk / 0300 060 3900

avalonmarshes.org

You can also visit the [reserves at Catcott, Shapwick Moor and Westhay](#) - find out more: [Nature Reserves - Avalon Marshes](#)

[Monthly 'Well Women Walk' at Shapwick Moor](#)

Meet a group of like-minded women who enjoy getting out and about in nature. We will be exploring Shapwick Moor, taking the time to appreciate the natural world and looking out for signs of spring. After our walk, join us for a hot drink in the wood cabin, led by the Reserve Warden. £10 for members, £16 for non-members. To book:

members.hawkandowltrust.org/Event-Search

[Step, Ride, Thrive project across the Avalon Marshes](#)

A year-long pilot project, aimed at increasing engagement with our local natural landscape through active travel. A bus stop at the Marshes is being piloted (668 Libra service), which runs from Street and Glastonbury. Plus walking and cycling initiatives throughout the year including a partnership with Somerset charity On Your Bike incorporating bike maintenance sessions in local communities and schools. A key event in 2026 will be Discover Nature Week from 6th - 12th April incorporating

active travel, nature connection and wellbeing activities. This is a one year project by the Avalon and Poldens Local Community Network, funded by Somerset Public Health via SALC (the Somerset Association of Local Councils).

stepridethrive@gmail.com

stepridethrive.wordpress.com

Avalon Allsorts Allotment Project

The Avalon Allsorts run this allotment project based at the Secret Garden, United Reform Church High, Street, Glastonbury BA6 9DZ. Come along for gardening Tuesdays 10.30 til 4.00 and art/craft Wednesdays 12.00 til 3.00. Or just pop in for a cup of tea and a chat.

theavalonallsorts@protonmail.com / 07823 334343

Red Brick Community Garden

The community garden is a fantastic asset for everyone. It has hosted home-schooling groups, volunteers as well as groups from Mind, Orchard Vale and other local charities. The garden promotes caring for the environment and learning the value of growing food organically. It always welcomes new groups and volunteers to help tend to and nurture the plants. Harvest time provides an opportunity for sharing the wonderful food grown in the garden. Come along to the weekly volunteer mornings on Fridays to join our regular team of volunteers and learn new skills. Or check out the Volunteer page for more information.

redbrickbuilding.co.uk/at-the-rbb/community-garden/garden@redbrickbuilding.co.uk

Seed of Hope

Seed of Hope support people experiencing mental health challenges to change their lives through recovery based therapeutic gardening. Through being out in nature, gardening activity and where appropriate, gentle yoga, participants are assisted to find their own recovery path. There are several local projects/therapeutic groups including in Street and Chilton Polden; please contact the team for further information.

hi@seedofhope.org.uk / 07969 816110

seedofhope.org.uk

Wild Roots – growing for wellbeing (Baltonsborough)

The Growing for Wellbeing Project is a small weekly group that welcomes people who want to get outdoors and learn new skills. It is a beautiful rural location easily accessible by public transport. It can cater for any weather with large areas under cover. Mondays 10.30am-1pm, Catsham, Baltonsborough, BA6 8PQ. Please use the contact information below to book.

There is also an Autism Friendly Growing for Wellbeing Group, which welcomes people who want to get outdoors and learn new skills. It offers quiet, calm working spaces and a small supportive group with lived experience in autism. Its main emphasis is horticulture, wildlife gardening and rural craft skills. There is no requirement to attend every week or the whole session. The group is very much about what is right for the individual on the day. Thursdays 10am-2pm.

ursula@wilderwoods.org / wilderwoods.org/projects

Tree Walks

Inspiring tree walks with live acoustic performances, led by Matt Witt, with the aim of encouraging nature connection, sharing knowledge about the trees and nature, and encouraging creative collaboration and co-operation with the natural world. Walks also occasionally take place in Wells and Shepton Mallet. Join the online Facebook group to find out about Matt's walks, contribute your

interesting tree photos, creative nature images, and tree pics for identification.

tothetrees.co.uk / 07548 936081

facebook.com/groups/446741366222443

Healing Gardens co-operative

A community project which aims to honour the land, support mental health and wellbeing, and grow organic produce for its members and the community. Membership is £2.50 per month and members are encouraged to help out on the land/growing vegetables. They are also able to access the gardens for relaxation and peaceful contemplation.

juliet@healing-waters.co.uk / healing-gardens.co.uk

Paddington Farm volunteering

Join Paddington Farm in Glastonbury for a morning's work on the farm, or in the organic vegetable garden, before coming together to share an organic lunch. Tasks vary according to the season, but may include planting and weeding, tree work, fencing, help at events or supporting the apple juice enterprise. Be part of a friendly group and work at your own pace. Open to all and no experience is necessary. Adults with additional needs are welcome. Volunteer days, Wednesdays 9.00am to 1.00pm.

info@paddingtonfarm.co.uk / 01458 832752

paddingtonfarm.co.uk/

Health Walks

NEW Level 1 walk at the Avalon Marshes Centre. Every other Thursday, meeting at the marshes centre at 10am. Also a new trial Level 3 Health Walk meeting at Sweet's Tea Room, Westhay, on the other two Thursdays. A circular route, up to 1.5 hours.

Level 1 walk led by NHS Health Connectors, in partnership with Somerset Activity and Sports Partnership (SASP) – takes place twice a month. Meet 10am by the Glastonbury Town Hall bus stop.

Level 3/4 walk led by a SASP volunteer – takes place twice a month. Meet 10am by the Glastonbury Town Hall bus stop.

facebook.com/GlastonburyandStreetHealthWalks

sasp.co.uk/glastonbury-shepton-mallet-stree1

Fisher's Hill project

Fisher's Hill Community Garden is an open green space where local people get together and love the land – you don't have to be a gardener or be fit or strong, just willing. Open to all ages. There are steps up from Butleigh Road, however there is level access through gates from Bere Lane, the ground is flat but uneven in places.

facebook.com/groups/867543764129038

claire.crumpton@btinternet.com / 07807 050244

Bridie's Farm

A 20-acre site that is developing into a regenerative food and farming centre, and is one of the Government-funded Glastonbury Town Deal projects. Volunteering opportunities available.

bridiesfarm.org.uk

facebook.com/100089723547598

info@bridiesfarm.org.uk / 07831 667039

[Manor House Road Community Garden](#)

A community garden offering a friendly space for people to meet, providing food from the vegetable plot which is a central part of the garden. Supporting a haven for wildlife by creating a series of different habitats. Garden is open 24/7 so people can come anytime to find a peaceful space.

somersectcommunityfood.org.uk/projects/manor-house-road-community-garden
info@somersectcommunityfood.org.uk

[Grove Wellbeing CIC](#)

Free weekly wellbeing groups which explore Celtic Folklore through creativity, mindfulness & eco therapy. Including an Eco Therapy Ogham Tree group and a community allotment project. Plus other indoor sessions focusing on poetry, art as therapy, flower teas and folklore.

grovewellbeing.co.uk

[Sacred Wild Wellbeing CIC](#)

Sacred Wild Wellbeing CIC aims to support people's mental and physical wellbeing in the Glastonbury area and across Somerset, through subsidised free or low cost events. This includes foraging, growing, wild swimming, wild art and other wellbeing events.

sacredwild.co.uk

[Pilton Walks](#)

A volunteer led group aimed at those who would like to join others for walks in and around Pilton.

<https://www.facebook.com/profile.php?id=61571386764975>

Street area

[Health Walks](#)

Organised by Somerset Activity and Sports Partnership (SASP) and led by local volunteers. Beginners through to advanced walks are organised (Levels 1 -4)

facebook.com/GlastonburyandStreetHealthWalks
sasp.co.uk/glastonbury-shepton-mallet-stree1

[Park Run](#)

Park Runs are free, weekly, community events all around the world. Saturday morning events are 5K and take place in parks and open spaces. These events are a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to walk, jog, run, volunteer or spectate. Takes place at 9am every Saturday at Strode College sports fields.

street@parkrun.com
facebook.com/streetparkrun
parkrun.org.uk/street

[Houndwood Community Group](#)

A project aiming to improve the quality of life of the local community of 400 homes in the Houndwood area of Street. Ecology and gardening projects take place in the area, and volunteers litter-pick monthly.

facebook.com/groups/houndwood

[Community Food Forest](#)

Seed of Hope CIC in partnership with Somerset Wildlands is turning a 3-acre field into a Community Food Forest Garden in Street. Local volunteers are needed to help transform the field into a thriving biodiverse edible haven. What3words: hatch.bucks.heaven (the land is only accessible by foot). All ages welcome

seedofhope.org.uk / hi@seedofhope.org.uk

Hallr Wood

Hallr Wood is a small woodland in Charlton Mackrell with some fantastic infrastructure that allows a variety of events to be hosted, in all kinds of weather. There is a green woodworking workshop, woodland stage, various shelters, a rustic kitchen/cafe, pizza oven, Romano-British style pottery kiln, and compost toilets. A diverse range of programmes run all year around, including therapeutic interventions, and a range of school/children's/family sessions. Volunteers are needed to help out in the woodland on Wednesdays, 10am – 3pm; contact the team for further information.

deb@wilderwoods.org / 07597 806828

wilderwoods.org/hallr-wood

Poldens area

[Edington Health Walk](#) - Level 1 walk led by Somerset Activity and Sports Partnership (SASP) volunteers. The walk takes place on the second and fourth Monday of the month, from 1.30pm. Meeting point is Edington Surgery, TA7 9HA.

[Bawdrip Village Walk](#) - monthly walk exploring different routes in the parish. Walks tend to be 5 miles / 3 hours long. Walks cover uneven terrain. Dogs are not able to join this walk. Walk info is posted on [Bawdrip Past and Present Facebook page](#).

[Polden Environmental Network](#) - promoting positive action for the climate, growing and connecting the Poldens' wild spaces, supporting and enabling residents to take action for nature in their villages. [Join the Facebook group](#)

Shapwick History Group - A group that explores local history for example Romano-British discoveries at Shapwick Nature Reserve. Email History@shapwick.org to find out more.