

## Upton House Parkrun At Upton Country Park

Upton House Parkrun takes place every Saturday at 9am. This free and fun 5k route takes you across the Country Park to enjoy the fabulous countryside and shoreline. A great way of meeting new people and improving your fitness. You will also enjoy a post run refreshment in the Tea Rooms. We all run for our own enjoyment. Please come along and join in whatever your pace! Visit website for full information and the course map.

### Contact

**Email** [uptonhousehelpers@parkrun.com](mailto:uptonhousehelpers@parkrun.com)  
**Website** <http://www.parkrun.org.uk/uptonhouse/>

### Venue

**Venue address** Upton House Upton Country Park  
Upton  
Poole  
Dorset  
**Postcode** BH17 7BJ  
**Locality** East Dorset

### Other information

**Availability** Weekend  
All year  
Daytime  
Term Time  
School Holidays

**Additional Information** It's free but please register before your first run. You only ever register with parkrun once. Don't forget to bring along a printed copy of your barcode. Free outdoor activity. Refreshments available in the Tea Rooms after the run.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.