

# ACTIVE8 WEEK

18-24 SEPTEMBER



## ENTER TO TRY ACTIVITIES FOR FREE!

An award-winning Ramsgate Town Council tourism initiative, Active Ramsgate, has just launched **ACTIVE8 WEEK** - a one week celebration in September of all things active in Ramsgate - with eight of the activities that can be enjoyed within Ramsgate all year round being offered up for people to try out for FREE!

Taking place from 18th - 24th September, there is a different activity to try out each day for free. The activities on offer include a 3 hour kitesurfing lesson on Ramsgate Sands, Pickleball Taster Sessions, Scuba Diving Taster Sessions and even a small group sea kayak to view the seals and birds at Pegwell Bay.

Those keen to try out these activities should apply via email to Active Ramsgate [activeramsgate@ramsgatetc.org.uk](mailto:activeramsgate@ramsgatetc.org.uk) giving their name, contact details and the activity they would like to take part in, by the 5pm deadline on 8 September.



KITESURFING PICKLEBALL SCUBA DIVING KAYAK CYCLE GOLF BIRDWATCHING COASTAL WALK

Each name will then be entered into a free prize draw to win a place on an activity and successful participants will be contacted with arrangements to take part in Active8 week.

THE FULL LIST OF THE **ACTIVE8 WEEK** ACTIVITIES ON OFFER ARE:

**MON 18 - PICKLEBALL TASTER SESSION** - 10am, Spencer Square Tennis & Pickleball Centre, Ramsgate.

**TUES 19 - GUIDED COASTAL WALK** - 10.30am, Ramsgate to Broadstairs "Sea It All" small group walk led by Explore Kent.

**WED 20 - BIRDWATCHING TOUR** - 9.30am, Sandwich & Pegwell Bay National Nature Reserve led by birding expert Tony Swandale.

**THURS 21 - DISCOVER SCUBA DIVING SESSION** - 7pm, St Lawrence College Pool led by Thanet Diving & Watersports.

**FRI 22 - GUIDED WILDLIFE CANOE SAFARI** - 11.30am, Ramsgate to Pegwell Bay paddle led by Thanet Diving & Watersports.

**SAT 23 - SMALL GROUP GUIDED CYCLE** - 10.30am, from Ramsgate along part of the Viking Coastal Trail led by Explore Kent (cycles provided by Ride Thanet cycle hire or bring your own).

**SUN 24 - UNLIMITED GOLF PLAY FOR FAMILIES** - Any time, on the Par 3 course at Stonelees Golf Centre (clubs provided).

**INTRODUCTION TO KITESURFING** - 3 hour lesson with Kite Pirates Kite School. Taken at a time during the week to suit, based on weather conditions. Need to be a competent swimmer.

To get more information on Active Ramsgate and all the activities on offer, visit [www.ramsgatetown.org/activeramsgate](http://www.ramsgatetown.org/activeramsgate)