

Teesside Countryside Directory for People with Disabilities

Second edition

Whatever your needs, access to and enjoyment of the countryside is rewarding, healthy and great fun. This directory can help you find out what opportunities are available to you in your area. Get yourself outdoors and enjoy all the benefits that come with it...

Foreword written by: Jeremy Garside,
Chief Executive of Tees Valley Wildlife Trust



Co-financed by



This directory was designed for people with a disability, though the information included will be useful to everyone.

Alongside its heavy industry Teesside has some fantastic countryside. There are numerous parks, green spaces and nature reserves which provide excellent opportunities for countryside activities, from walking to wildlife spotting. It is more than worth taking that first step and getting yourself involved in your local countryside, regardless of your abilities.

For people interested in wildlife and conservation there is much that can be done from home or a local accessible area. Whatever your chosen form of countryside recreation, whether it's joining a group, doing voluntary work, or getting yourself out into the countryside on your own, we hope you will get as much out of it as we do.

There is still some way to go before we have a properly accessible countryside. By contacting Open Country or another of the organisations listed here, you can help us to encourage better access for all in the future.



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Foreword



Getting into the countryside is such an important thing for all of us. There is nothing better than the natural environment for the body and soul.

Teesside is a compact urban settlement and might not be readily associated with quality natural environments. You can readily and easily get into the surrounding farmland and the landscape to the south is dominated by the steep scarp edge of the moorland plateau. While these all offer great walking and wildlife country, it is worth remembering that there are some fabulous opportunities even closer to home.

There is a truly beautiful coastline which stretches from the golden beaches and low sand dune systems around Teesmouth, to the rocky foreshore of Hartlepool Headland or Redcar Rocks, to the towering cliffs (the highest in England) of East Cleveland's Heritage Coast.

The real surprise, however, comes from the great selection of nature reserves and countryside sites scattered through the conurbation itself. In what other urban and industrial settlement could you hope to watch seals fishing for salmon or stand a chance of catching a glimpse of an otter?

I am delighted to support Open Country's *Teesside Countryside Directory for People with Disabilities* and hope it brings pleasure to all who use it.

Jeremy Hasdole

Chief Executive of Tees Valley Wildlife Trust

Using this Directory

Throughout the Directory you will see some symbols. These are to help you see what kind of facilities or information is available. Please also contact individual places to ask what they can offer people with disabilities.

Key:



Blue Badge parking is available



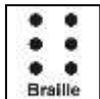
A wheelchair accessible toilet is available
(Changing Places facilities at venues have also been included, see www.changing-places.org for a full list)



Scooters / wheelchairs are available for loan



Large print leaflets are available



A Braille guide is available

To make it easier to find information some parts of this directory are divided into the five local authority boroughs:

- Darlington
- Hartlepool
- Middlesbrough
- Redcar & Cleveland
- Stockton-on-Tees



Walking & Outings

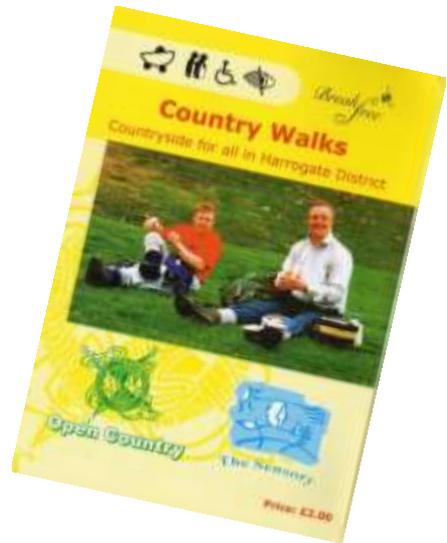
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1. Walking & Outings

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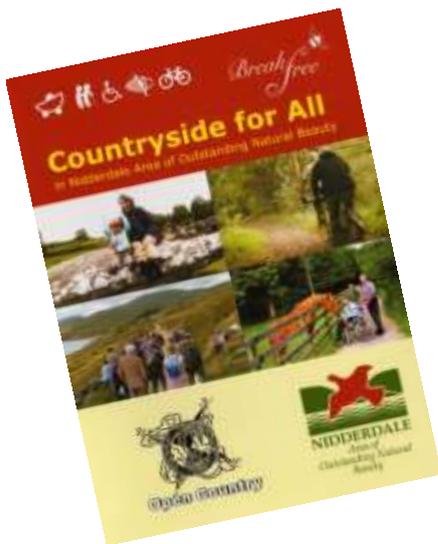


Open Country have produced four *Breakfree* packs for Harrogate District, Nidderdale AONB and Wharfedale (web-based).



Great for short walks, nature trails, children, cycles and people with disabilities.

The packs have clear, colour maps for each place, with all the information you need to help plan your day.



Call Open Country on 01423 507227 and we will gladly post them to you.

Breakfree: get healthy and discover your local green space!

Walking Clubs & Contacts

General Contacts

Disabled Ramblers

www.disabledramblers.co.uk

The Disabled Ramblers help mobility-challenged people get back out into the countryside. Able-bodied helpers are welcome to support members and to help with loading scooters and other jobs. About 30 rambles are run each year across England and Wales – mostly from March to October. They ramble in all weathers and over a variety of terrain. The rambles are graded according to difficulty; some are suitable for shopping buggies and power chairs, whilst others need larger scooters capable of travelling over rough ground.

Ramblers Association

Tel: 020 3961 3300

Email: ramblers@ramblers.org.uk

www.ramblers.org.uk

Britain's walking charity, working to safeguard the footpaths, the countryside and other places people go walking, and to encourage more people to take up walking. They provide information and publications and promote walking for all throughout England, Wales and Scotland. You can search for a group near you on their website; each group has its own programme with walks ranging from easy to strenuous.

Walking for Health

Tel: 020 7339 8541

Email: walkingforhealth@ramblers.org.uk

www.walkingforhealth.org.uk

Walking for Health encourages more people to become physically active in their local communities. They support the largest network of health walk schemes across England, offering regular, short, easy group walks with trained walk leaders that are free and accessible to all. Walks take place in the local community, lasting between 30 and 60 minutes, mainly on level ground, and are led by trained volunteer walk leaders. There are many walks in Teesside; some are wheelchair accessible.



Walking Clubs & Contacts

Local Contacts

Darlington

Darlington Doorstep Walks

Tel: 01325 405400

Email: movemore@darlington.gov.uk

www.walkingforhealth.org.uk

A scheme offering a variety of short health walks for all abilities. The walks are based in parks and open spaces of Darlington and the surrounding area.

Parks and Countryside Team

Tel: 01325 405720 (Park Rangers)

Email: countryside@darlington.gov.uk

www.darlington.gov.uk

Darlington Borough Council's Parks and Countryside Team have a number of publications to help you enjoy walking in the countryside.



Hartlepool

Walk About in Hartlepool

Tel: 01429 284414

Email: spat@hartlepool.gov.uk

www.gethartlepoolactive.co.uk

Hartlepool Borough Council's Sport Development team run a health walk scheme 'Walk About in Hartlepool', which includes walks of varying lengths. They run parent and child walks, Nordic walking, nature walks and accessible walks for people with disabilities.

Walking Clubs & Contacts

Heritage and Countryside Access Team

Tel: 01429 523524

Email: rightsofway@hartlepool.gov.uk

www.hartlepool.gov.uk

A series of 9 self-guided walks leaflets have been produced for anyone wishing to explore routes in the countryside around Hartlepool. Walk lengths range from 2.5 to 6.5 miles. They can be downloaded from the council's website or picked up from Tourist Information Centres and libraries.

Middlesbrough

Healthy Stepping Middlesbrough

Tel: 01642 579820

Email: info@menvcity.org.uk

www.menvcity.org.uk/walking-4-health

The health walks are run by Middlesbrough Environment City and range from 30 - 90 minutes depending on the group. They are led by community volunteer walk leaders.

Redcar and Cleveland

Parks and Countryside Management

Contact: Customer Services Team

Tel: 01642 774774

Email: contact@redcar-cleveland.gov.uk

www.redcar-cleveland.gov.uk/countryside

Redcar and Cleveland Borough Council have a number of walks which can be downloaded from their website, giving information about countryside sites and suggested walks.

Stockton-on-Tees

Parks and Countryside

Tel: 01642 391959

Email: careforyourarea@stockton.gov.uk

www.stockton.gov.uk

Stockton Borough Council manages a number of parks, nature reserves and other outdoor areas. Their 'Out and About' guide has details of 12 parks and green spaces to explore on foot.

Walking Clubs & Contacts

Stepping Out in Stockton

Tel: 07528 326094 / 01642 617672
Email: steppingoutinstockton@gmail.com
<https://thehubstockton.wordpress.com>

A mixed selection of walks available across the borough. The majority of which are suitable for beginners, pushchairs and wheelchairs. The walks last approximately an hour and usually finish with a friendly cup of tea or coffee. All walks are accessible by local transport and are free of charge. There are also a series of self-guided walks you can download. Ranging from 1.7 miles to 2.3 miles these short walks are fun and easy to follow.

Open Access

Tel: 0300 060 2091 (Open Access Contact Centre)
Email: openaccess@naturalengland.org.uk
www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam

Under the Countryside and Rights of Way Act 2000 (CRoW), the public can walk freely on mapped areas of mountain, moor, heath, downland and registered common land without having to stick to paths. The right of open access includes using a wheelchair or mobility scooter. Clearly, most areas will not be very accessible, but you can view the CRoW maps for further information, or give the Contact Centre a call. Access land is shown on the newer OS maps with the symbol to the right.



Permissive Access

Tel: 0300 060 1114 (Environmental Stewardship Permissive Access Team)
<http://cwr.naturalengland.org.uk>

Increasingly, permissive rights of access are created under the Department for Environment, Food and Rural Affairs (DEFRA) farm conservation schemes. On their website you can find details and maps of more than 1,800 walks and rides and areas of open access, though only a small proportion have access for all. Printed copies are held by some councils. These rights of access are often only for a few years. Currently there are 5 DEFRA sites with access in the Cleveland and Teesside area. Although there is little information on the accessibility of the walks most are of a short (less than 1 mile) distance. Look at the website for further details.

Easy Going Walks

Please note that paths are subject to natural erosion and their quality may vary over time, though maintenance of the paths should be ongoing. Please ring your local Access Officer or Open Country if you would like to report or comment on any accessible paths.

Guisborough Forest and Walkway

Map: OS Explorer OL26 Grid ref: NZ 583152
Pinchinthorpe, TS14 8HD
Tel: 01287 631132



A gentle 3 mile walk from countryside to town along the dismantled railway track, starting from Guisborough Forest & Walkway Visitor Centre. A leaflet is available from the visitor centre which has a café and shop.



Hart to Haswell Walkway

Map: OS Explorer 306 Grid ref: NZ 484362
Contact: Hartlepool Countryside Team
Tel: 01429 853325
www.hartlepool.gov.uk

Access is from Ocean Road and Hartville Road, Hart Station, Hartlepool. This former railway line has been converted to a traffic free walkway through peaceful countryside for pedestrians and cyclists. The one mile section of the Hart to Haswell Walkway which lies within Hartlepool is a surfaced track, with only one moderate incline towards the boundary with Easington. The entrance has a wheelchair friendly 'A' frame gate.

Easy Going Walks

Hemlington Lake

Map: OS Explorer 306
Tel: 01642 728153
Email: rightsofway@middlesbrough.gov.uk



A 1.25 mile nature walk around Hemlington Lake in Middlesbrough on tarmac paths. The walk starts and finishes at the Hemlington Recreation Centre car park, off Cass House Road. Accessible toilets are located in the recreation centre.

Maidendale Local Nature Reserve

Map: OS Explorer 304 Grid ref: NZ 313135
Off Salters Lane, Darlington
Tel: 01325 405040
www.letsgotoeesvalley.co.uk

A gentle 1 mile stroll around the ponds, through grassland and wetland habitats. This walk is flat with structured footpaths, boardwalks and disabled access points, making it an easy, gentle walk. You can download a map from the website above.

North York Moors National Park

Tel: 01439 772700
Email: general@northyorkmoors.org.uk
www.northyorkmoors.org.uk

The North York Moors National Park Authority has developed six Easy Access routes suitable for robust pushchairs and wheelchairs. These are short, fairly level walks through woodland, along riversides, by lakes, overlooking the Heritage Coast, through the heart of the moorland and around an important archaeological site. The routes can be downloaded from their website.

Riverside Walk at the Tees Barrage

Tees Barrage Way, Stockton-on-Tees, TS17 6PY
Map: OS Explorer 306 Grid ref: NZ 462193



From the Tees Barrage you can walk east along the River Tees towards Newport Bridge on good tarmac paths (approximately one mile each way), going past Portrack Nature Reserve (see Accessible Wildlife Sites – page 38). Don't forget to look out for seals in the river! Alternatively, head west along the river to Infinity Bridge; you can cross the bridge and return to the barrage on the other side of the river (approximately one mile). Pop in on the Tees Barrage Wild Nature Garden on the way back. The café in the car park has an accessible toilet for use by customers.

Easy Going Walks

Rockwell Local Nature Reserve

Map: OS Explorer 304 Grid ref: NZ 305158
Tel: 01325 405040
www.letsgoteesvalley.co.uk

A pleasant, easily accessible 2 mile circular walk taking you past Darlington's historic rail bridge. There are informal stone seats at eight regular intervals along the route. Start at the Hutton Avenue Footbridge off Riverside Way, Darlington. The 'Let's Go Tees Valley' website (above) has a map to download.

Spion Kop to Hartlepool Headland

Spion Kop Cemetery, Old Cemetery Road, Hartlepool, TS24 0BP
Map: OS Explorer 306 Grid ref: NZ 510349



This 3 mile linear walk is on tarmac paths and includes some of the promenade. There are no steep descents, ascents or stiles. The walk begins at Spion Kop Cemetery; follow the road until you reach a walkway on your left which takes you to Marine Drive. From here you can follow the promenade around to the Headland. There is an accessible toilet off Northgate. You can retrace your steps or follow Durham Street and Northgate to Old Cemetery Road and back to your starting point.



Easy Going Walks

The Cleveland Way

Contact: National Trails Officer

Tel: 01439 772700

Email: m.hodgson@northyorkmoors.org.uk

www.nationaltrail.co.uk/cleveland-way

There are a series of eight Easy Access walks along the Cleveland Way available to download from their website. The walks vary in their level of difficulty. Most are short and may be suitable for people with impaired mobility, with a pushchair, wheelchair or mobility scooter. None of the walks have steps or stiles and comprehensive information is provided on the gradients and type of surfaces to expect.

The Stray

Coast Road, Redcar, TS10 3AT

Map: OS Explorer 306



This 1.25 mile linear walk links Redcar to Marske along the coastal path known as The Stray. Along the walk you may see wading birds such as turnstones, sanderlings and oystercatchers. Accessible toilets can be found at Redcar Beacon, on the sea front and on Moore Street.

Wynyard Woodland Park

Wynyard Road, Thorpe Thewles,
Stockton-on-Tees, TS21 3JG

Tel: 01642 391959

Email: countrysideandgreenspace@stockton.gov.uk

www.stockton.gov.uk



Wynyard Woodland Park (formerly known as Castle Eden Walkway) started life as a working railway carrying freight to the ports along the River Tees. That former railway line now offers an excellent route for walking and cycling. There are level surfaced paths and a café on site.

Contacts

Jolly Holidays

Tel: 01277 355565

Email: enquiries@jollydaysholidays.co.uk

www.jollydaysholidays.co.uk

Provides supported holidays for adults with mild to moderate learning disabilities in the UK and abroad. They offer activities to suit everyone. Some of the holidays are fully wheelchair accessible.

Phab

Email: info@phab.org.uk

www.phab.org.uk

There are nearly 200 Phab clubs throughout England and Wales for all age ranges, offering activities and holidays which members can share and enjoy together. For your nearest club, contact Rebecca Hargreaves at the regional office for the north:

- Email: rebecca.hargreaves@phab.org
Tel: 01254 824784

Trio Supported Holidays

Tel: 07908 8135917 / 07788713369

Email: holidaystrio@gmail.com

www.triosupportedholidays.co.uk

Trio Supported Holidays are provided with experienced individuals specialised in giving support and friendship to adults who may require extra support to enjoy holidays they may find difficult to experience through the mainstream holiday outlets. They aim to provide full inclusion throughout.

Outings

Outings

Butterfly World

Preston Park, Yarm Road, Eaglescliffe, Stockton-on-Tees,
TS18 3RH
Tel: 01642 791414
Email: butterflyworld@outlook.com
www.butterfly-world.co.uk



An indoor tropical garden situated in Preston Park, with free flying butterflies, as well as a family of meerkats. Flat, level access inside. Seasonal opening.

Captain Cook Birthplace Museum

Stewart Park, Marton, Middlesbrough, TS7 8AT
Tel: 01642 311211
Email: captcookmuseum@middlesbrough.gov.uk
www.captcook-ne.co.uk



The museum tells the story of one of the world's greatest navigators and mariners through themed display galleries, temporary exhibitions, associated activities and events and a lively education programme. There is full disabled access throughout. Gift shop and café. Seasonal opening.

Cleveland Ironstone Mining Museum

Deepdale, Mill Lane, Skinningrove, TS13 4AP
Tel: 01287 642877
Email: visits@ironstonemuseum.co.uk
www.ironstonemuseum.co.uk



Re-opening in November 2019, the museum offers visitors the opportunity to experience the underground world of a real ironstone mine and to explore the skills, customs and life of the Cleveland miner. Visitors with disabilities have level access into the museum from the car park. All ground floor sections of the museum; visitor reception, shop, toilets and all sections of the guided tour including the North Drift and Underground Workplace Experience are fully accessible. A stair lift has been installed for the benefit of visitors with disabilities wishing to access the Tom Leonard Gallery. A portable induction loop, wheelchairs and other mobility aids are also available on request.

Gisborough Priory

Church Street, Guisborough, North Yorkshire, TS14 6HG
Tel: 03703 331181
www.english-heritage.org.uk



Outings

The ruins of a priory founded by Robert the Bruce in 1119 for Augustinian canons. One of the greatest monasteries in the North East, it was the 4th richest house in the county at its suppression in 1540. There are compacted gravel paths to the ticket office and around most of the site and some smooth grassed areas, although assistance is recommended for wheelchair users in winter and wet weather. The gardens next to the Priory have wood chip paths. There is a small car park 10m from the gate and accessible toilets in the nearby town of Guisborough. Seasonal opening; days vary.



Head of Steam – Darlington Railway Museum

Station Road, Darlington, DL3 6ST

Tel: 01325 405060

Email: headofsteam@darlington.gov.uk

www.darlington.gov.uk



The museum covers approximately eight acres and is located on the 1825 route of the Stockton & Darlington Railway, the world's first steam-worked public railway. There is Blue badge parking near to the museum entrance. Wheelchair access throughout with accessible toilets. There are hearing loops available at the reception. A visual guide for visitors on the autistic spectrum is available to download on their website.

Outings

Kirkleatham Museum

Kirkleatham, Redcar, TS10 5NW

Tel: 01642 479500

Email: museumenquiries@redcar-cleveland.gov.uk

www.redcarcleveland.co.uk/enjoy/kirkleatham-museum



A local history museum for the Borough of Redcar & Cleveland. The museum has three floors with a treasure trove of artefacts within a magnificent 1710 Queen Anne building. There is wheelchair access to all floors via a lift. Admission is free of charge.

Kirkleatham Owl Centre

Kirkleatham, Redcar, TS10 5NW

Tel: 01642 480512

Email: kirkowlcentre@gmail.com

www.kirkleathamowlcentre.co.uk



The Owl Centre is situated within the grounds of Kirkleatham Museum and is home to a remarkable collection of owls, hawks, vultures, meerkats and mongooses. Disabled access throughout the site. A small discount is offered to carers and support workers on showing a pass.

Middlesbrough Transporter Bridge

Ferry Road, Middlesbrough, TS2 1PL

Tel: 01642 727265

Email: transporterbridge@middlesbrough.gov.uk

www.middlesbrough.gov.uk



The Middlesbrough Transporter Bridge is fully operational and provides a regular quarter-hourly service between Middlesbrough and Port Clarence. It remains the largest of the transporter bridges operating worldwide, and provides a valuable public transport service, crossing the river in two minutes. This service is interrupted from time to time for routine maintenance works, or severe weather conditions. The visitor centre promotes the history of the bridge and the surrounding area and runs tours, presentations, abseiling and zip lines. You may have a chance of spotting seals in the river too. A glass lift provides wheelchair access to the upper walkway offering magnificent views.

NMRN Hartlepool

Jackson Dock, Maritime Avenue,

Hartlepool, TS24 0XZ

Tel: 01429 860077

www.nmrn.org.uk/our-museums/national-museum-royal-navy-hartlepool



Outings

The National Museum of the Royal Navy Hartlepool is a superb re-creation of an 18th century seaport and home to HMS Trincomalee; the oldest warship afloat in the UK. It brings to life the time of Nelson, Napoleon and the Battle of Trafalgar. Around the quayside there are buildings in authentic architectural styles. Displays of musketry, cannon firing and sword fighting are regular events. There is good access for wheelchairs around the quayside, but restricted access to the top deck of the PSS Wingfield Castle and the lower deck of HMS Trincomalee. There is a 'Changing Places' toilet within the Maritime Marina site, to the north of the car park.

Newham Grange Farm

Wykeham Way, Coulby Newham, Middlesbrough, TS8 0TG
Tel: 07769 135312
www.newhamgrangefarm.co.uk



A farm park with rare breeds of cattle, pigs and sheep along with many other animals including rabbits, goats, ponies, donkeys, llamas, poultry and waterfowl. Most areas of the farm are wheelchair accessible. There is a Changing Places toilet next door to the café.

Ormesby Hall

Ladgate Lane, Ormesby, Middlesbrough, TS3 0SR
Tel: 01642 324188
Email: ormesbyhall@nationaltrust.org.uk
www.nationaltrust.org.uk/ormesby-hall



A classic Georgian mansion, home of the Pennyman family for nearly 400 years. It has a Victorian kitchen and laundry, as well as attractive gardens and estate walks. There is wheelchair access to the ground floors, tea room, shop and gardens only. Ormesby Hall has wheelchair ramps available and has two manual wheelchairs available for loan. The grounds are largely accessible, with some grass and gravel paths.

Preston Park Museum and Grounds

Yarm Road, Eaglescliffe, Stockton-on-Tees, TS18 3RH
Tel: 01642 527375
Email: prestonhall@stockton.gov.uk
www.prestonparkmuseum.co.uk



Nestled alongside the River Tees, Preston Hall, a former Georgian gentleman's residence and former home of industrial magnate Robert Ropner, houses a varied collection of Teesside's treasures. There is also a recreation of a Victorian street, a walled kitchen garden and orchard, as well as the Teesside Small Gauge Railway. There is a hearing induction loop at the Welcome Desk. A downloadable 'Visitor Visual Story' is

Outings

available to prepare you for your visit. The majority of paths are well surfaced. The first floor gallery is accessible via a lift. They have a wheelchair and walker available to hire at the museum – you can pre-book by calling the number above.

The Dorman Museum

Linthorpe Road, Middlesbrough, TS5 6LA

Tel: 01642 813781

Email: dormanmuseum@middlesbrough.gov.uk

www.dormanmuseum.co.uk



The Dorman Museum houses a large collection of items, celebrating Middlesbrough's heritage, from natural history and geology to social history and Victorian arts and crafts. There is full disabled access with a lift available to the upper floors. Induction loops are fitted at the reception desk and most of the computer interactives. Large text copies of labels and information are available for some exhibitions by prior request.

Saltburn Cliff Lift

Lower Promenade, Saltburn-by-the-Sea, TS12 1HQ

Tel: 01287 622528

www.redcar-cleveland.gov.uk



Opened in 1884, this is the oldest remaining water balancing cliff lift in Britain. It links Saltburn Pier, one of the few left in the country, with the town. The lift has level access. Blue Badge parking and accessible toilets are available near to the pier. A 'Changing Places' toilet is situated at Cat Nab car park off Saltburn Road.

WWT Washington Wetland Centre

Pattinson, Washington, Tyne and Wear,
NE38 8LE

Tel: 0191 416 5454

www.wwt.org.uk



A Wildfowl and Wetlands Trust reserve situated on the banks of the River Wear. The centre is famous for its wildfowl collections, featuring hundreds of rare and endangered ducks, geese and swans, plus a breeding colony of Chilean flamingos and grey herons. The site has hard-surfaced paths on its main routes, although the paths from the amphibian ponds to Spring Gill Wood are uneven and steep in places. There is step-free entry to all the hides; Hawthorn Wood hide has a large window, designed for use by wheelchair users. Mobility scooters, wheelchairs and walkers are available to borrow.

2. Sports & Outdoor Pursuits

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Sports Clubs & Contacts

Activity Alliance

Tel: 01509 227750 (head office), 0161 228 2868 (Manchester office)
www.activityalliance.org.uk

The national body for disabled people in sport and physical activity throughout England. The charity aims to increase opportunities at all levels of participation.

British Blind Sport

Tel: 01926 424247
Email: info@britishblindsport.org.uk
www.britishblindsport.org.uk

A national charity which enables visually impaired people to have the same opportunities as sighted people and to access and enjoy sport and recreational activities in the UK.

Get Hartlepool Active

Tel: 01429 284054
Email: spat@hartlepool.gov.uk
www.gethartlepoolactive.co.uk

Hartlepool has a large number of different sports clubs and community groups. These groups provide a wide range of sport and physical activity opportunities for residents. The Sport and Physical Activity Team provides assistance to sports clubs, physical activity groups and other organisations in order to deliver high quality, safe and accessible provision within Hartlepool.

Mencap Sport

Tel: 020 696 5480
Email: sport@mencap.org.uk
www.mencap.org.uk

Mencap Sport works with the governing bodies of sport and other sports providers to promote opportunities for people with a learning disability at all levels.

Parasport

Tel: 020 7842 5789
Email: info@parasport.org.uk
www.parasport.org.uk

Parasport aims to make it easier for members of the public to take up disability sport by providing information about sporting opportunities and clubs in your local area.

Sports Clubs & Contacts

Tees Valley Sport

First Floor Waterhouse Building, Teesside University, Borough Road,
Middlesbrough, TS1 3BA

Tel: 01642 342287

www.teesvalleysport.co.uk

Tees Valley Sport is a partnership of agencies committed to providing a high quality system for people to benefit from sport and physical activity. The partnership creates and supports sustainable sports sessions and clubs to deliver high quality activities to those with disabilities.

UK Deaf Sport

Tel: 01905 746031

Email: office@ukds.org.uk

www.ukdeafsport.org.uk

UK Deaf Sport is a registered charity covering England, Scotland, Wales and Northern Ireland, which aims to encourage deaf people to participate, to enjoy and to excel at sport.

WheelPower

Tel: 01296 395995

Email: info@wheelpower.org.uk

www.wheelpower.org.uk

A national organisation for wheelchair sport in the UK. The foundation provides, promotes and develops opportunities for men, women and children with disabilities to participate in recreational and competitive wheelchair sport.

Aerial Sports & Activities

Aerobility

Tel: 0303 303 1230

Email: frontdesk@aerobility.com

www.aerobility.com

Aerobility is a registered charity founded in 1993 offering disabled people the opportunity to fly an aeroplane.

Flyability

Tel: 0116 289 4316 (BHPA office)

Email: contact@flyability.org.uk

www.flyability.org.uk

Flyability is the disability initiative of the British Hang Gliding & Paragliding Association (BHPA) and strives to motivate disabled people to become involved in the sport of hang gliding and paragliding and to train as pilots.

The Frank Morgan School of Flying

13a Hall Way, Humberside International Airport, Kirmington,
Ulceby, Lincolnshire, DN39 6YH

Tel: 01652 688859

www.flyatfranks.org

Email: info@flyatfranks.org

Lessons and one-off flights are available for disabled people depending on the type of disability. Contact them to discuss. The toilets and club house are fully accessible.

Skydive Academy

Peterlee Parachute Centre, Shotton Airfield, Shotton Colliery, DH6 2NH

Tel: 0191 517 1234

Email: info@skydiveacademy.org.uk

Ever fancy skydiving or parachuting? Contact the Skydive Academy to discuss options for people with disabilities.

Archery

Inclusion Archery

Tel: 07828 649142

Email: enquiries@inclusionarchery.co.uk

www.inclusionarchery.co.uk

Outdoor Pursuits

Based in Darlington, Inclusion Archery offer archery lessons for all abilities. Contact them to discuss personal requirements.

Norton Archers

Norton Sports & Social Club, 74 Station Road, Norton,
Stockton-on-Tees, TS20 1PE

Email: secretary@nortonarchers.co.uk

www.nortonarchers.co.uk

Norton Archers is a friendly, award-winning club on Teesside with members who shoot for both pleasure and competition. Their coaches have had training to help adapt the standard shooting style for a range of disabilities, including visual impairments and spinal injuries.

Climbing

GoClimb

Billingham Forum, The Causeway, Billingham,
Stockton-on-Tees, TS23 2LJ

Tel: 01642 551381

Email: goclimb@teesactive.co.uk

www.goclimb.co.uk



Over 20 different fun themed walls to climb, as well as a parabolic slide and other obstacles. It is popular with children, but everyone is welcome to climb. They have additional equipment in order to allow disabled users access to the walls with assistance.

Rock Antics

Unit K, Warelands Way, Longlands Road,
Middlesbrough, TS4 2JY

Tel: 01642 232236

Email: info@rockantics.co.uk

www.rockantics.co.uk



Primarily a Bouldering Wall with an additional 13 top ropes. Rock Antics cater for people of all ages and abilities; contact them for further details.

Horse Riding

Riding for the Disabled Association

Tel: 0845 658 1082

Email: info@rda.org.uk

www.rda.org.uk

Outdoor Pursuits

The national charity that provides therapy, achievement and enjoyment on horseback to people with disabilities all over the UK. There are roughly 500 RDA groups and centres offering activities throughout the UK. Their website lists contact details for all the local groups. Those in Teesside are listed below:

Teesside Group

Tunstall Lane, Newby, Middlesbrough, TS7 0NU
Tel: 07473 898 978
Email: wright-pauline@sky.com

The Unicorn Centre

Stainton Way, Hemlington, Middlesbrough, TS8 9LX
Tel: 01642 576 222
Email: enquiries@rdaunicorncentre.co.uk
www.rdaunicorncentre.co.uk

The Unicorn Centre provides riding lessons and therapy for children and adults from 5 years old, both disabled and able-bodied. The Centre has 20 horses and ponies, carefully chosen for their temperament, size and ability to work with disabled riders, and a hoist facility for mounting onto ponies is available for wheelchair users.

Orienteering

The following parks and countryside sites have permanent orienteering courses accessible to wheelchairs. See page 40 for contact details.

- Guisborough Forest and Walkway
- Flatts Lane Country Park, Middlesbrough
- Summerhill Country Park, Hartlepool
- Wynyard Woodland Park, Stockton-on-Tees

British Orienteering

Tel: 01629 583037
Email: info@britishorienteering.org.uk
www.britishorienteering.org.uk

Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on an orienteering map. As a recreational activity, it doesn't matter how young, old or fit you are, as you can make progress at your own pace on the courses planned to suit you. Orienteering can take place anywhere from remote forest and countryside to urban parks and playgrounds. You

Outdoor Pursuits

can use the website to search for permanent orienteering courses and events near to you. The site also provides information on TrailO, a form of orienteering competition where people of all levels of physical ability, including wheelchair users, can compete on equal terms.

Cleveland Orienteering Klub

Email: secretary@clock.org.uk
www.clock.org.uk

CLOCK is the local orienteering club for Cleveland, South Durham and the northern part of North Yorkshire. This is an active orienteering club that has worked with people with mobility and learning difficulties, autism and hearing impairments.

Outdoor centres

Carlton Outdoor Education Centre

Carlton-in-Cleveland, Stokesley, TS9 7BD
Tel: 01642 712229
Email: admin.carlton@school.hartlepool.gov.uk
www.carltonoutdoors.org



The centre offers a range of activities including caving, archery, indoor climbing, orienteering, hill walking, canoeing, rock climbing and abseiling. It caters to societies, schools and people with disabilities.

Summerhill Country Park

Summerhill Visitor Centre, Summerhill Lane,
Hartlepool, TS25 4LL
Tel: 01429 284584
Email: summerhill.enquiries@hartlepool.gov.uk
www.gethartlepoolactive.co.uk



The 100 acre park and local nature reserve have a Boulder Park and a BMX course and runs activities in orienteering, map reading, high level ropes course, rock climbing, archery, nature study and arts and crafts. They also offer mobility scooters - book in advance.

River Cruises

Durham River Trips

The Boat House, Elvet Bridge, Durham City, DH1 3AF
Tel: 0191 386 9525
Email: princebishoprc@aol.com
www.princebishoprc.co.uk



Outdoor Pursuits

There is wheelchair access to the open air upper deck and saloons on the Prince Bishop River Cruiser which has regular summer sailings from Durham City Centre. The commentary includes history, natural history and geography. Disabled visitors can be driven to and collected from boat. The on-board toilet is not wheelchair accessible. The nearest accessible toilet is at the adjacent Prince Bishops Shopping Centre.

Princess River Cruises

Endeavour Northern Limited, Castlegate Quay, Riverside, Stockton-on-Tees, TS18 1BZ

Tel: 01642 608038

Email: enquiries@princessrivercruises.co.uk

www.teessideprincess.co.uk

The boats have disabled access from certain boarding points; contact them for more information. The on-board toilet has limited disabled access.

Watersports

British Rowing

Tel: 020 8237 6700

Email: info@britishrowing.org

www.britishrowing.org

The governing body for the sport of rowing. Their website has information on adaptive rowing for people with disabilities.

River Tees Watersports Centre

The Slipway, North Shore, Stockton-on-Tees, TS18 2NL

Tel: 01642 628940



The centre offers sporting and social facilities for clubs including:

- **Tees Rowing Club**

Email: membership@teesrowingclub.co.uk

www.teesrowingclub.co.uk

The club caters for anyone who wishes to row, from recreational rowers to serious competitors. They are a community rowing club with an open membership policy aiming to make rowing an accessible sport for all, with up-to date adaptive rowing facilities.

- **Tees Wheelyboats Club**

Tel: 07748 908646

Email: info@tees-wheelyboats.org.uk

Outdoor Pursuits

www.tees-wheelyboats.org.uk

The Wheelyboat has been specially designed with a bow door that is hinged and lowers to form a ramp enabling 'roll-on, roll-off' access, to accommodate disabled people and wheelchair users in particular, easily and safely. The Wheelyboat is suitable for all people with disabilities and may be accompanied by a carer, family or friends to ensure their individual enjoyment can be shared.

Royal Yachting Association (RYA) Sailability

www.rya.org.uk/sailability

The RYA Sailability brings boating to people with any disability. They can provide financial support to groups, as well as training and advice:

- **Scaling Dam Sailing Club**

Whitby Moor Road, Easington, Saltburn-by-the-Sea, TS13 4TP
Tel: 01287 643026, <https://members.scalingdam.org>

- **Tees & Hartlepool Yacht Club**

The Club House, West Harbour, Hartlepool, TS24 0SP
Tel: 01429 233423, www.thyc.org.uk

Tees Barrage International White Water Centre

Tees Barrage Way, Stockton-on-Tees, TS18 2QW
Tel: 01642 678000
Email: enquiries@tbiwwc.com
www.tbiwwc.com



A purpose built whitewater course situated on the north bank of the River Tees. It offers a range of watersports suited to all abilities, including white water rafting, white water kayaking, sailing, canoeing and bellboating.



Fishing

Open Country does not profess to be an authority on fishing; the entries here are just a sample of fishing areas that we know are accessible. Inclusion in this guide may indicate easy access, wheelchair accessible platforms or toilets. We would always advise you to contact the site management before visiting.

Do remember that all fresh water fishing in England requires both a permit from the owner or manager of the water in question and an Environment Agency National Rod Licence. Licenses are available to buy online at www.gov.uk/fishing-licences, at Post Offices and tackle shops, or by ringing 0344 800 5386. You may be eligible for a concessionary licence.

Angling Trust

Tel: 0343 5077 006

Email: admin@anglingtrust.net

www.anglingtrust.net and www.fishinginfo.co.uk

The Angling Trust represents all game, coarse and sea anglers in England. They lobby government, campaign on environmental and angling issues and run national and international competitions. You can search for your nearest fishery or club on their website.

British Disabled Angling Association (BDAA)

Email: info@bdaa.co.uk

www.bdaa.co.uk

The BDAA develops opportunities for disabled people of all ages and abilities to access the activity of fishing in the UK.

Canal & River Trust

Tel: 0303 040 4040 (Customer Services Team)

www.canalrivertrust.org.uk

You can search the Canal & River Trust's online directory, which lists over 6,000 fishing venues nationwide. There is also information about fishing guidelines and a fish species guide.

Environment Agency Flood Information Service

Tel: 0345 988 1188 (24-hour Floodline)

Type talk: 0345 602 6340 (for the hard of hearing)

<https://flood-warning-information.service.gov.uk/river-and-sea-levels>

For information on levels in your local rivers you can call the number above. Alternatively, you can check the online map using the link above.

Fishing

The Wheelyboat Trust

Tel: 01798 342222

Email: info@wheelyboats.org

www.wheelyboats.org

A charity providing disabled people with the opportunity and freedom to enjoy waters large and small all over the UK. Their role is to help and encourage venues open to the public to acquire Wheelyboats for their disabled visitors and to help groups and organisations acquire Wheelyboats for their own use.

Key:

T Trout fishing

C Coarse fishing

Charltons Pond

C

Billingham Angling Club

www.billingham-angling-club.co.uk

Easy access footpaths and accessible pegs.

Hemlington Lake

C

Cass House Road, Hemlington, Middlesbrough, TS8 9QW

Tel: 01642 728153

Email: rightsofway@middlesbrough.gov.uk

Good access to the lake.

Jubilee Trout Fishery

T

Off the A68, near Redworth, Darlington, DL2 2UH

Tel: 01388 772611

www.jubileelakes.co.uk

Good wheelchair access to lower lake. Tackle shop, free tea and coffee.

Scaling Dam Reservoir

T

Off the A171 between Guisborough and Whitby, TS13 4TR

Tel: 01287 644032

Email: go.fishing@nwl.co.uk

www.watersideparksuk.com

Accessible platform close to the visitor centre. Car parks available at each end of the reservoir for easy access to fishing points.

Cycling Contacts

Bikeability

Email: contactus@bikeability.org.uk
www.bikeability.org.uk

Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. All five Tees Valley local authorities are registered to deliver Bikeability Cycle Training.

Let's Ride

www.letsride.co.uk

Let's Ride have created a range of ways for you to get involved in cycling from big traffic-free events in towns and cities, to local neighbourhood rides; from women-only bike rides and support, to routes and workshops.

Middlesbrough Council

Tel: 01642 728196
Email: cycling@middlesbrough.gov.uk
www.middlesbrough.gov.uk

Contact the council for information on cycling in Middlesbrough including cycle maps.

Middlesbrough Cycle Centre

Unit 4, Middlesbrough Bus Station, Newport Road, TS1 5AE
Tel: 01642 579820
Email: info@mencity.org.uk
www.mencity.org.uk/cycle-centre-ride-and-park

The centre promotes cycling in Middlesbrough by providing free, secure, indoor cycle parking along with showers, changing facilities, lockers and an information centre with touring maps and cycle guides. The centre also delivers guided rides, cycle maintenance sessions and accredited road safety training.

Middlesbrough Sports Village

Alan Peacock Way, Middlesbrough, TS4 3AE
Tel: 01642 300 777
www.everyoneactive.com/centre/middlesbrough-sports-village

A 1 km cycle circuit with a range of adapted bikes to borrow. Blue badge parking and accessible toilets.

Cycling

Sustrans

Tel: 0117 926 8893 (Head Office) / 0191 261 6160 (North East)
Email: reception@sustrans.org.uk
www.sustrans.org.uk

Sustrans works on practical projects to encourage more people to walk and cycle. They also produce information on the National Cycle Network and have many maps and cycle routes available to download or purchase.

Stockton-on-Tees Borough Council

Tel: 01642 526709
Email: egds@stockton.gov.uk
www.stockton.gov.uk

The council has lots of information on cycling, including maps, and details of cycling events such as the annual Stockton Cycling Festival.

The Hub – Active Travel Centre

17 Bridge Road, Stockton-on-Tees, TS18 3AA
Tel: 01642 803441
Email: stocktonactivetravel@sustrans.org.uk
www.thehubstockton.wordpress.com

The Hub runs a variety of walking and cycling activities throughout the Stockton area including bike maintenance training, guided walks and bike rides, as well as free advice and information.

Cycle Routes

Guisborough Forest and Walkway

Map: OS Explorer OL26 Grid ref: NZ 583152
Pinchinthorpe, Guisborough, TS14 8HD
Tel: 01287 631132



The forest has a range of cycle tracks catering for all abilities from families to experienced mountain bikers.

Hart to Haswell Walkway

Map: OS Explorer 306 Grid ref: NZ 484363
Tel: 01429 853325 (Countryside Wardens)
www.hartlepool.gov.uk

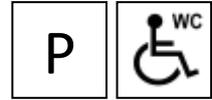
Access is from Ocean Road and Hartville Road, Hart Station, Hartlepool. This former railway line has been converted to a traffic free walkway through peaceful countryside for pedestrians and cyclists. The route is 9

Cycling

miles long and forms part of the NCN Route 14. The entrance has a wheelchair friendly 'A' frame gate.

Redcar to Saltburn

Map: OS Explorer 306
www.sustrans.org.uk



An easy 6 mile ride (one way), following the NCN route 1 from Redcar to Saltburn, or turn back at Marske for a shorter route. It is largely traffic free but with some on road sections. There is a short, steep climb in Saltburn. You can access the route from Redcar Central rail station or pick it up on The Esplanade. Accessible toilets can be found at Redcar Beacon, on the sea front and on Moore Street, or along the seafront at Saltburn at the end of the route.

Tees Barrage Ride

Tees Barrage Way, Thornaby,
Stockton-on-Tees, TS17 6PY
www.sustrans.org.uk



Starting and finishing at the Tees Barrage, the route runs along a traffic free path along the river. This 10 mile circular ride takes you on a tour of the Tees River, taking in the Transporter Bridge and RSPB Saltholme nature reserve where there are bike racks, accessible toilets and a café. You could do a shorter option between Tees Barrage and Newport bridge and back which is 3 miles. Full details of the route are available from the Sustrans website.



Cycling

Three Rivers Cycle Route

Tel: 0117 926 8893 (Head Office) / 0191 261 6160 (North East)
www.sustrans.org.uk

The unique Three Rivers Cycle Route travels through contrasting landscapes and past some of the most iconic sights and attractions in the North East. This 80 mile route is mostly traffic free and connects Middlesbrough, Stockton, Hartlepool, Durham, Consett, Newcastle and South Shields. See the Sustrans website for full details and to purchase maps.

Wynyard Woodland Park

Wynyard Road, Thorpe Thewles,
Stockton-on-Tees, TS21 3JG

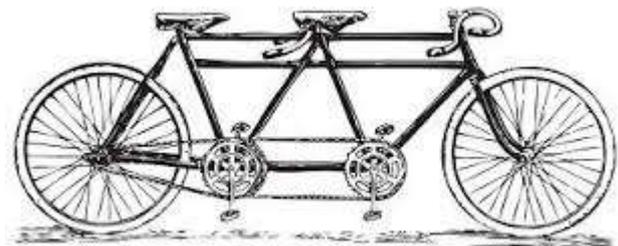
Tel: 01642 391959

Email: countrysideandgreenspace@stockton.gov.uk

www.stockton.gov.uk



Wynyard Woodland Park (formerly known as Castle Eden Walkway) started life as a working railway carrying freight to the ports along the River Tees. That former railway line now offers an excellent route for walking and cycling. There are level surfaced paths and a café on site.



3. Wildlife & Conservation

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Wildlife Clubs & Contacts

British Trust for Ornithology (BTO)

Tel: 01842 750050
Email: info@bto.org
www.bto.org

The BTO have a broad range of surveys for volunteers to participate in, including the Garden BirdWatch and Garden Nesting Survey. The surveys are fun and a great way to help wildlife from your home.

Butterfly Conservation

Tel: 01929 400209
Email: info@butterfly-conservation.org
www.butterfly-conservation.org

A national charity devoted to saving butterflies, moths and their habitats throughout the UK. You can take part in the annual Big Butterfly Count in August in your garden or local area.

Cleveland Naturalists' Field Club

Email: eric.gendle@ntlworld.com
www.clevelandnats.org.uk

The club promotes an interest in all branches of natural history and assists members in finding out about the living things that they see in the countryside around them.



Cleveland RSPB Local Group

www.rspb.org.uk/groups/cleveland

This group aims to foster and support an interest in birds, natural history, the environment and conservation. They organise a varied and interesting annual programme of events for both members and visitors alike.

Durham Bat Group

www.durhambats.co.uk

An umbrella body for licensed bat workers in County Durham and promotes the conservation and study of bats in the area. They cover South Tyneside, Gateshead, Sunderland, Co. Durham, Hartlepool, Stockton and Darlington. Middlesbrough and Redcar & Cleveland are managed by North Yorks Bat Group (see next page). Durham Bat Group holds regular meetings in the last week of each month.

Hartlepool Natural History Society

The Hartlepool naturalists meet up once a month for talks and activities in Hartlepool's Art Gallery, Church Square. Indoor meetings are held from

Wildlife Clubs & Contacts

January until April and from September through to December (inclusive) and are held on the third Wednesday of each month from 7.30pm to 9pm. Outdoor field trips are held over the summer to places both within Hartlepool and further afield. Anyone with an interest in nature is welcome to attend any of the indoor meetings.

Northumbria Mammal Group

Email: northumbriamammalgroup@hotmail.co.uk

The group covers a wide geographical area from the Scottish Borders, to the southern boundary of the Tees Valley and North Yorkshire, and from the North Sea coast to the Cumbrian border. They work in close association with the Natural History Society of Northumbria and the three NE Wildlife Trusts, raising awareness among local people of Northumbria's native mammal species and their habitats, and doing what they can to protect them.

North Yorkshire Bat Group

Email: nybats@btinternet.com
www.nybats.org.uk

North Yorkshire Bat Group is concerned with the conservation of bats and furthering public understanding of bats in the county. The group holds a range of events, publishes a monthly newsletter, gives talks about bats to other organisations, monitors planning applications for their impact on bats, surveys and studies bats and provides advice about bats. They cover North Yorkshire, the City of York, Middlesbrough and Redcar & Cleveland. In Middlesbrough and Redcar and Cleveland they work in conjunction with Durham Bat Group and Tees Valley Wildlife Trust.

Royal Society for the Protection of Birds (RSPB)

Tel: 0300 777 2676 (North of England Regional Office)
www.rspb.org.uk

The RSPB is the UK charity working to secure a healthy environment for birds and all wildlife. You can help out the wildlife in your garden by taking part in the annual 'Big Garden Birdwatch'; the world's largest wildlife survey.

Teesmouth Bird Club

Tel: 01429 865163 (Chris Sharp)
www.teesmouthbc.com

The Teesmouth Bird Club is a very active ornithological club open to new members. Both beginners and experienced bird watchers are welcome.

Wildlife Clubs & Contacts

Tees River Trust

Tel: 07900 650371

www.teesriverstrust.org.uk

The Tees Rivers Trust has been established to protect and enhance the environment of the River Tees and its catchment, and to encourage public understanding and community involvement.

Tees Valley Local Access Forum

Tel: 01429 523419

Email: beryl.bird@hartlepool.gov.uk

www.teesvalleylocalaccessforum.co.uk

The forum advises on how to make the countryside more accessible and enjoyable for recreation whilst at the same time taking into account environmental, social and economic interests. Their website has details of all the nature reserves in the area.

Tees Valley Nature Partnership

Tel: 01287 636382

Email: TVNP@teeswildlife.org

www.teesvalleynaturepartnership.org.uk

A partnership working strategically to conserve wildlife and improve the range of socio-economic benefits and services provided by a healthy natural environment. Their website has details about the Tees Valley's priority species and habitats.

Tees Valley Wildlife Trust

Tel: 01287 636382

Email: info@teeswildlife.org

www.wildlifetrusts.org

Part of the Wildlife Trusts movement, the UK's leading conservation charity dedicated to all wildlife. Their website details all of the Tees Valley nature reserves, including details on accessibility and wildlife interest.



Accessible Wildlife Sites

Wildlife watching is an enjoyable and peaceful past time where you can develop your skills in your own time. Below are some of the best accessible sites in which you can enjoy, watch and study wildlife and nature.

This picture denotes an accessible bird hide is on site:



Bowesfield Nature Reserve

Bowesfield Farm Estate, Kingfisher Way, TS18 3EX

Tel: 01287 636382

Email: info@teeswildlife.org

www.teeswildlife.org

Three large, reed-fringed pools can be explored via a network of stone paths and bridges. The paths are narrow in places and could be muddy in wet weather. The reserve supports important numbers of ducks and wading birds including teal, curlew, gadwall, shoveler, ruff and golden plover. There is a car park near the entrance.

Coatham Marsh

Accessed by the car park off Tod Point Road, in Warrenby, Redcar

Map: OS Explorer 306 Grid ref: NZ 585247

www.teeswildlife.org/new/coatham



A wetland nature reserve with two large lakes, low-lying marsh areas and wildflower meadows. It is important not only locally as a large expanse of coastal wetland, but also nationally as a resting stop on a coastal bird migration route. During the summer you can also see a range of wildflowers including fragrant and northern marsh orchids. The section along The Fleet towards Kirkleatham Lane is prone to flooding in the winter. The path between the car park and the footbridge is suitable for wheelchair access. The nearest accessible toilets are at the Redcar Beacon on the sea front.

Greatham Creek and Seal Sands

Parking is in the Teesmouth National Nature Reserve car park off Seaton Carew Road (A178)

Map: OS Explorer 306 Grid ref: NZ 508250



Greatham Creek is a tidal channel and a great place to see common and grey seals as well as a great spot for birdwatching. There are two wheelchair accessible viewing screens; one in the car park and another near Greatham Creek Bridge, along an accessible footpath (approximately

Accessible Wildlife Sites

300m). The best time to see seals from the viewing point is an hour either side of high tide. For tide times see:

www.bbc.co.uk/weather/coast_and_sea/tide_tables

Part of the Teesmouth National Nature Reserve, Seal Sands is one of the largest areas of intertidal mudflats on England's north east coast. Over 20,000 water birds visit each year, making it an internationally important site for birdlife. The reserve is also notable for its breeding colony of common seals, and grey seals are frequent visitors to the area. An easy access footpath connects the car park with two wheelchair accessible observation hides which overlook Seal Sands. From the car park cross the road and turn left, following the path to Greatham Creek Bridge. At the bridge turn right following the river along a smooth gravel path to the hides.



Hartlepool Headland

Moor Terrace, Hartlepool, TS24 0PS
www.rspb.org.uk/groups/cleveland



It's location on a promontory almost surrounded by the sea makes Hartlepool Headland a first landfall for many migrants and a good spot from which to observe the movement of seabirds along the east coast. A good vantage point is by the lighthouse. From here you can see the broad arc of the Tees estuary. There is an accessible toilet off Northgate.

Accessible Wildlife Sites

Maze Park Nature Reserve

P

From the A66 follow signs for the Tees Barrage. Head straight over the first roundabout and turn left into the car park.

Map: OS Explorer 306 Grid ref: NZ 467191
www.teeswildlife.org

A Tees Valley Wildlife Trust site on the south of the River Tees. Each of the mounds at Maze Park has developed its own unique vegetation community, reflecting the soil under the mounds. The site is good for the regionally important grayling butterfly. Major footpaths are surfaced and suitable for wheelchair and pushchair access. Damp areas have boardwalks. From the car park cross over the river and turn left; follow the river on a tarmac path to the nature reserve. There is a café and accessible toilets (for customers) at the car park.



Portrack Marsh

P

From the A66 follow signs for the Tees Barrage. Head straight over the first roundabout and turn left into the car park.

Map: OS Explorer 306 Grid ref: NZ 465194
www.teeswildlife.org

This is one of the area's most important wildlife sites given its location at the very heart of Teesside. The wetland nature reserve attracts hundreds of birds each year and it provides a home to an exciting variety of mammals, amphibians, insects and wildflowers. The main gravel footpaths are suitable for wheelchairs. From the car park you pass the Tees Barrage and follow the river on a tarmac path to the nature reserve. There is a café and accessible toilets (for customers) at the car park.

Accessible Wildlife Sites

RSPB Saltholme Wildlife Reserve

Seaton Carew Road, Port Clarence,
Middlesbrough, Tees Valley, TS2 1TP

Tel: 01642 546625

Email: saltholme@rspb.org.uk

www.rspb.org.uk/reserves/guide/s/saltholme



A fantastic reserve near Middlesbrough. A great place to see starling murmurations during the winter months, as well as water rail, yellow wagtail and terns. There are signposted trails surfaced in bound gravel, mostly on level ground with seating provided. The bird hides are accessible, with some having floor-to-ceiling viewing windows. The visitor centre has accessible toilets, an indoor bird viewing area, café, gift shop and two electric scooters available for hire – it is advisable to pre-book.

Scaling Dam Reservoir

Next to the A171, on the main Guisborough to Whitby road

Map: OS Explorer OL27

Email: environment@nwl.co.uk

www.nwl.co.uk



An accessible bird hide is accessed from the Sailing Club car park. The reservoir is an important for wintering wildfowl, but it is a good place for bird watching all year round.

South Gare

Map: OS Explorer 306

Grid ref: NZ 557281

Access is via the coast road to the west of Redcar, along Todd Point Road

www.rspb.org.uk/groups/cleveland

This is a man-made breakwater at the mouth of the River Tees. The mixture of rough ground, sand dunes, tidal mud flats and both freshwater and saltwater pools make this a good spot for watching birds, though you are quite exposed in poor weather. The access road allows for viewing on both sides from the comfort of your car.

Visitor Centres

Visitor centres in country parks and nature reserves are a great place to obtain information about the site you are visiting and the surrounding countryside and wildlife. You can also enquire about future events and activities, and staff may also be able to advise you of local countryside sites that are wheelchair accessible. Most of the places listed have tea rooms or a café nearby. Opening times may vary; ring ahead for details.

Flatts Lane Woodland Country Park

Flatts Lane, Normanby, Middlesbrough, TS6 ONN
Tel: 01642 459629



Guisborough Forest and Walkway Visitor Centre

Pinchinthorpe, Guisborough, TS14 8HD
Tel: 01287 631132



North York Moors National Park Centres

www.northyorkmoors.org.uk



- The Moors National Park Centre, Lodge Lane, Danby, YO21 2NB
Tel: 01439 772737
- Sutton Bank National Park Centre, Sutton Bank, Thirsk, YO7 2EH
Tel: 01845 597426

Saltburn Valley Woodland Centre

Valley Gardens, Saltburn-by-the-Sea, TS12 1GG
Tel: 01287 622408



Limited disabled parking near to the centre, please ring prior to visiting.

Summerhill Country Park Visitor Centre

Summerhill Lane, Hartlepool, TS25 4LL
Tel: 01429 284584



Teesmouth Field Centre

Hartlepool Power Station, Tees Road, Hartlepool, TS25 2BZ
Tel: 01429 853847
www.teesmouthfieldcentre.org.uk



The field centre runs a varied programme of field studies for schools, students and groups including seal and bird watching. Ring to book.

Wynyard Woodland Park Visitor Centre

Thorpe Thewles, Stockton-on-Tees, TS21 3JG
Tel: 01740 630011



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Volunteer Contacts

Middlesbrough Voluntary Development Agency

St. Mary's Centre, 82-90 Corporation Road, Middlesbrough, TS1 2RW
Tel: 01642 803613
Email: volunteer.centre@mvdauk.org.uk
www.mvda.info

The Volunteer Centre provides a service matching potential volunteers with appropriate opportunities in the local community and works to stimulate and encourage local interest in volunteering and voluntary community activity.

Redcar and Cleveland Voluntary Development Agency

Tel: 01642 440571
Email: enquiries@rcvda.org.uk
www.rcvda.org.uk

The centre supports, promotes and develops volunteering and the voluntary sector in the borough of Redcar and Cleveland.

Stockton-on-Tees Volunteers

Catalyst Stockton-on-Tees, Catalyst House, 27 Yarm Road, Stockton-on-Tees, TS18 3NJ
www.stocktonvolunteers.co.uk

You can browse volunteering opportunities in the local area and learn more about volunteering.

Stokesley Volunteer Centre

1st Floor, Town Close, North Road, Stokesley, North Yorkshire, TS9 5DH
Tel: 01642 710085
Email: enquiries@stokesleycca.org.uk
www.stokesleycca.org.uk

The centre supports people interested in volunteering and organisations using volunteers by providing information, advice and support on good practice.

Volunteer Websites

Two websites worth a look at for volunteering opportunities and information:

- **'Do It!'**
www.do-it.org
- **The National Council for Voluntary Organisations (NCVO)**
www.ncvo.org.uk/ncvo-volunteering

Volunteering in the Countryside

Groundwork

www.groundwork.org.uk/Sites/teesvalley

Groundwork works in partnership with communities and organisations, delivering positive sustainable change in places of need. You can contact your local office for more information:

- **Middlesbrough:** Linthorpe Cemetery Lodge, Burlam Road, Linthorpe, TS5 5AP. Tel: 01642 815 663
- **Tees Barrage:** Navigation Way, Thornaby, Stockton on Tees, TS17 6QA. Tel: 01642 616 144

Hartlepool Countryside Team

Tel: 01429 853325

Email: countrysidewardens@hartlepool.gov.uk

www.hartlepool.gov.uk

The council's Countryside Team are assisted by a dedicated team of volunteers who help to look after Hartlepool's nature reserves and rights of way. The volunteers lead guided walks, carry out rights of way monitoring and maintenance, as well as doing practical conservation tasks. Volunteer 'Taster Days' are held throughout the year.

Middlesbrough Environment City

Sandy Flatts Lane, Acklam, TS5 7YN

Tel: 01642 579820

Email: info@menvcity.org.uk

www.menvcity.org.uk

A locally based charity whose aim is to encourage local people to live healthy and sustainable lives and to encourage partnerships to improve the local environment.

National Trust

Ladgate Lane, Ormesby, near Middlesbrough, TS3 0SR

Tel: 01642 328908

<https://myvolunteering.nationaltrust.org.uk/opportunity-search>

There are opportunities to volunteer at many National Trust properties and sites including Ormesby Hall. Roles include looking after the gardens, supervising events, being a room guide in the hall or helping the conservation team care for the collections.

North York Moors National Park

Tel: 01439 772700

Email: volunteers@northyorkmoors.org.uk

Volunteering in the Countryside

www.northyorkmoors.org.uk

The North York Moors National Park Authority provides a wide range of opportunities for volunteers to explore and experience the North York Moors throughout the seasons including becoming a Volunteer Ranger or getting involved with practical conservation work. Their website lists their current volunteer vacancies.

Redcar and Cleveland Borough Council

Tel: 01642 496428

Email: www.redcar-cleveland.gov.uk/volunteer

www.redcar-cleveland.gov.uk

The Countryside Service manages three country parks as well as many smaller areas of woodland within the borough. Volunteers give valuable assistance in all aspects of the management of these sites including practical conservation work, visitor centre assistance and site patrols. You can give as much or as little time as you are able.

RSPB Saltholme

Seaton Carew Road, Port Clarence, Middlesbrough, TS2 1TP

Tel: 01642 546625

Email: saltholme@rspb.org.uk

www.rspb.org.uk/reserves/guide/s/saltholme

There are a number of ways to help out at Saltholme reserve, from working in their wildlife garden and carrying out practical conservation work to assisting at events or in the visitor centre. Contact the reserve to find out what current opportunities are available.

Stockton-on-Tees Countryside Volunteers

Tel: 01642 360376

www.stocktonvolunteers.co.uk

Countryside Volunteers provide regular assistance to the council's site-based Countryside Rangers in all areas of work, including running countryside events and guided walks, carrying out practical conservation tasks and providing information to visitors.

The Conservation Volunteers (TCV)

Tel: 01302 388883 (head office)

Email: information@tcv.org.uk

www.tcv.org.uk

An environmental organisation involving the public in practical nature conservation work. Contact them for details of local community groups you can volunteer with.

Volunteering in the Countryside

The Tees Valley Wildlife Trust

Tel: 01287 636382

Email: info@teeswildlife.org

www.teeswildlife.org

There are many voluntary opportunities across the reserves including practical conservation tasks, environmental education, admin and biodiversity surveying.



WWT Washington Wetland Centre

Pattinson, Washington, Tyne and Wear, NE38 8LE

Tel: 0191 416 5454

Email: info.washington@wwt.org.uk

www.wwt.org.uk

The Wildfowl and Wetlands Trust is a national organisation which works to conserve wetlands for both wildlife and visitors. Volunteers are encouraged to help create and maintain habitats on the wildlife reserve, work at the waterfowl nursery, recruit WWT members, help out with general maintenance jobs or deliver children's events. Contact the centre for details of current opportunities.

Countryside Employment

For details of work in or related to the countryside and wildlife we recommend the following:

Countryside Jobs Service (CJS)

Tel: 01947 896007

Email: ranger@countryside-jobs.com

www.countryside-jobs.com

The CJS brings together available countryside jobs, both paid and voluntary, from a wide range of sources and organisations. Jobs are advertised on their website and include countryside apprenticeships and traineeships.

Environment Job

Tel: 01392 491578

Email: admin@environmentjob.co.uk

www.environmentjob.co.uk

Web-based information about both paid and voluntary job opportunities, as well as courses and events.

Environment Jobs

Tel: 01268 450024

Email: jobs@environmentjobs.co.uk

www.environmentjobs.co.uk

Includes job and voluntary vacancies from environmental journals and papers worldwide. Also details student placements.

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Community Transport

Community Travel Clubs

Tel: 01429 523855

Email: passengertransportservices@hartlepool.gov.uk

www.hartlepool.gov.uk

Hartlepool Borough Council provides accessible transport options that are specially designed for an individual or group of people. The journey can be for any purpose to any destination (presently within a two hour radius).

North Yorkshire & Darlington Age UK

Tel: 01325 362832

Email: enquiries@ageuknyd.org.uk

www.ageuknyd.org.uk

Age UK offer low cost accessible minibus hire for community groups, with drivers available.

Stockton-on-Tees Borough Council

Tel: 01642 528499

www.stockton.gov.uk

The council operates three Community Transport bus services. These offer a transport option for individuals who are unable to, or have difficulty accessing local bus services. To use the services you need to become a member.

Stokesley Community Care Transport Scheme

Tel: 01642 710085 (Minibus), 01642 710190 (Car Scheme)

Email: enquiries@stokesleycca.org.uk

www.stokesleycca.org.uk

The scheme provides a door to door service for elderly and disabled clients. Just ring the office with as much notice as possible to book your transport. This could be for hospital, doctor and dentist appointments, or for social or shopping trips.

Tees Valley Rural Action

Tel: 01642 213852

Email: info@teesvalleyruralaction.co.uk

www.teesvalleyruralaction.co.uk

Operates a Volunteer Car Service and an accessible Minibus Service, offering safe, reliable and affordable transport services for any voluntary sector or community group, along with rural residents of the Tees Valley who are experiencing genuine transport difficulties.

Public Transport

Connect Tees Valley

www.connectteesvalley.com

Your one stop shop for travel information in the Tees Valley. The website has details on planning your journey including bus and train timetables and maps, as well as contacts and ticket information.

Disabled Persons Transport Advisory Committee

Email: dptac.enquiries@dft.gsi.gov.uk

www.gov.uk

DPTAC advises the government on transport legislation, regulations and guidance and on the transport needs of disabled people, ensuring they have the same access to transport as everyone else.

London North Eastern Railway

Contact: Assisted Travel Team

Tel: 03457 225 225 Text relay service: 18001 03457 225 225

www.lner.co.uk/rail-travel/your-journey/assisted-travel/

Contact the Assisted Travel Team if you have restricted mobility or access needs. They can help you plan your journey, give information about accessibility at stations and assist you when you arrive at the station and at your destination. It helps if you give them as much notice as possible before you travel.

National Express Coaches

Contact: Assisted Travel Helpline

Tel: 0371 781 8181 Textphone/Minicom: 0121 622 2717

Email: addl@nationalexpress.com

www.nationalexpress.com

They can give journey details, take reservations, sell tickets, and advise on what help can be provided. Information in other formats including large print is available.

National Rail Enquiries

Tel: 03457 48 49 50 (lines open 24 hours except Christmas Day)

www.nationalrail.co.uk/stations_destinations/disabled_passengers.aspx

Provides information on rail travel including routes, departure times and costs, as well as information for disabled passengers on travel assistance, discounts, accessible stations and train facilities. It is advised that you book your assistance 24 hours in advance.

Public Transport

Northern Rail

Tel: 0800 138 5560

www.northernrailway.co.uk

Older and disabled people can arrange assistance at stations and reserve wheelchair spaces. Northern Rail has joined Blue Assist; a system set up to help people who have difficulty communicating.

TransPenine Express

Tel: 0800 107 2149 Textphone: 0800 107 2061

www.tpexpress.co.uk

They have a number of ways to help if you need extra support. You can book travel assistance up to 24 hours before your journey.

Traveline North East

Tel: 0871 200 2233

Email: info@travelinenortheast.info

www.travelinenortheast.info

Many bus services in North East England are operated by modern, fully accessible low floor buses. It is now possible to plan your journey using only accessible services.

Stagecoach Teesside

Disability Helpdesk

Tel: 0191 566 0248 (Disability Helpline)

Email: northeast.enquiries@stagecoachbus.com

Contact Stagecoach for information on accessing their services with wheelchairs and mobility scooters.



RADAR Key & Blue Badge

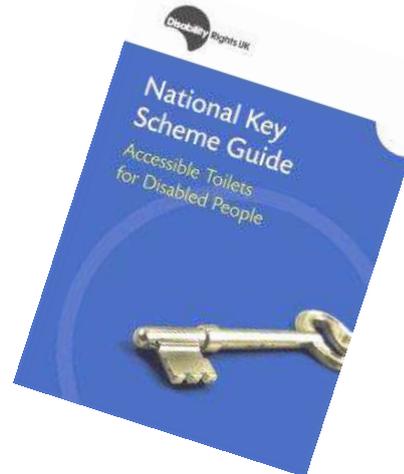
Disability Rights UK

Tel: 0330 995 0400

Email: enquiries@disabilityrightsuk.org

www.disabilityrightsuk.org

Disability Rights UK works to create a society where everyone with lived experience of disability or health conditions can participate equally as full citizens. Disability Rights UK is led, run and controlled by disabled people, who make up at least three-quarters of its board members.



The RADAR National Key Scheme (NKS) ensures that one key will open wheelchair accessible toilets throughout the country. RADAR padlocks are also increasingly used on many nature reserves and cycle paths. Keys are available directly from Disability Rights UK. You can also purchase lists of available NKS toilets in your region.

Blue Badge Scheme

www.gov.uk/apply-blue-badge

The Blue Badge scheme is for people with severe mobility problems. It allows Blue Badge holders to park close to where they need to go. The scheme operates throughout the UK and is managed by local authorities, who deal with applications and issue Blue Badges.

Blue Badge holders may:

- Park as long as they wish in a disc parking zone provided that the Blue Badge is displayed.
- Park on a single or double yellow line for up to three hours provided that the Blue Badge and disc is displayed and the vehicle causes no obstruction.
- Always check individual car parks to see if you are required to pay or not as practice differs widely.

Tourist Information Centres

Hartlepool

Art Gallery and Information Centre, Church Square, Hartlepool, TS24 7EQ

Tel: 01429 869706

Email: hpooltic@hartlepool.gov.uk

Middlesbrough

The Town Hall, Albert Road, Middlesbrough, TS1 2QQ

Tel: 01642 729900

Email: tic@middlesbrough.gov.uk

Stockton-On-Tees

Rediscover Stockton, 134B High Street, Stockton-on-Tees, TS18 1LP

Tel: 01642 528130

Email: visitorinformation@stockton.gov.uk



The Countryside Code

For anyone visiting the countryside it is well worth remembering the Countryside Code:

Respect other People

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

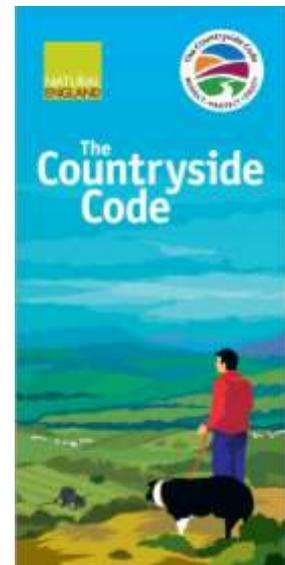
Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

By following these basic guidelines, the countryside stays open to everyone whilst helping the people, animals and wildlife who live there. For more information visit www.naturalengland.org.uk



Cycling and Horse Riding

Cyclists and horse riders should be familiar with the Highway Code if they intend to use public roads:

- Always give way to walkers
- Cyclists should give way to horse riders on bridleways
- Give adequate warning of your approach
- Always ride in control and wear a helmet
- Be extra careful when approaching bends and path junctions
- Ensure that your bike is safe to ride

For more information visit www.gov.uk/rules-for-cyclists-59-to-82

The Funders & Authors

The Funders

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The Authors

This Directory was researched and revised by members of Open Country. Thanks to Bernie, Dottie, Mandy, Paul and Stuart.



The authors of this Directory have made every effort to ensure that the information included was right at the time of going to print. However, we cannot accept any responsibility for any errors or omissions, or any loss or damage arising from the use of this information. We advise Directory users to ensure the suitability of all services described for their individual needs.

The Funders & Authors

Open Country

Open Country was set up in 1990 to enable anyone with any disability to access and enjoy the countryside. In 2006 we were presented with the Queen's Award for Voluntary Service, followed by the Duke of York's Community Initiative in 2008 and again in 2014.

We lead a wide variety of countryside activities including, hiking, wheelchair accessible walks, cycling, conservation projects, nature study and outdoor pursuits. In addition, we are able to offer high quality information, training and advice to organisations wanting to provide better access to their countryside sites and events, as well as individuals and their families wishing to access the countryside independently.

The Open Country staff have joined the project from a countryside background of work and personal interest. This Directory is just one of the ways that we try to let people know about how they can get involved in the great outdoors.

There are also directories available for East Yorkshire, North Yorkshire, South Yorkshire, West Yorkshire, Lancashire and County Durham. They can be downloaded from:

www.opencountry.org.uk

Our directories are free but we always welcome donations. You can donate online via Virgin Money Giving: www.virginmoneygiving.com

Thank you very much!





We hope to be able to update this Directory in the future. If you have any comments or suggestions please contact us at:

Open Country

Community House

46 East Parade

Harrogate

North Yorkshire

HG1 5LT

Tel: 01423 507227

Email: info@opencountry.org.uk

www.opencountry.org.uk



You can find us on Facebook, Twitter and Instagram.

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