

East Yorkshire Countryside Directory for People with Disabilities

third 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...

With a foreword by

The Hon. Mrs Susan Cunliffe-Lister,
HM Lord-Lieutenant of the East Riding of Yorkshire



Co-financed by



This directory was put together **by** people with a disability **for** people with a disability, though the places and information included will be useful to anyone.

With a wealth of hidden treasures, East Yorkshire is often referred to as 'Britain's best kept secret'. Savour its traditions, stately homes, stunning nature reserves and colourful seaside life. East Yorkshire has many claims to fame; did you know, for example, that Britain's tallest man came from Market Weighton, and that Hull is home to England's smallest window?

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 to encourage better access for all in the future.



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Burton Agnes Hall

Burton Agnes

DRIFFIELD

East Riding of Yorkshire

YO25 4NB

East Riding of Yorkshire

Foreword

East Yorkshire combines lovely walks and cycling routes in the wolds countryside with long sandy beaches and the opportunity to see some amazing wildfowl at its nature reserves. North Cave wetlands is one of my favourite spots and is very accessible with a chance to see some rare birds, while Bempton Cliffs has the most accessible viewing for seabird nesting colonies anywhere in the country. I live at Burton Agnes Hall which is open to the public and my sister-in-law, Lady Masham, was very helpful in giving advice on what makes access easier for wheelchairs. Unfortunately these old houses were not built with disabled access in mind but we have been able to plan the gardens better. Please let attractions know if there are adjustments that we can make to improve your visits – I know that it is often the little things that can make a difference. I hope you enjoy your visits to the East Riding.

Susan Cunliffe-Lister

Lord Lieutenant for the East Riding of Yorkshire

Using the 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



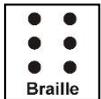
A wheelchair accessible toilet is available
(Changing Places facilities at venues have also been included; see www.changing-places.org for a full list)



Scooters / wheelchairs are available for loan



Large print leaflets are available



A Braille guide is available

Please see the map below as an indication of the areas mentioned:



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Walking Clubs & Contacts

Bridlington Old Town

Contact: Bridlington Tourist Information Centre
Tel: 01482 391634

A leaflet, 'Bridlington Old Town Trail' gives details of the town's living heritage. The trail takes you around the historical old town of Bridlington which was originally the main part of the town.

Bridlington Walks

www.bridlington.net/bridlington-information.php?category=Walks

This site has maps and information about several walks in and around the Bridlington area graded from 'easy' to 'challenging'. Each of the walks has information about the gradient of the route, the type of surfaces and if there are gates or stiles to cross.

Countryside Access Team

Contact: East Riding of Yorkshire Council
Tel: 01482 395201
Email: countrysideaccess@eastriding.gov.uk
www.eastriding.gov.uk/leisure/countryside-and-walks/

The council run a variety of Countryside Events and guided walks ranging from gentle walks on flat, surfaced paths to more strenuous walks on rougher terrain. You can download the brochure from the link above.

Disabled Ramblers

www.disabledramblers.co.uk

The Disabled Ramblers is a small charity working across England and Wales to help make the countryside more accessible to people with limited mobility. They run up to 30 rambles each year, running from April to October, whatever the weather. 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. Able-bodied helpers are welcome to support members and to help with loading scooters and other jobs.

East Riding Walking for Health Schemes

Contact: Laura Hutchinson (Healthy Lifestyles Development Officer)
Tel: 07887 653489
Email: laura.hutchinson@eastriding.gov.uk
www.walkingforhealth.org.uk

The scheme runs a series of free guided walks for all ages and abilities, aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine. They offer a range of walks lasting from 30 minutes to 2 hours.

Walking Clubs & Contacts

Hull and Beverley Guided Walks

Email: info@tourhull.com
www.tourhull.com

From April to October a variety of walks led by English Heritage accredited guides are available including, Old Town Walks and Ghost Walks.

The Ramblers

Tel: 020 3961 3300
Email: ramblers@ramblers.org.uk
www.ramblers.org.uk

A 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. There are several local groups across Yorkshire, each has its own programme with walks ranging from easy to strenuous. You can search for a group near you:

www.ramblers.org.uk/go-walking/group-finder.aspx

Walking the East Riding

<http://walkingtheriding.eastriding.gov.uk>

A website that helps you to enjoy the varied countryside of East Yorkshire. Whether you're an experienced walker or just fancy a Sunday stroll, you'll find a route to suit your needs, with accessibility information for each walk.

Yorkshire Wolds Way

Contact: Malcolm Hodgson, National Trails Officer
Tel: 01439 772700
Email: m.hodgson@northyorkmoors.gov.uk
www.nationaltrail.co.uk/en_GB/trails/yorkshire-wolds-way/leaflets/

A 79 mile walking route in the chalk landscape of the Yorkshire Wolds. The National Trail wends through some of the most tranquil and gentle countryside in England. There are seven 'Easy Access' walks detailing path conditions, facilities and points of interest, which you can download from the website.

Easy Going Walks

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

Brayton Barff Woods

Map: OS Explorer 290 Grid ref: SE 585305
Barff Lane, near Thorpe Willoughby, Selby
www.yorkshirewater.com

A square icon containing the letter 'P', indicating a parking area.

Actually in North Yorkshire, Brayton Barff is a covered reservoir set in woodland and is a popular local beauty spot. The walk is 1.3 miles along crushed stone paths that are undulating, but suitable for wheelchair users. A leaflet is available from:
www.yorkshirewater.com/media/2028/brayton_barff_reservoir_walk.pdf

Flamborough, South Landing

Map: OS Explorer 301 Grid ref: TA 231695
South Landing Beach, Flamborough, YO15 1PQ
Signposted from the B1259 to Flamborough Head.

A square icon containing the letter 'P', indicating a parking area.

A wheelchair accessible trail passes through woodland and meadow, finishing at the cliff top, with a view onto the beach and the splendid vista of Bridlington Bay. There is a nice sculpture trail around the site and frequent resting places. The Living Seas Centre has an accessible toilet and a pay and display car park - Blue Badge holders must pay. The pebbly beach can be reached down the very steep road to the Lifeboat Station (no parking for visitors). There is also an accessible toilet at North Landing (take the B1255 out of Flamborough - North Marine Road), with a café, accessible shop and great views!

Disused Rail Trails

Email: access@eastriding.gov.uk
www2.eastriding.gov.uk/leisure/countryside-and-walks/places-to-visit/other-places-to-visit

The four rail trails are Hull to Hornsea, Hull to Withernsea, Holme-on-Spalding Moor to Bubwith and Beverley to Market Weighton (Hudson Way). They are ideal routes to use either for a short stroll, family walk or as part of a long distance route. The vast majority of the railway lines have sections that are accessible by wheelchairs, although some routes have ramps that may be difficult for some users. In the winter months, unsurfaced sections can be muddy.

Humber Bridge

Ferriby Road, Hessle, HU13 0JG
Tel: 01482 647161
Email: mail@humberbridge.co.uk

Easy Going Walks

www.humberbridge.co.uk

This is one of the world's longest single-span suspension bridges. Tolls apply for vehicles crossing. The bridge combines footways and cycle paths (tarmac) on both carriageways, which are wheelchair accessible. It is just under a mile each way. You can combine it with a trip to Far Ings Nature Reserve and Waters' Edge Country Park which are at the south end of the bridge (see 'Accessible Wildlife Sites' – pages 29 & 31). Parking and accessible toilets are located at Humber Bridge Country Park (see below).

Humber Bridge Country Park

Map: OS Explorer 293 Grid ref: TA 021259
Off the roundabout to the North of the Humber Bridge.
Tel: 01482 395207
www.eastriding.gov.uk



A former chalk quarry, now an area of 50 acres with woodlands, meadows and trails. Accessible toilet near the Tourist Information Centre. Use a RADAR key or get a key from the centre when open. A leaflet gives details of the best routes for people with mobility difficulties. The paths are mainly good, but it is a hilly site and there are steps in places. Starting on the Hessle foreshore there is a 1 mile barrier free walk, with regular rest places.



Old Railway Station, Stamford Bridge, York

Map: OS Explorer 294 Grid ref: SE 712552

This pleasant linear walk along the disused railway line (half a mile each way) starts at the Old Railway Station on Church Road, where there is a small car park. The tarmac path has good wheelchair access. Approximately half way along the walk, where you start to crossover the River Derwent there is a motorcycle barrier, but wheelchair users will be able to continue along the path via an unlocked wooden field gate, though a helper may be needed to open it. The walk offers brilliant views over the River Derwent and surrounding area. Some aspects of the old station and track have been preserved. The nearest accessible toilets are in the town at The Square, (Radar Key required) where there are also cafés.

Promenades

www.visithullandeastyorkshire.com



The resort towns of Bridlington, Hornsea and Withernsea have wheelchair accessible promenades. Bridlington seafront, in particular, takes you along what must be one of the longest pieces of artwork in Britain, with murals, sculptures and paintings. An 'All Terrain Landeez Beach Wheelchair' is available for hire on Bridlington's south beach; the large

Easy Going Walks

rubber wheels of the Landeez are designed especially for outdoor use, making the beach easily accessible. Contact the Foreshores Office for more information: 01262 678255. There are accessible toilets on Marine Drive (Hornsea), Central Promenade (Withernsea) and Queen Street (Bridlington).

Seven Corners Lane Walk, Beverley

Map: OS Explorer 293 Grid ref: TA 028399
<http://walkingtheriding.eastriding.gov.uk/find-walks/beverley-area>

Amble through a part of Beverley, which you didn't even know existed! A 100 yards or so from the traffic lights at North Bar, the lane leaves North Bar Without to twist and turn its way around olde worlde cottages and bigger, period houses before emerging on York Road at Sterne's Corner. A relatively flat route without any barriers, approximately 0.5 miles long. There are accessible toilets on Lord Roberts Road and Station Square.

Snaith Heritage Trail

Map: OS Explorer 293 Grid ref: SE 643223
www.walkingsnaithvale.co.uk/HeritageWalks

An easy going walk, mainly on pavements suitable for wheelchairs, approximately 1.5 miles long. Start point and parking at Snaith Station car park. The website also has a number of other walks in the area, with route maps and details on the walks that are wheelchair accessible.

Sugar Mill Ponds

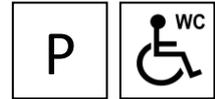
Map: OS Explorer 291 Grid Ref: SE 782299
www.sugarmillponds.org.uk

Follow the A614 from Rawcliffe, taking the signs to Rawcliffe Bridge. Turn right at the brown tourist sign up a single-track road. Two large ponds dominate the site, once a brick works. There is a mosaic of habitats including reed bed, woodland and scrub. Picnic area. Good access, with level paths. Viewing areas are built over the ponds for wheelchair access. Blue Badge parking by reserve. No toilets.

Outings

Bridlington Animal Park

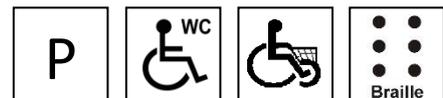
Covert Lane, Carnaby, Bridlington, YO15 3QF
Tel: 01262 673653
Email: info@bridlingtonanimalpark.co.uk
www.bridlingtonanimalpark.co.uk



A family day out to see birds of prey, meerkats, sheep, goats, alpacas and much more. Daily events include flying demonstrations, pig racing and small animal holding. Café, gift shops, picnic areas, parking, accessible toilets. Seasonal opening.

Burnby Hall Gardens & Museum

The Balk, Pocklington, YO42 2QF
Tel: 01759 307125
Email: info@burnbyhallgardens.com
www.burnbyhallgardens.com



Brilliant access! The two lakes are home to the National Collection of Hardy Water Lilies, with over 80 varieties. The lakes teem with fish, including Koi carp. Primrose Wood offers a nice accessible walk. Open air band concerts on some summer Sundays. Seasonal opening. Apart from the rockery the gardens are very accessible, with a number of wheelchairs available for free loan. Special viewing platforms allow wheelchair users to feed the fish at close quarters. Shop, museum, tearoom, toilets and even the children's playground are accessible. Seats everywhere. Essential carers get free admission.



Outings

Burton Agnes Hall and Gardens

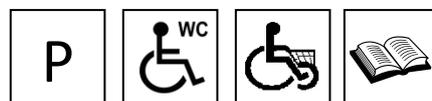
Burton Agnes, Driffield, YO25 4NB
Tel: 01262 490324
Email: office@burtonagnes.com
www.burtonagnes.com



On the A166 York to Bridlington Road between Driffield and Bridlington. A magnificent example of late Elizabethan architecture. Seasonal opening. Ground floor only accessible, but reduced rate offered. The gardens contain over 3,000 different plants, with a walled garden, jungle garden, giant games and even a maze. Café, ice cream parlour, shops, plant sales. Nearly everything is accessible on paving slabs or gravel. There are a few small (3cm) sills to the restaurant, shop and maze. Blue Badge parking near house and restaurant.

Burton Constable Hall

Burton Constable, Skirlaugh, Hull, HU11 4LN
Tel: 01964 562400
Email: enquiries@burtonconstable.com
www.burtonconstable.com



Elizabethan house situated near the Holderness Coast. The Pleasure Ground has an orangery, gardens with statuary and 300 acres of parkland and wildfowl lakes landscaped by 'Capability Brown' in the 18th century. There is a tea room, picnic area and accessible toilet. The grounds are fairly accessible, but there are large diameter gravel paths in places. Blue Badge parking in car park and at the front of the Hall. Stair lift to first floor. Wheelchair loan. No charge for essential carers. Seasonal opening.

Fimber Old Station Picnic Site

Located on the B1248 (Sat Nav postcode YO25 3HG)



A pleasant location, on the site of the former Fimber/Sledmere railway station, closed in 1958. It is situated in a small wooded area with bird feeding stations. There are picnic tables and accessible toilets (Radar key required). Superb snowdrop display in February and good wheelchair access throughout. Seasonal kiosk.

Flamborough, Outer Headland

Lighthouse Road, Flamborough YO15 1AR
Map: OS Explorer 301 Grid ref: TA 254706



The reserve has some tarmac paths around the car park, including a short path to the Signal Station on the cliff top. The Headland Path is grassed and only firm in the summer months. Great sea views, but access to the beach involves descending a steep flight of steps. Toilets (including a RADAR operated toilet) and a café are located in the Pay & Display car park.

Outings

Honeysuckle Animal Farm

Bewholme Lane, Hornsea, HU18 1BY. Off the B1244 to Hornsea.

Tel: 01964 533873

Email: info@honeysucklefarm.co.uk

www.honeysucklefarm.co.uk

Seasonal opening. A farm with sheep, cows, donkeys, cart rides, animal and fish feeding, homemade ice cream and a tearoom. The paths around the fields and entry to the tearoom are accessible. The toilet is large enough to accommodate a wheelchair.

Hull and East Riding Museum

36, High Street, Hull, HU1 1NQ

Tel: 01482 300300

www.hcandl.co.uk/museums-and-galleries



Boasts some of the most spectacular natural history and archaeology displays in Britain. Wheelchair accessible lifts are available to all levels of the museum. Limited Blue Badge parking is available on the Museum Quarter site by prior arrangement. Alternatively, there are two on-street Blue Badge parking bays on Ghandi Way approximately 70m from the Museums Quarter entrance. The nearest Changing Places toilet is on the ground floor of the Guildhall; please ask at the reception for directions.

Hull Fish Trail

Hull City Hall Box Office,

Queen Victoria Square, Hull, HU1 3RQ

www.visithull.org/to-do/fish-trail/



Find the fish and explore the beautiful streets of Hull Old Town in the process. The trail starts just outside the City Hall Ticket office and finishes at the top of Whitefriargate. Good access and accessible toilets nearby in Queen Victoria Square. There are several Blue Badge parking bays along Paragon Street or you can park in The Deep car park half way round the trail (see p10). You can download a map from the link above or pick one up from the Hull City Hall box office at the start.

Rudston Monolith

Rudston, off the B125, near Bridlington

www.rudston.org.uk

Standing in Rudston Churchyard, at almost 26 feet high, it is Britain's tallest single standing stone. How did the monolith come to be erected over 4000 years ago on a site roughly 10 miles from the nearest source of grit stone? Fossilised dinosaur footprints on one side of the stone may have contributed to its importance to those who erected it. There is wheelchair access from the side lane.

Outings

Scenic Drives

www.visithullandeastyorkshire.com

'Visit Hull and East Yorkshire' promote three scenic drives starting in Beverley, Bridlington and Pocklington.

Sewerby Hall and Gardens

Church Lane, Sewerby,
Bridlington, YO15 1EA

Tel: 01262 673769

Email: sewerby.hall@eastriding.gov.uk

www.sewerbyhall.co.uk



Built between 1714 and 1720, the Hall is set in 50 acres of gardens on a cliff top position near Bridlington. The gardens, tearooms, children's zoo, hall and museum are wheelchair accessible (disabled access to the house is at the rear of the building), though due to conservation issues, motorised buggies are not permitted in the hall or the first floor of the Old Laundry Block. There is a Changing Places unit located within the courtyard and a radar key can be obtained from the Welcome Centre. There are tarmac paths almost everywhere including the parkland. The walled garden has crazy paving that is a bit bumpy and uneven in places. There is also some gravel that can be deep in places – it can be avoided by keeping left in the rose garden. The Hall has seasonal opening, though the estate is open all year. You can travel in style on the land-train from Bridlington (call 01262 678255 for details).



Outings

Skidby Windmill & Museum of East Riding Rural Life

Beverley Road, Skidby, Cottingham, HU16 5TF
4 miles south of Beverley, off the A164.

Tel: 01482 848405

www.eastridingmuseums.co.uk

Yorkshire's last working windmill – almost 200 years after the mill was built, wheat is still ground here. Only the ground floor of the mill is accessible, but webcams allow the tower to be viewed from downstairs. The museum displays the horticultural and rural history of the East Riding. Free car parking 100m from the mill. Café and picnic area. Accessible toilet in the museum.



Sledmere House

Sledmere, Driffield, YO25 3XG

Tel: 01377 236637

Email: info@sledmerehouse.com

www.sledmerehouse.com

Off the A166 York – Bridlington Road. Beautiful stately home built in 1751. The gardens and 'Capability Brown' parkland offer enjoyment for all, with grazing deer nearby. Seasonal opening. All parts of the house (lift to first floor) café, shop and garden are wheelchair accessible.



Stamford Bridge

10 miles east of York, on the A166

Stamford Bridge is where the last Saxon victory took place before the Norman conquest of 1066, fought by King Harold of England against the invading Norse army of Hardrada. Two monuments to the battle have been erected; the Village Monument is located on Main Street (A166). A second monument is located at the battlefield site at the end of Whiterose Drive. There is a free car park with Blue Badge parking on Viking Road, and accessible toilets are in the town at The Square. See 'Easy Going Walks' – page 4.



The Deep

Tower Street, Hull, HU1 4DP

Tel: 01482 381000

Email: info@thedeep.co.uk

www.thedeep.co.uk

Visit 'the world's first submarium' and discover the story of the world's oceans on a dramatic journey back in time and into the future. Electric and manual wheelchairs are available on a first come first served basis. Essential carers go free of charge. All levels are accessible by lift. There is a café, shop and picnic area. The café gives panoramic views over the



Outings

Humber Estuary. The Deep runs 'Quiet Day' events twice a year during which they provide presentations with BSL interpretation. Audio and large print copies of The Deep guidebook are available from reception. There is a Changing Places facility situated on the ground floor, past the reception desk.

Wassand Hall

Seaton, Hull, HU11 5RJ
Between Seaton and Hornsea on the B1244.
Tel: 01964 537474
Email: info@wassand.co.uk
www.wassand.co.uk



Wassand Hall is a fine Regency House in beautiful tranquil surroundings including walled gardens, woodland and parkland with views of Hornsea Mere. The house, gardens and parks are open on selected days during the summer. Accessible toilet. Wheelchair access to ground floor of hall.

Withernsea Lighthouse & Museum

Hull Road, Withernsea, HU19 2DY
Tel: 01964 614834
Email: info@withernsealighthouse.co.uk
www.withernsealighthouse.co.uk

Standing ¼ mile inland, it is the tallest lighthouse in England. 127 feet high, and 144 steps to the top, but non-climbers can see the town and coastline with a visual aid camera and monitor near the base. Disabled access to ground floor and toilet. Seasonal opening.

Yorkshire Giant, Market Weighton

William Bradley (1787–1820), the 'Yorkshire Giant' lived in Market Weighton and at 7'9", was the tallest Englishman ever. His house at the junction of York Road and Line Gate can be viewed from the outside, where a cast of his foot can be seen. There is a statue of him on Holme Road and a trail around the town which allows you to follow in his footsteps, starting at his house. He was buried inside All Saints Church on Market Place and is commemorated in a tablet on the north side of the baptistry. There are accessible toilets on Londesborough Road.



Sports Clubs & Contacts

Activity Alliance

Tel: 01509 227750 (head office)

www.activityalliance.org.uk

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

British Blind Sport

Tel: 01926 424247

www.britishblindsport.org.uk

Email: info@britishblindsport.org.uk

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

Disability Sport Yorkshire

Tel: 01924 372382

www.disabilitysportyorkshire.org

The 'go-to' organisation for disability sport, their aim is to address inequality in access to sport for disabled people.

East Riding of Yorkshire Council

Contact: Sport and Play Development Service

Tel: 01482 393939 (main switchboard)

www.eastriding.gov.uk/leisure/sport-and-play

Contact the council for details of clubs offering sports and activities for disabled people. The clubs are mainly for young people aged 8-16.

Mencap Sport

Tel: 020 7696 5480

Email: sport@mencap.org.uk

www.mencap.org.uk/about-us/what-we-do/mencap-sport

Mencap Sport aim to increase the opportunities for people with a learning disability to take part in sport and physical activities.

Parasport

Tel: 020 7842 5789

Email: info@parasport.org.uk

www.parasport.org.uk

Sports & Outdoor Pursuits

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.

Phab

Tel: 020 8667 9443

Email: info@phab.org.uk

www.phab.org.uk

Can provide information about local groups where disabled and non-disabled people can meet and undertake activities on equal terms. Suitable for all ages and abilities and with a wide range of sports and activities.

UK Deaf Sport

www.ukdeafsport.org.uk

Leading opportunities for more deaf people to participate in sport throughout their lives and more deaf athletes to perform on the world stage. <https://wetwheelsfoundation.org/locations/yorkshire/>

Wetwheels Yorkshire

Whitby Harbour, Whitby, YO21 1YW

Tel: 01947 466566

Email: office@wetwheelsyorkshire.com

<https://wetwheelsfoundation.org>

A Wetwheels Yorkshire experience is designed to enable every disabled person the chance to experience the excitement of power boating. Wetwheels Yorkshire is fully accessible - not just giving you the chance to be a passenger, but also to take the helm as the skipper. They operate across the region, from the North East to the Humber.

Wheelpower

Tel: 01296 395995

Email: info@wheelpower.org.uk

www.wheelpower.org.uk

The national charity for wheelchair sport providing opportunities for disabled people to play sport and lead healthy active lives.

Sports & Outdoor Pursuits

Archery

Burton Constable Company of Bowman

Burton Constable, Skirlaugh, HU11 4LN
Tel: 01482 898093 (club secretary)
www.bccbarchery.co.uk

The club shoots at Burton Constable Hall and has over 100 members with active Senior, Junior and Disabled sections.

Hull Archery Club & Hull Disabled Archery Club

Walton Street Leisure Centre, Walton Street, Hull, HU3 6JB
Email: archery@hullarcheryclub.co.uk
www.hullarcheryclub.co.uk

An indoor archery club based in Hull. They shoot on Friday evenings in a large indoor sports hall, with four distant targets and one closer target in place for disabled, training and archers who would struggle with limited body strength.

Wyke Archers of Hull & the East Riding of Yorkshire

Hull Collegiate School, Tranby Croft, Anlaby, Hull, HU10 7EH
Email: info@wykearchers.co.uk
www.wykearchers.co.uk

A family orientated target archery club for all abilities, affiliated with Archery GB.

Yorkshire Archery Association

www.yorkshirearchery.co.uk

For a list of clubs and contacts plus tips on how to get started.

Canal & River Cruises

Pocklington Canal Amenity Society

www.pocklingtoncanalsociety.org
Email: book.newhorizons@gmail.com

A charity that promotes the canal as an amenity to be enjoyed by everyone, and runs boat trips (not wheelchair accessible due to size of the boat), but the volunteers will do their best to help and support visitors that are sufficiently mobile to access the boat for a leisurely cruise down the canal. Short trips are run on Sundays and bank holidays from April to October.

Sports & Outdoor Pursuits

Climbing

Energise Climbing Wall

Cornlands Road, York, YO24 3DX

Email: energise@gll.org

www.better.org.uk/leisure-centre/york/energise/energise-climbing-wall

There are two main walls, 10m and 13m high, plus a 4m high bouldering wall. They run courses for beginners and novices and 'Climability' sessions for disabled people. They have a hoist for wheelchair users.



Rock City Climbing Wall

Hawthorn Avenue, Hull, HU3 5GL

Tel: 01482 223030

Email: info@rockcity.co.uk

www.rockcity.co.uk

One of the UK's largest indoor climbing centres. The centre is wheelchair friendly with an accessible toilet, but they do not have a hoist, so climbers would need to be able to stand up and support their own body weight.



Flying

Aerobility

Tel: 0303 303 1230

Email: frontdesk@aerobility.com

www.aerobility.com

A registered charity founded in 1993 offering disabled people the opportunity to fly an aeroplane.

The Frank Morgan School of Flying

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

Tel: 01652 688859

www.flyatfranks.org

Lessons and one-off flights available for disabled people, contact them for your specific needs. Toilets and club are fully accessible.



Outdoor Centres

Bendrigg Trust

Bendrigg Lodge, Old Hutton, Kendal, Cumbria, LA8 0NR

Tel: 01539 723766

Email: office@bendrigg.org.uk

www.bendrigg.org.uk

Sports & Outdoor Pursuits

The Bendrigg Trust specialises in a range of indoor and outdoor courses and activities for disabled and disadvantaged young people.

Carlton Lodge Outdoor Centre

Carlton Miniott, Thirsk, YO7 4NJ

Tel: 01845 522145

Email: info@nyy.org.uk

Carlton Lodge is classified as an 'Adventure for All Centre'. For both day visitors and residential groups, they offer a wide range of activity programmes, using the centre's own twelve acres of surrounding area.

Low Mill Outdoor Centre

Askrigg, Leyburn, DL8 3HZ

Tel: 01969 650432

Email: info@lowmill.com

www.lowmill.com

Low Mill is classified as an 'Adventure for All Centre'. Based in the heart of the Yorkshire Dales, programmes of activities are designed from a wide range of outdoor activities, catering for those with disabilities and special needs.

The Calvert Trust

www.Calvert-Trust.org.uk

The Calvert Trust runs outdoor pursuits and holiday centres for people with disabilities from 12 years upwards in Exmoor, Kielder and the Lake District:

- **Calvert Trust Keswick**
Email: enquiries@calvertlakes.org.uk
Tel: 01768 772255
- **Calvert Trust Kielder**
Email: enquiries@calvert-kielder.com
Tel: 01434 250232
- **Calvert Trust Exmoor**
Email: exmoor@calvert-trust.co.uk
Tel: 01598 763221

Water Sports

East Yorkshire Canoe Club

South Ings Lane, North Cave, HU15 5PA

Tel: 07971 969561

Email: info@eycc.org

www.eycc.org

Sports & Outdoor Pursuits

A large and active club based in North Cave, with over 150 members of all ages and abilities.

Kingston Kayak Club

Albert Avenue, Anlaby Road, Hull, HU3 6QE
Tel: 01482 355701(Monday nights)
www.kkc.org.uk

Members with disabilities are welcome, but there is no hoist. The only requirement is the ability to swim 50m unaided (any speed and style).

Welton Waters Adventure Centre

Common Lane, Welton, Brough, HU15 1PT
Tel: 01482 668277
Email: info@wwac.org.uk
www.wwac.org.uk

A Royal Yachting Association approved 'Sailability' centre, bringing boating to people with any disability. The centre offers a wide range of land and water-based activities to suit all ages and abilities.

Welton Sailing Club

Email: sailing@weltonSC.org
www.weltonsc.org

Based at Welton Water near the Humber Bridge. They welcome all members, disabled and able bodied. Club facilities are accessible, and members can hire an 'access' dinghy designed for disabled sailors.



Clubs & Contacts

All Ride at Bridlington North Promenade

Tel: 01262 678255

Email: foreshores@eastriding.gov.uk

A cycle hire scheme aimed at people with disabilities, their families and their carers, offering adapted bikes, safe cycle routes along the North Promenade, organised rides and a chance for people to take part with their families, friends and carers. Bikes must be booked in advance.

Beech Holme Tandem Club

Sight Support, 466 Beverley Road, Hull, HU5 1NF

Tel: 01482 342297

www.sightsupport.org/services/clubs-and-groups/beece-holme-tandem-club

A club formed in about 1952 by a group of cyclists from the Cyclists Touring Club so that blind back riders could enjoy the pleasures of cycling through the countryside with sighted front riders. The club meets each Wednesday evening and cycles to various East Riding villages, from April to October and informally through the rest of the year.

Bikeability

Email: contactus@bikeability.org.uk

www.dft.gov.uk/bikeability

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. You can search their website to find a Bikeability Cycle Trainer near to you.

East Park Adapted Cycle Scheme - Hull City Council

Holderness Road, Hull, HU8 8JU

Tel: 01482 616878 (to book a cycle)

www.hcandl.co.uk/sport-and-leisure-and-parks/your-local-park/east-park

The Adapted Cycle Scheme is situated in East Park and has a wide variety of adapted bikes for use by disabled people and their families/carers. The scheme is open to people of all ages.

Sustrans

Tel: 0113 245 0006 (Yorkshire and The Humber)

Email: leeds@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.

Cycling

Tandem Club

Email: disabilities@tandem-club.org.uk

www.tandem-club.org.uk

They can help with questions related to disabled tandem riding. The club cannot offer tandems for loan but can advise on groups who do. They produce a bi-monthly talking journal on CD.

Cycle maps



Hull Cycle Map

www.hullcc.gov.uk



East Riding of Yorkshire Council

Email: transport.policy@eastriding.gov.uk

www.eastriding.gov.uk

Publishes online cycle maps for Beverley, Bridlington, Driffield, Goole, Haltemprice, North Holderness and Pocklington. Contact the council if you would like a printed copy posted to you. You can also pick them up from your local Tourist Information Centre.



The Trans Pennine Trail

Tel: 01226 772574

www.transpenninetrail.org.uk

The trail is covered by three maps and an accommodation and visitor guide.

Cycling events

Bike Week

www.bikeweek.org.uk

Bike Week brings together cyclists for events and a celebration of cycling all around the country. See the website to find out about cycle events happening near to you.

The Great Yorkshire Bike Ride

Tel: 07774 806023 (preferably 6 – 9pm only)

Email: mail@gybr.co.uk

www.gybr.co.uk

The Great Yorkshire Bike Ride is an annual 70 mile sponsored charity cycle ride from Wetherby to Filey. It takes in some of Yorkshire's best countryside through the Howardian Hills and the Wolds to the coast.

Cycling

Cycle Routes

The following are the longest, best-surfaced and most enjoyable traffic-free routes that we know of in East Yorkshire. Most of them are fully accessible to wheelchair users.

Most routes are part of the National Cycle Network. Maps of all these routes can be downloaded from www.sustrans.org.uk

Barmby Tidal Barrage, Barmby-on-the-Marsh

Map: OS Explorer 291 Grid ref: SE 681286



The barrage prevents the tidal River Ouse from entering the River Derwent. The car park is accessed via the end of the High Street. Accessible toilets, bird hide, fishing platforms and paths. Links to the Trans Pennine Trail; you can ride along a single track by the side of the Ouse towards Hemingbrough.

Howdenshire Rail Trail

Map: OS Explorer 294 Grid ref: SE 839405
www.eastriding.gov.uk



The trail starts to the West of Market Weighton on the A164 at Gallymore and runs for 8 miles to Bubwith along an old railway line. Car parking is available at Bubwith Highfields, Lincoln Flatts and Harswell Station. This trail can be wet and muddy in winter months so be prepared. A map can be downloaded from the council website above.

Hudson Way Rail Trail

Map: OS Explorer 294 Grid ref: SE 876418
www.eastriding.gov.uk



An 11 mile route linking Beverley and Market Weighton. Start at the free car park in Londesborough Road, Market Weighton. There are accessible toilets opposite. Two sections of the route have been designated nature reserves. The surface is compacted gravel, shared with horse riders and can be muddy. Take care at the road crossings where the old railway bridges have been removed. You can download a map from the council website above.

Humber Bridge

Map: OS Explorer 293 Grid ref: TA 021259
Tel: 0113 245 0006 (Yorkshire and The Humber)
www.sustrans.org.uk



This unique ride is mainly on flat traffic-free paths and enables you to explore both sides of the Humber Bridge with parks, a nature reserve, picnic spots and spectacular views of the bridge. Not to forget you can cycle over the bridge itself! The Sustrans route description starts at

Cycling

Barton-upon-Humber station, but you can equally start the route at Hessele or North Ferriby stations.

Hornsea Rail Trail

www.sustrans.org.uk

The trail follows the track bed of the Hull to Hornsea railway line, built in 1864. The 13 mile trail forms part of the Trans Pennine Trail and is suitable for cycling, walking or horse riding. Two sections of the trail; the old Siggleshorne Station site and Goxhill to Southorpe are Local Nature Reserves. Start in Hull, Hornsea or the picnic site at Skirlaugh. Take care at the road crossings where the old railway bridges have been removed.

Selby to Howden

Map: OS Explorer 290 Grid ref SE 618325

www.transpenninetrail.org.uk

Starting from Selby Swing Bridge, a 3 mile off road route meanders along the flood bank to Cliffe, with a partially on-road extension to Howden, a further 8 miles. The route is rutted in places and would not be suitable for wheelchair users. Details of the route can be found on the website.

Trans Pennine Trail

Tel: 01226 772574

Email: info@transpenninetrail.org.uk

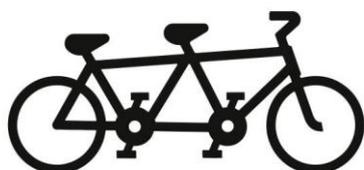
www.transpenninetrail.org.uk

A 215 mile coast to coast route between Liverpool and Hull, with extensions to the seaside towns of Southport and Hornsea. Much of the trail has level, surfaced, traffic-free paths. The trail is covered by three maps – contact the TPT office.

York to Selby

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/york-to-selby/

A 14 mile cycle route running south from York on a mainly traffic-free path through flat, arable landscape of the Vale of York to Riccall and on towards Selby. Along the way, you can see the 'Cycle the Solar System' artwork commissioned by Sustrans; between Bishopthorpe and Riccall there are scale models of the planets, the correct distance (proportionally) from the Sun and from each other.



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 and 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 the Environment Agency on 0344 800 5386. You may be eligible for a concessionary licence.

Angling Trust

Email: admin@anglingtrust.net
www.anglingtrust.net

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 was founded in 1996 to develop opportunities for disabled people of all ages and abilities to access the activity of fishing in the UK.

Canal and River Trust

www.canalrivertrust.org.uk/see-and-do/fishing

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

www.gov.uk/check-flood-risk

From here you can find out information about river levels and closures, flooding and coastal changes.

Fishing

Bakers Pond

Off Thimble Hall Lane, Newport, HU15 2PX

Tel: 01430 440799

2 disabled pegs.

Beverley Beck

A short canal running from Grovehill Lock on the river Hull west for about 0.8 miles into the town of Beverley. Tickets can be bought from the petrol station on the corner of Waterside Road and Hull Road. Some disabled angling platforms, just downstream of the fly-over.

Brough Complex

Common Lane, Nr Welton Waters, Brough, HU15 1PJ

Contact: Hull & District Anglers Association

Tel: 07463 806653 / 07811 897033

Several pegs suitable for disabled anglers. Accessible toilet and parking behind or close to all the pegs.

Driffield Canal

Wansford Lock, Nr Driffield, YO25 8NT

Contact: Hull & District Anglers Association

Tel: 07463 806653 / 07811 897033

Four miles in length. Parking in Wansford village where there are purpose-built fishing stances for anglers with disabilities.

East Park Lake

Holderness Road, Hull, HU8 8JU

Tel: 01482 300300

www.hcandl.co.uk/sport-and-leisure-and-parks/your-local-park/east-park

Level access around the park and accessible toilets in the Pavilion café.

Eastrington Ponds Nature Reserve

West of Eastington Village, off the B1230

Contact: Countryside Warden, East Riding of Yorkshire Council

Tel: 01482 395680 or 07867 905185

www.eastriding.gov.uk/countrysideaccess

Email: countryside.access@eastriding.gov.uk

Good accessibility around the pond on hard level paths. Many of the pegs are suitable for anglers with disabilities.

Moorfields Farm Fisheries

Moorfields Farm, Goole Fields, Goole, DN14 8BQ

Tel: 07710 817150

Fishing

Email: djohnson890@btinternet.com

www.moorfieldsfarmfisheries.co.uk

Parking close to the lakes, toilet facilities and access for disabled anglers.

Oak Road Pond

Oak Road Park, Beresford Avenue, Hull

Contact: Hull & District Anglers Association

Tel: 07463 806653 / 07811 897033

www.hadaafishing.co.uk/venues/oak-road/

18 disabled pegs, accessed by hard paths. Disabled anglers can drive through the park to access the pond by prior arrangement.

River Derwent

Barmby Tidal Barrage, Barmby-on-the-Marsh

The barrage prevents the tidal River Ouse from entering the River Derwent. Free fishing with accessible platforms and paths.

Winfield Lakes

Spaldington, Nr Howden, DN14 7NP

Email: info@winfieldlakes.co.uk

www.winfieldlakes.co.uk

Tel: 01757 288609

Flat, hard-standing surface and many easy access pegs.

Horse Riding

Riding for the Disabled

Riding for the Disabled Association (RDA)

Tel: 01926 492915

Email: info@rda.org.uk

www.rda.org.uk

Provides disabled people of all ages with the opportunity to ride and/or carriage ride for the general benefit of their health and well-being. There are several centres in East Yorkshire offering riding for disabled sessions.

Horse racing

In the UK there are races which involve obstacles (either hurdles or fences) called steeplechase and those which are unobstructed races over a given distance (flat racing). For details about horse racing, events, individual horses and contact details for tracks around the country check out the website – www.britishhorseracing.com

Beverley Racecourse

The Racecourse, York Road, Beverley, HU17 8QZ

Tel: 01482 867488

Email: hello@beverley-racecourse.co.uk

www.beverley-racecourse.co.uk



There are around 18 flat race meetings a year between April and September. Wheelchair friendly throughout most areas of the course, with disabled viewing stands overlooking the track and parade rings and Blue Badge car parking close to the racecourse. Wheelchair available for loan but book ahead to reserve. Accessible toilets in all enclosures; RADAR key required.



Wildlife Clubs & Organisations

BTO – British Trust for Ornithology

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

The BTO involve people in their national Garden Birdwatch Survey (GBW). The survey involves noting which birds and how many you have seen over a given time. The surveys are fun and a great way to help wildlife from your home. There are other surveys you can do from your garden.

East Yorkshire Badger Protection Group

Email: info@eastyorksbadgers.co.uk
www.eastyorksbadgers.co.uk

Devoted to the welfare of badgers and other wildlife. The group covers the 'old' East Riding of Yorkshire, from Filey in the north down to Spurn Point in the south and out west as far as York and Goole.

East Yorkshire Bat Group

Contact: Claire Storey, Group Secretary
Tel: 01904 608646
www.eastyorkshirebatgroup.wordpress.com



Carries out surveys of bat roosts, habitat, feeding and hibernation sites in the county as well as giving advice to householders and running educational visits and events.

Friends of Humber Bridge Country Park

Email: fohbcp_secretary@yahoo.co.uk
<https://sites.google.com/site/fohbcp>

You can join the group on their conservation activities and/or indoor meetings. Everyone is welcome!

Hull Natural History Society

Email: info@hullnats.org.uk
www.hullnats.org.uk



The group studies, records and conserves wildlife in the Hull and East Riding area. They conduct weekly field meetings on Tuesday evenings between May and September each year. These are usually to sites within Hull or the surrounding East Riding of Yorkshire. They also have a programme of monthly field trips where they travel further afield.

RSPB (Royal Society for the Protection of Birds)

Northern England Regional Office:
Westleigh Mews, Wakefield Road, Denby Dale, Huddersfield, HD8 8QD
Tel: 0300 7772676

Wildlife Clubs & Organisations

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. Their website also has advice for disabled bird watchers. There are two local groups in East Yorkshire who hold regular indoor and outdoor meetings and field trips, see www.rspb.org.uk/localgroups:

- **East Yorkshire Local Group**

ww2.rspb.org.uk/groups/eastyorkshire

There is disabled access and an accessible toilet at the indoor meetings, held at North Bridlington Library, Martongate.

- **Hull and District Local Group**

ww2.rspb.org.uk/groups/hull

The group meets at Christchurch United Reformed Church, South Ella way, Kirk Ella, Hull.

South Holderness Countryside Society

www.holdernesscountryside.org

A registered charity dedicated to educating members of the public on matters relating to natural history and conservation. They organise monthly indoor meetings which are open to the public.

The Wolds and Riverbank Countryside Society

Email: hac@hac.karoo.co.uk

www.warcs.org.uk

Set up in 1996, the group have a membership centred in Brough, Elloughton, North Ferriby, North and South Cave and Welton. The society meets regularly through the year with a varied programme of events. They have set up a number of recorders; interesting finds or sightings can be reported to them.

Yorkshire Wildlife Trust

1 St George's Place, York, YO24 1GN

Tel: 01904 659570

Email: info@ywt.org.uk

www.ywt.org.uk



Yorkshire

Yorkshire Wildlife Trust is a charity dedicated to conserving, protecting and restoring wildlife and wild places in Yorkshire. They look after over 100 nature reserves right across Yorkshire, and are involved in hundreds of other conservation-related projects.

- Regional Office: Living Seas Centre, South Sea Road (South), Flamborough, YO15 1AE, Tel: 01262 422103

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:



Bempton Cliffs RSPB

Near Bempton, YO15 1JF

Tel: 01262 422212

Email: bempton.cliffs@rspb.org.uk

www.rspb.org.uk



The largest seabird colony, and the only mainland gannetry in England. The reserve offers great views, especially during the breeding season from April to July, where more than 200,000 seabirds make the cliffs seem alive. A 200 yard accessible path from the visitor centre leads down to the cliff top path. Three of the five viewing points (Bartlett Nab, Moseley Downgate and Grandstand) are wheelchair accessible, and overlook the 400 foot high chalk cliffs. Some benches. The paths are narrow in places, and wheelchairs may have to go partly on the grass. Kiosk, information centre and shop. A mobility scooter, Tramper and manual wheelchairs are available to hire - booking is required. Picnic area with spaces for wheelchairs.

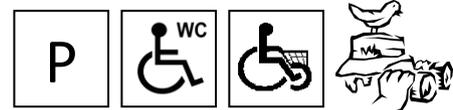
Blacktoft Sands RSPB

On a minor road off the A161 to Redness & Ousefleet, South of Goole, DN14 8HR

Tel: 01405 704665

Email: blacktoft.sands@rspb.org.uk

www.rspb.org.uk



England's largest intertidal reed bed and one of the country's top sites for migrating birds. A good place to see avocets, marsh harriers and bearded tits. There are good level paths, six accessible hides, an accessible toilet, wheelchair loan available and a small visitor centre.

East Park, Hull

Holderness Road, Hull, HU8 8JU

Tel: 01482 300300

www.hullcc.gov.uk



Hull's largest park, which includes a 30 acre lake. Over the years, a variety of rare birds ranging from a Bufflehead to a Laughing Gull have been spotted. The park is also home to an Animal Education Centre. Access to the park is level and there are accessible toilets in the Pavilion café.

Accessible Wildlife Sites

Far Ings National Nature Reserve

Far Ings Road, Barton-upon-Humber, DN18 5RG
Tel: 01652 637055 (Visitor Centre enquiries)
Email: faringscentre@lincstrust.co.uk
www.lincstrust.org.uk/far-ings



A Lincolnshire Wildlife Trust Site situated on the south bank of the Humber Estuary, a major east-west flyway for migrating birds and one of the UK strongholds for bittern. The pits and reedbeds are a legacy of the tile and cement industry which flourished between 1850 and 1959. The visitor centre has a small shop and you can enjoy a panoramic view of the reserve from upstairs (lift available). Two of the hides have wheelchair access. Accessible toilets and parking next to the visitor centre.



Hornsea Mere

Hornsea Mere, Hornsea, HU18 1AX

The largest freshwater lake in Yorkshire, and an area rich in bird life. Kirdholme Point is accessible to cars and wheelchairs and makes a good viewpoint over the Mere. The land is private and access is only available during the day. For walkers a footpath runs along the southern edge of the reserve from where good views can be had. Nearest accessible toilets in Hornsea are on Cinema Street and Marine Drive – RADAR key required.

North Cave Wetlands

Dryham Lane, Brough, HU15 2LY
Tel: 01904 659570 (Yorkshire Wildlife Trust Head Office)
www.ywt.org.uk and www.northcavewetlands.com



Former sand and gravel workings; over 213 different bird species have been recorded here including Avocet, Temminck's Stint and Little Ringed

Accessible Wildlife Sites

Plover. Three of the four hides are wheelchair accessible and there are 400m of wide gravel paths around two sides of the reserve. Accessible compost toilets and a sheltered picnic area overlooking a bird feeding area. The Wild Bird Café is a great little mobile café selling hot drinks and snacks in the car park most days (early morning to early afternoon).

North Duffield Carrs

Tel: 0300 060 3900 (Natural England switchboard)
www.naturalengland.org.uk/lowerderwentvalley



The car park is one mile east of North Duffield, off the A163. The reserve is part of the Lower Derwent Valley National Nature Reserve. There is a 600m accessible trail taking you alongside flood meadows which supports wintering and breeding wildfowl and waders. There is an accessible bird screen and hide along the trail. The nearest accessible toilets are in Bank Island car park, south-east of Wheldrake, on the road to Thorganby.

Spurn National Nature Reserve

Spurn Head, south of Kilnsea, Hull, HU12 0UH
Contact: Yorkshire Wildlife Trust
Tel: 01964 650144



Email: spurn@ywt.org.uk

www.ywt.org.uk/nature-reserves/spurn-national-nature-reserve

About 25 miles south east of Hull; from Easington follow the B1445 to Kilnsea. A unique coastal reserve, this 3½ mile long narrow sandy peninsula stretches out across the mouth of the Humber into the North Sea. Perfect opportunities for watching birds (especially on migration) and coastal wildlife, and exploring its fascinating history. Spurn Discovery Centre has a café, shop, information displays, accessible toilets and Blue Badge parking nearby. There is no vehicular access down to the Point and limited wheelchair access due to the sandy nature of the terrain. The car park on Easington Road has accessible toilets, Blue Badge parking and great sea views and opportunities to bird watch.

The Deep

Tower Street, Hull, HU1 4DP
Tel: 01482 381000
www.thedeep.co.uk



Harbour Porpoises can often be seen around the Humber, especially in spring. The viewing gallery at The Deep is reputed to be a good vantage point; see www.wdcs.org.uk and Outings – page 10.

Tophill Low Nature Reserve

Watton Carrs, Hutton Cranswick, Driffield, YO25 9RH
Tel: 01377 270690
www.tophillow.blogspot.com



Accessible Wildlife Sites

Off the A164 Beverley to Driffield Road near Hutton Cranswick. The reserve is an active Yorkshire Water Treatment Works built in 1959. It formally opened as a Nature Reserve in 1993 and features 12 hides spread across a 300 acre site that flanks the River Hull. Two reservoirs dominate the reserve and have SSSI status for their massive wildfowl numbers. Around the perimeter a network of marshes, ponds, woodlands and grasslands result in an annual 160+ bird species, with over 60 readily visible even in mid winter. There is a visitor centre, a car park with disabled bays, accessible toilet, picnic areas and seven of the 13 bird hides are accessible. Admission charge, available from the car park machine. Most of the reserve is accessed by easy paths, though a few mown paths can become muddy in winter. A mobility scooter available for loan by advance arrangement.

Waters' Edge Country Park

Waters' Edge Visitor Centre, Malkiln Road,
Barton upon Humber, North Lincolnshire, DN18 5JR
Tel: 01652 631500
www.visitnorthlincolnshire.com



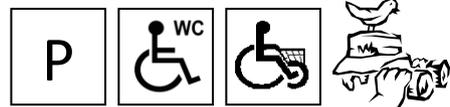
Situated on the waterfront next to the Humber Bridge. The park has a variety of habitats including reed beds, woodlands and wild-flower meadows and is home to rich and varied wildlife including many rare and migratory birds. The main pathways are gravel, though they can be uneven in places. There is a wooden boardwalk across the lake near the visitor centre. There are several routes around the park of varying lengths and suitable for different abilities. The visitor centre has a café and accessible toilets.

Notable Others...

Outside East Yorkshire, these Yorkshire reserves have been included as they offer some of the finest and most accessible bird watching in the country.

Fairburn Ings RSPB

Fairburn Ings, Castleford, WF10 2BH
Tel: 01977 628191
Email: fairburnings@rspb.org.uk
www.rspb.org.uk



600 acres of wetland close to the A1. A small public car park offers an excellent viewpoint for observing a great number of waterfowl. There is a 500m board walk over marshy ground which leads to a bird hide. The lower level viewing hatch is suitable for wheelchairs. The visitor centre is accessible, with an accessible toilet. There is a mobility scooter available to hire, ring the visitor centre to book in advance.

Accessible Wildlife Sites

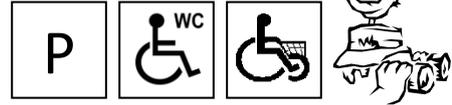
Old Moor - Dearne Valley RSPB

Nr Barnsley, S73 0YF

Tel: 01226 751593

Email: old.moor@rspb.org.uk

www.rspb.org.uk



This area has a wide variety of wetland habitats with accompanying birds, plants and animal life. All paths, five hides and the visitor centre are fully accessible. Electric scooters and folding wheelchairs are available free of charge.

Potteric Carr Nature Reserve

Sedum House, Mallard Way, Doncaster, DN4 8DB

From Junction 35 of the A1(M) follow the M18 along to junction 3 where you turn off onto the A6182 and follow signs to the reserve.

Tel: 01302 325736

www.ywt.org.uk



Potteric Carr has much to offer the avid bird watcher with over 230 species of birds recorded, but it also hosts an array of interesting flowers, plants and insects for anyone interested. The visitor centre and café is fully accessible. Some paths and routes are wheelchair friendly and several of the bird hides have ramped access.

Local Nature Reserves

Contact: Countryside Access Team, East Riding of Yorkshire Council
Tel: 01482 395210
Email: countryside.access@eastriding.gov.uk
www.eastriding.gov.uk/leisure/countryside-and-walks/places-to-visit/local-nature-reserves

Local Nature Reserves are places for people and wildlife. They have wildlife or geological features that are of local interest and can provide people with study and learning opportunities or to simply enjoy having contact with nature. There are 11 Local Nature Reserves in the East Riding of Yorkshire, ranging from windswept coastal headlands, ancient woodlands and flower rich meadows to disused railways and chalk quarries. You can download leaflets which give details on accessibility for each site; they are available in Braille, audio and large print. Some of the reserves are listed below:

Beverley Parks

Long Lane, Beverley, HU17 0RN
Map: OS Explorer 293 Grid ref: TA 042370

The reserve features an orchard, a small wood and two fields which are being restored to a traditional parkland landscape. There is a surfaced level path around the orchard. The path from the car park to parkland crosses a raised boardwalk with steps. The paths around the parkland are level but unsurfaced.

Danes Dyke

Off Flamborough Road, Bridlington, YO15 1AA
Map: OS Explorer 301 Grid ref: TA 215695

The tree trail through the woods follows surfaced paths. Due to the natural landscape paths crossing the ravine have several flights of steep steps (up to 100 steps). Access to the beach is via steps from the trails or down a steep road from the car park. There is no vehicular access for visitors on this road. A hard surfaced picnic area is located adjacent to the car park, with tables suitable for wheelchair users. There are basic toilets, but no disabled toilet.

Eastrington Ponds

Eastrington, Howden, DN14 7PL
Map: OS Explorer 291 Grid ref: SE 787298

Access to the reserve from the car park is by two main paths, which both lead around the main pond. A short walk of less than 1 km around the pond passes the busy bird feeding station. For the more energetic visitor, a longer 2 km trail leads along the old railway line. Here, two additional paths run parallel to the main trail, which are accessed by descending a

Local Nature Reserves

flight of approximately 20 steps. The woodland picnic area is designed for wheelchair users. The site has no toilets.

Howden Marsh

Marsh End, Howden, DN14 7DF

The site has no carpark but there is on street parking in Howden. This is a very accessible site with a flat surfaced route, boardwalk and no barriers around the pond. There are picnic areas available. The site has no toilets.

Kiplingcotes Chalk Pit Nature Reserve

Near Market Weighton; the reserve runs from Goodmanham to Etton.

Map: OS Explorer 294 Grid ref: SE 930438

This reserve is situated on the Hudson Way Rail Trail and has an unsurfaced path running for 7 miles. The surface can be muddy in the winter months, but is firm in summer. There are surfaced car parks at Kiplingcotes Station and Kiplingcotes Quarry. There are ramps leading from connecting roads onto the trail. There are no toilets at the reserve.

Millington Wood

1 mile north of Millington village, YO42 1TZ

Map: OS Explorer 294 Grid ref: SE 838530

A beautiful woodland reserve. Access to the reserve from the car park follows a surfaced level path. On reaching the central clearing, the path continues on a gradual incline to a long steep flight of steps leading to the High View Point. The nearest accessible toilets are on Railway Street in Pocklington (RADAR key required).

Oakhill Nature Reserve

4A Lidice Road, Goole, DN14 6XL

Map: OS Explorer 291 Grid ref: SE 728234

Oakhill is a 150 acre nature reserve with ponds, meadows, wetlands and woodlands, stretching out beyond Goole. There is a surfaced track from the car park to the main pond and Ranger Station. There are surfaced paths around the main pond and brick ponds. Paths through the meadow are firm but un-surfaced. There are three flights of steps in the woods. Free car park, no toilet facilities or refreshments.

Volunteering

There are always lots of opportunities to get involved in your local countryside through volunteering for a conservation or community group. Try the following places and contacts to find out about local groups and projects in your area:

Websites

'Do It'

www.do-it.org.uk

A national database of volunteering opportunities. It has a section on disabled volunteers and contacts.

Volunteering England

<http://volunteeringengland.org.uk>

The web site offers a range of resources for anyone who works with or manages volunteers as well as for those who want to volunteer.

Council for Voluntary Services

East Riding Voluntary Action Services

Morley's Cottage, Morley's Yard, Walkergate, Beverley, HU17 9BY

Tel: 01482 871077

www.ervas.org.uk

Hull CVS (Community and Voluntary Services)

The Strand, 75 Beverley Road, Hull, HU3 1XL

Tel: 01482 324474

Email: enquiries@hull-cvs.co.uk www.hullcvs.org.uk

Humber & Wolds Rural Action

Tel: 01652 637700

Email: info@hwrcc.org.uk www.hwrcc.org.uk

Voluntary Action North East Lincolnshire (VANEL)

82 Grimsby Road, Cleethorpes, DN35 7DP

Tel: 01472 231123

Email: office@vanel.org.uk www.vanel.org.uk

Voluntary Action North Lincolnshire (VANL)

4-6 Robert Street, Scunthorpe, DN15 6NG

Tel: 01724 845155

Email: enquiries@vanl.org.uk

Volunteering in the Countryside

East Riding Countryside Volunteers

www.eastriding.gov.uk/living/community-groups-and-volunteering/volunteering-in-the-countryside/

Information on community groups and volunteering in the East Riding.

Friends of Humber Bridge Country Park

Email: fohbcp_secretary@yahoo.co.uk

<https://sites.google.com/site/fohbcp>

You can join the group on their conservation activities and/or indoor meetings. Everyone welcome!

Friends of Oakhill

www.oakhillnature.org

The Friends of Oakhill in Goole are a group of volunteers dedicated to maintaining and enhancing Oakhill Nature Reserve and the Brickponds for wildlife. They undertake fundraising, habitat management, survey work and lead free guided walks and educational events.

Hull Valley Wildlife Group

Email: wildlife_barrywarrington@yahoo.co.uk

www.hullvalleywildlifegroup.blogspot.co.uk

The group has been preserving, protecting, improving and recording the wildlife in the Hull Valley area for over 25 years. Their main base is at Tophill Low Nature Reserve where many of the group's members volunteer for activities within the reserve, carrying out essential work such as habitat management. They also have volunteer wardens who help out on site as and when required.

National Trust

www.nationaltrust.org.uk/volunteer

The National Trust has many voluntary options including gardening, leading walks, holiday assistance, wardening, information stewards and conservation tasks. Training is provided.

The Conservation Volunteers

www.tcv.org.uk

TCV is Britain's largest environmental organisation involving the public in practical nature conservation work. Transport, training and refreshments are provided.

- Hull Office: TCV Conservation Centre, 4 Goodwin Parade, Adelaide Street, Hull, HU3 2HA
Tel: 01482 620 309 Email: l.hallas@tcv.org.uk

Volunteering in the Countryside

- York: Tang Hall Community Centre, Fifth Avenue, York, YO31 0UG
Tel: 01904 414927 Email: york@tcv.org.uk

South Holderness Countryside Society

www.holdernesscountryside.org

Set up in 1983 with the primary aim of 'Making a Better Place for Wildlife'. They own two large award-winning nature reserves, Beacon Lagoons and Hollym Carrs, and have over 100 subscribing members from all walks of life. They are always in need of volunteers to help with conservation work on their reserves.

Yorkshire Wildlife Trust

1 St. George's Place, York, YO24 1GN

Tel: 01904 659570

Email: volunteering@ywt.org.uk

www.ywt.org.uk

There are many voluntary opportunities with the Trust. Some of these may be done from home e.g. monitoring the local press. Some opportunities involve working with children e.g. helping one of the Wildlife Watch groups around the county. Some involve practical work on reserves, office admin, collecting money, wildlife surveying and much more. Contact the Trust for more information.



Countryside Employment

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

Countryside Jobs Service (CJS)

The Moorlands, Goathland, Whitby, North Yorkshire, YO22 5LZ

Tel: 01947 896007

Email: directoranger@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.

Environment Job

Working Planet Limited, 18 Southernhay West, Exeter, EX1 1PJ

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 Post

ADC Environment, 5 Hayes Chase, Battlesbridge, Essex, SS11 7QT

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.

The Guardian newspaper

www.guardian.co.uk

Find details of environmental and conservation jobs online or in the printed newspaper on Wednesdays.

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 no longer buy the NSK Guide as a book, but you can request regional lists of RADAR toilets when you purchase a key.

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

Beverley

East Riding Treasure House,
Champney Road, Beverley, HU17 8HE
Tel: 01482 391672
Email: beverley.tic@vhey.uk

Bridlington

48 Promenade, Bridlington, YO15 2QQ
Tel: 01262 391634
Email: bridlington.tic@eastriding.gov.uk

Hornsea (Seasonal)

11-17, Newbegin, Hornsea, HU18 1AB
Tel: 01964 536404
Email: hornsea.tic@vhey.co.uk

Humber Bridge

North Bank Viewing Area, Ferriby Road, Hessle, HU13 0LN
Tel: 01482 640852
Email: humberbridge.tic@vhey.co.uk

Kingston Upon Hull

The Welcome Information Centre,
Hull Paragon Interchange, Ferensway, Hull, HU1 3QX
Tel: 01482 228704
Email: welcometohull@hullcc.gov.uk

Withernsea (Seasonal)

Withernsea Lighthouse Museum, 47 Hull Road,
Withernsea, HU19, 2DY
Tel: 01964 614834
Email: withernsea.tic@eastriding.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.

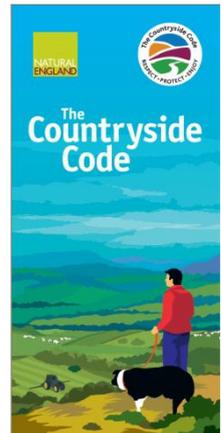
For more information visit www.naturalengland.org.uk

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



About Us

Open Country

Open Country began in 1990 as a temporary project set up to enable adults with a disability to access and enjoy the countryside. Since then Open Country has developed into a small charity with huge aims! On an average week we run up to fifteen countryside activities, catering for a range of abilities. Over the years we have been recognised by many awards including the Queen's Award for Voluntary Service in 2006.

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 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 what is available to them and how they can get involved.

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

www.opencountry.org.uk/countryside-access-directories/

Our directories are free but we always welcome donations. You can donate online at www.opencountry.org.uk/donate. Thank you very much.

We hope you use this Directory to get more involved with the countryside and enjoy all the benefits and fun that comes with it.



This Directory was updated with the help of volunteers and members.

The authors of this Directory have made every effort to ensure that the information included was correct 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.



We hope to be able to update this Directory in the future. If you have any comments or suggestions as to how we may improve it please contact us:

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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