

# Lancashire 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: Bill Oddie OBE



Co-financed by



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

Lancashire's countryside has much to offer; from the gritstone fells of the Forest of Bowland to the sand dunes of the Sefton Coast. There are some great opportunities to view wildlife too, including red squirrels and marsh harriers. 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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“ There are some things that some disabilities make more difficult. The countryside and wildlife should not be among them. What's more, whilst it is generally accepted that nature is an invaluable therapist for all of us, in my experience, the determination and patience needed to overcome a disability are exactly the qualities needed to help nature stay healthy itself. ”



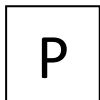
Bin Fadie

Bill Oddie OBE

# 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



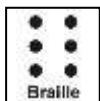
A wheelchair accessible toilet is available  
(*Changing Places facilities at venues have also been included, see [www.changing-places.org](http://www.changing-places.org) for a full list*)



Scooters / wheelchairs are available for loan



Large print leaflets are available



A Braille guide is available

The Directory covers the county of Lancashire including the cities of Liverpool and Manchester and their surrounding areas, which are within the traditional county boundaries.



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# 1. Walking & Outings

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# Walking Clubs & Contacts

## **General Contacts**

### **Disabled Ramblers**

[www.disabledramblers.co.uk](http://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](mailto:ramblers@ramblers.org.uk)

[www.ramblers.org.uk](http://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](mailto:walkingforhealth@ramblers.org.uk)

[www.walkingforhealth.org.uk](http://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 Lancashire; some are wheelchair accessible.



# Walking Clubs & Contacts

## **Lancashire Area**

### **Canal and River Trust North West**

[www.canalrivertrust.org.uk/about-us/where-we-work/north-west](http://www.canalrivertrust.org.uk/about-us/where-we-work/north-west)

Walking is one of the nicest ways to explore Lancashire's canals and rivers. Whether you fancy a 10 minute stroll or a vigorous all-day hike, by walking along the towpaths you're guaranteed a traffic-free route and relaxing views of the water. You can use their website to search for a walking route near you.

### **Community Rail Lancashire**

Accrington Railway Station, Eagle Street, Accrington, BB5 1LJ

Tel: 01254 386579

Email: [info@communityraillancashire.co.uk](mailto:info@communityraillancashire.co.uk)

[www.communityraillancashire.co.uk](http://www.communityraillancashire.co.uk)

Community Rail Lancashire promotes walking for health and supports a series of self-guided walks which can be downloaded from their website. Some of the shorter ones may be wheelchair accessible – contact them for further information. There are details of suggested rail services to get to the start of the walks.

### **Forest of Bowland**

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

[www.forestofbowland.com/access-all](http://www.forestofbowland.com/access-all)

The Forest of Bowland has information on hiring a Trampler (all terrain electric buggy) and suggested routes suitable for Trampers and wheelchairs.

### **Pendle Borough Council**

Tel: 01282 661661

Email: [customer.services@pendle.gov.uk](mailto:customer.services@pendle.gov.uk)

[www.visitpendle.com/countryside](http://www.visitpendle.com/countryside)

The 'Visit Pendle' website has several 'short walks' to download, as well as details about the annual Pendle Walking Festival, which runs several guided walks, some of which are 'Easy' walks with gentle slopes and no stiles.

### **West Lancashire Footpath Group**

[www.westlancsfootpathgroup.org.uk](http://www.westlancsfootpathgroup.org.uk)

Email: [westlancashirefootpathgroup@gmail.com](mailto:westlancashirefootpathgroup@gmail.com)

# Walking Clubs & Contacts

The group organise a programme of Canal and Countryside Walks in conjunction with West Lancashire Borough Council. The walks are gentle 3 to 4 mile strolls along and around the Leeds and Liverpool Canal.

## **Wyre Council**

Tel: 01995 602125

Email: [countryside@wyre.gov.uk](mailto:countryside@wyre.gov.uk)

[www.wyre.gov.uk/walking](http://www.wyre.gov.uk/walking)

The council has details of guided walks and health walks.



## **Liverpool Area**

### **Bradbury Walkers**

Tel: 0151 221 0888

Email: [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk)

[www.bradburyfields.org.uk](http://www.bradburyfields.org.uk)

The group meets twice monthly and walks tend to be around 5 miles. This service is provided on a one to one basis by a sighted volunteer accompanying a visually impaired person. Bradbury Fields provides the transport in their mini buses for these days out. The walking group has also enjoyed many weekends away in Snowdonia and the Lake District. A great way to meet new friends and enjoy the pleasures of the countryside as well as an opportunity for guide dogs to run off their excess energy!

### **Liverpool Brisk Walkers**

Email: [lpbriskwalkers@gmail.com](mailto:lpbriskwalkers@gmail.com)

[www.liverpoolbriskwalkers.co.uk/index.html](http://www.liverpoolbriskwalkers.co.uk/index.html)

The walks are usually between 4 and 6 miles, on Saturdays starting at 1.30pm and are at a brisk pace. There is a full programme of walks on their website.

# Walking Clubs & Contacts

## **Sefton Council**

Tel: 0151 934 2824

[www.sefton.gov.uk](http://www.sefton.gov.uk)

You can download the 'Walking & Cycling Guide to Sefton's Natural Coast' which details walks and trails around Southport and Sefton, some of which are suitable for wheelchair access. The 'Walking & Cycling Newsletter' has details of health walks in the area.

## **Manchester Area**

### **Tameside Metropolitan Council**

Tel: 0161 342 3055 (Countryside Service)

[www.tameside.gov.uk/countryside/walksandtrails](http://www.tameside.gov.uk/countryside/walksandtrails)

There are a number of walks and trails that can be downloaded from the council's website. You can also contact the Countryside Service for details of guided walks and other countryside events.

### **Visit Manchester**

Tel: 0161 2228223

Email: [touristinformation@visitmanchester.com](mailto:touristinformation@visitmanchester.com)

[www.visitmanchester.com/things-to-see-and-do/activities/walking](http://www.visitmanchester.com/things-to-see-and-do/activities/walking)

The 'Visit Manchester' website has a number of walking trails to download exploring Manchester's countryside.

## **Long Distance Paths**

### **Pennine Bridleway**

Tel: 01756 751646

Email: [nick.osbourne@yorkshiredales.org.uk](mailto:nick.osbourne@yorkshiredales.org.uk)

[www.nationaltrail.co.uk/pennine-bridleway](http://www.nationaltrail.co.uk/pennine-bridleway)

The Pennine Bridleway offers horse riders, cyclists and walkers the opportunity to explore the Pennines' ancient packhorse routes, drovers' roads and newly created bridleways. The route runs through fantastically diverse countryside, starting in the White Peak area of Derbyshire and finishing, for the present, on the edge of the Howgill fells in Cumbria (205 miles, 330 Km). It passes through the moors of Tameside, into Oldham and the moors of Rochdale, and through Wycoller and the Ribble Valley. There is also the 47 mile Mary Towneley Loop in the South Pennines. As the route is a bridleway there are no stiles, but the terrain will vary; contact the National Trails to find out which areas may be suitable for wheelchair users.

# Walking Clubs & Contacts

## **Trans Pennine Trail**

Tel: 01226 772574

Email: [info@transpenninetrail.org.uk](mailto:info@transpenninetrail.org.uk)

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

The Trans Pennine Trail (TPT) is an exciting route for walkers, cyclists and horse riders, linking the North and Irish seas. The Trail from coast-to-coast between Southport and Hornsea is 215 miles (346Km) long. A north-south route connecting Leeds and Chesterfield, a spur to York and a spur to Kirkburton means there are approximately 370 miles (595 km) of the TPT available to explore. The route is mainly traffic free and is surprisingly level considering the dramatic scenery along the way. Easy gradients and surfaced paths make many sections suitable for families, gentle exercise and people using wheelchairs and pushchairs, although at certain points motorcycle barriers may make it inaccessible to larger wheelchairs and scooters. Contact the Trail office for up to date information.

## **Open Access**

Tel: 0300 060 2091 (Open Access Contact Centre)

Email: [openaccess@naturalengland.org.uk](mailto:openaccess@naturalengland.org.uk)

[www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam](http://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 12 DEFRA sites with access in the Lancashire 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 on-going. Please ring your local Access Officer or Open Country if you would like to report or comment on any accessible paths.

## **Lancashire Area**

### **Arnside and Silverdale Easy Access Walks**

Tel: 01524 761034

Email: [info@arnsidesilverdaleaonb.org.uk](mailto:info@arnsidesilverdaleaonb.org.uk)

[www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/walking-routes/easy-access-walks](http://www.arnsidesilverdaleaonb.org.uk/discover/things-to-see-do/walking-routes/easy-access-walks)

A selection of 12 coastal and inland walks which can be enjoyed by everyone, including wheelchair users, those with walking difficulties and people with young children and pushchairs.

### **Conder Green**

Situated 4 miles to the south of Lancaster just off the A588, ½ mile from Glasson. The entrance road to the picnic site is in front of the Stork public house.

Map: OS Explorer 296

Grid ref: SD 522644

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



Conder Green is situated near the historic seaport of Glasson at the beginning of the Lune Millennium Cycleway. There is a ramp to a picnic table with views over the Conder estuary and wheelchair access to the coastal way can be gained from Conder Green Picnic site.

### **Crook O'Lune Picnic Site**

Low Road, Caton, off the A683.

Map: OS Explorer OL41

Grid ref: SD 521647

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



Situated at a popular beauty spot on a horseshoe bend in the River Lune. The main picnic area offers scenic views up the Lune Valley towards Hornby and is 400m from the car park accessed over a tarmac path.

### **Dunsop Bridge**

Clitheroe, BB7 3BB. The start is accessed by the car park next to Puddleducks Café.

Map: OS Explorer OL41

Grid ref: SD 659501

[www.forestofbowland.com](http://www.forestofbowland.com)



The walk is two miles (each way) and follows the River Dunsop. The track is tarmac and accessible until you reach the United Utilities installations;

# Easy Going Walks

beyond here it becomes rough. The public car park and toilets are 100m from the start of the walk.

## Gisburn Forest

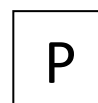
Stephen Park, Slaidburn, BB7 4TS

Map: OS Explorer OL41      Grid ref: SD 745560

Tel: 01200 446387

Email: [enquiries.northengland@forestryengland.uk](mailto:enquiries.northengland@forestryengland.uk)

[www.forestryengland.uk/gisburn-forest-and-stocks](http://www.forestryengland.uk/gisburn-forest-and-stocks)



The largest forest in Lancashire and managed by the Forestry Commission. There is a short accessible track starting from the 'Gisburn Forest Hub' car park to a view point. Trammer and mobility scooter hire are available – ring ahead to book.

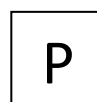
## Scorton Picnic Site

Start at Scorton Picnic Site car park, Cleveley Bank Lane, Scorton.

Map: OS Explorer OL41      Grid ref: SD 504504

[www.ribblesdale.net/leaflets\\_walking/scorton-picnic-tramper-trail.pdf](http://www.ribblesdale.net/leaflets_walking/scorton-picnic-tramper-trail.pdf)

The mile long circular trail starts and finishes at the picnic site car park and follows the River Wyre through predominantly alder and willow woodland before returning through a flower rich meadow.



## Scorton Priory Trail

Start at the Priory Café car park in The Square, Scorton, PR3 1AU

Map: OS Explorer OL41      Grid ref: SD 502488

[www.ribblesdale.net/leaflets\\_walking/scorton-priory-tramper.pdf](http://www.ribblesdale.net/leaflets_walking/scorton-priory-tramper.pdf)

'Trail 2' of the Scorton Trails is suitable for wheelchairs. It is a linear trail approximately 1.5 miles long (there and back). It starts from Scorton village, follows the Scorton Millennium Way and down to Gubberford Bridge. A trail map can be downloaded from the Forest of Bowland's website (above). There are accessible toilets on Gubberford Road.



## United Utilities

[www.unitedutilities.com/out-and-about.aspx](http://www.unitedutilities.com/out-and-about.aspx)

United Utilities own 57,000 hectares of water gathering land in some of the most scenic and environmentally sensitive areas of North West England. Their website has details about all the reservoirs in the area. Some that state they have wheelchair access are listed below, but contact the reservoir for full details about accessibility before you go:



- **Clowbridge Reservoir**

Manchester Road, Clowbridge, Burnley, BB11 5PF

Tel: 01706 221195

# Easy Going Walks

Accessible circular walk around the reservoir. Accessible toilet.

- **Haslingden Grane**

Calf Hey Road, Rossendale, BB4 4AU

Tel: 01706 221195

Accessible toilet, the Calf Hey trail is suitable for assisted wheelchair users. Accessible bird hide.

- **Rivington Reservoir**

Great House Barn Information Centre, Rivington Lane, Horwich, Bolton, BL6 7SB

Tel: 01204 691 549

Accessible toilet, some paths are suitable for assisted wheelchair users.

- **Stocks Reservoir**

School Lane, Clitheroe, BB7 4TS

Tel: 01200 454400.

Accessible path from car park to bird hide (see page 52).

## **West Lancashire Borough Council**

Tel: 01695 622794 (Park Ranger Service)

[www.westlancls.gov.uk/leisure-recreation](http://www.westlancls.gov.uk/leisure-recreation)

The council's website has maps of their country parks with details about facilities and wheelchair friendly paths. In particular, see Abbey Lakes, Beacon Country Park, Fairy Glen, Platts Lane Lake and Ruff Wood.

## **Liverpool Area**

### **Cheshire Lines Path**

The start point is next to the TPT Seamark on Marine Drive, Southport.

Map: OS Explorer 285      Grid ref: SD 320164

[www.sefton.gov.uk/media/277109/walking-and-cycling-guide.pdf](http://www.sefton.gov.uk/media/277109/walking-and-cycling-guide.pdf)

This route forms part of the Trans Pennine Trail and largely follows the trackbed of the former Cheshire Lines Railway. This route is accessible from Southport until you reach the Formby bypass (A565).

### **Otterspool Park and Promenade**

Otterspool Drive, Aigburth, Liverpool, L17 5AL

Map: OS Explorer 275      Grid ref: SJ 381853

Tel: 0151 233 2008 (Liverpool City Council)

Otterspool Promenade is located in Otterspool Park and runs for a distance of about 4 miles along the banks of River Mersey to the Pierhead

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# Easy Going Walks

in the city centre. There are car parks at both ends of Otterspool Drive, though wheelchair users may need assistance when returning to the car park as the path slopes down towards the promenade. A fully accessible 'Changing Places' toilet is located in the Aviary Café in nearby Sefton Park (see page 51).

## Queens Jubilee Nature Trail

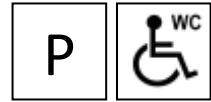
Esplanade, Southport

Map: OS Explorer 285

Grid ref: SD 322165

Tel: 0151 934 2967

[www.visitsouthport.com/things-to-do/queens-jubilee-nature-trail-p267721](http://www.visitsouthport.com/things-to-do/queens-jubilee-nature-trail-p267721)



Access is from the Esplanade at one of two entrances, both of which lead onto circular pathways around the site and which link to paths through Victoria Park to Rotten Row. Many of the paths and viewing platforms are suitable for disabled access. Viewing platforms look out over Southport beach to the Ribble Estuary and Welsh Hills. There is parking at the nearby Park and Ride and accessible toilets on Eastbank Street, near to the junction with Lord Street.

## Rimrose Valley Ramble

Start at Cooksons Bridge, Gorsey Lane, Liverpool, L21 0EJ

Map: OS Explorer 275

Grid ref: SJ 341992

Email: [coast.countryside@sefton.gov.uk](mailto:coast.countryside@sefton.gov.uk)

<http://activetravelsefton.co.uk/wp-content/uploads/2017/02/18-Rimrose-Valley-Ramble.pdf>

A 1.5 mile circular walk along the Leeds and Liverpool Canal and through Rimrose Valley Country Park. The route may not be suitable for large mobility scooters. A walk leaflet is available from Sefton Council, or you can download it from the link above.



# Easy Going Walks

## Manchester Area

### **Cheshum Woods**

Milner Avenue, Bury, BL9 6NG

Map: Explorer 277

Grid ref: SD 809122

Tel: 0161 253 5353

[www.bury.gov.uk/CHttpHandler.ashx?id=1467&p=0](http://www.bury.gov.uk/CHttpHandler.ashx?id=1467&p=0)

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A local nature reserve on the edge of Bury. There is a car park at the Clarence Park Lido on Milner Avenue and a path leads from here to the woods. There is a path suitable for wheelchairs that runs through the woods. A map can be downloaded from the link above.

### **Manchester's Green Trail**

[www.manchesterandsalfordramblers.org.uk/manchester-s-green-trail.html](http://www.manchesterandsalfordramblers.org.uk/manchester-s-green-trail.html)

Manchester's Green Corridor is a walking circuit made up of 14 routes, some of which are 'Easy Access', connecting many of the green spaces and tree-lined streets around the city.

### **Middlewood Way**

Map: OS Explorer 268

Tel: 01625 383700

[www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

A 10-mile traffic-free route for walkers, cyclists and horseriders linking Marple near Stockport with Macclesfield. The route is mostly level and wheelchair-accessible. A leaflet can be downloaded from the website above which shows the facilities available, as well as easy access points and areas of the route that may be difficult for wheelchairs.

### **Monton and Roe Green Loophline Heritage trail**

Monton Green, Monton, Eccles, Manchester, M30 8AP

Map: OS Explorer 277

Grid Ref: SJ 764995

Tel: 0161 793 3178 (Salford City Council)

[www.est1761.org/trail/monton-and-roe-green-loophline-heritage-trail](http://www.est1761.org/trail/monton-and-roe-green-loophline-heritage-trail)

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This 2 mile circular walk follows the 'loophline', the old route of the Roe Green railway line, before returning along the towpath of the Bridgewater Canal. The walk is accessible for wheelchair users, but in wet weather the path alongside the canal can become very muddy. A route leaflet is available from the council or can be downloaded from the link above. There is a Pay and Display car park on Monton Road with Blue Badge bays, or you may be able to park on the streets around Monton Unitarian Church e.g. Stableford Avenue.

# Easy Going Walks

## United Utilities

[www.unitedutilities.com/about-us/recreation-sites](http://www.unitedutilities.com/about-us/recreation-sites)



United Utilities own 57,000 hectares of water gathering land in some of the most scenic and environmentally sensitive areas of North West England. Their website has details about all the reservoirs in the area. Some that state they have wheelchair access are listed below, but contact the reservoir for full details about accessibility before you go:

- **Dove Stone Reservoir** (see page 46)  
Bank Lane, Greenfield, Oldham, OL3 7NE  
Tel: 01925 463065  
Accessible toilet, some paths suitable for assisted wheelchair users.
- **Jumbles Country Park**  
Bradshaw Road, Bolton, BL2 4JS  
Tel: 01204 856999.  
Accessible toilet, some paths suitable for assisted wheelchair users. Café in car park.
- **Strinesdale**  
The Old Waterworks, Holgate Street, Waterhead,  
Oldham, OL4 2JW.  
Tel: 01706 881049  
Some wheelchair friendly paths.

## **Contacts**

### **AccessAble**

Tel: 01438 842710

Email: [hello@accessable.co.uk](mailto:hello@accessable.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

Their website has detailed access information on thousands of places of interest across the UK and the Republic of Ireland. Every venue featured has been visited in person by one of their own specialist surveyors.

### **Phab**

Tel: 020 8667 9443

Email: [info@phab.org.uk](mailto:info@phab.org.uk)

[www.phab.org.uk](http://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:

- Tel: 01254 824784  
Email: [rebecca.hargreaves@phab.org.uk](mailto:rebecca.hargreaves@phab.org.uk)

### **Revitalise**

Tel: 0303 303 0145

[www.revitalise.org.uk](http://www.revitalise.org.uk)

A national charity providing short breaks and holidays (respite care) for people with physical disabilities and carers. There are three centres in the UK, including one in Southport:

- Revitalise Sandpipers, Fairway, Southport, Merseyside, PR9 0LA  
Tel: 01704 538 388  
Email: [Sandpipers@revitalise.org.uk](mailto:Sandpipers@revitalise.org.uk)

# Outings

## **Lancashire Area**

### **Astley Hall**

Off Hall Gate, Chorley, PR7 1XA  
Tel: 01257 515151  
Email: [astleyhall@chorley.gov.uk](mailto:astleyhall@chorley.gov.uk)  
[www.astleypark.co.uk](http://www.astleypark.co.uk)



Astley Hall is a museum and art gallery housed within a Grade I listed historic house. The Hall is set within the beautiful surroundings of Astley Park which include historic woodland, a lake and a fully renovated Victorian walled garden. Only the ground floor of the hall is accessible to wheelchairs. The Coach House is wheelchair accessible and includes a lift to the first floor. Blue Badge holders can drive to the front of the hall via a council depot; advanced notice would be appreciated. The park is largely accessible although paths within the woodland can be unsuitable for wheelchair users. In the Farmhouse, only the ground floor is wheelchair accessible. There is free entry, although some events are ticketed.

### **Blackpool Zoo**

East Park Drive, Blackpool, FY3 8PP  
Tel: 01253 830830  
Email: [info@blackpoolzoo.org.uk](mailto:info@blackpoolzoo.org.uk)  
[www.blackpoolzoo.org.uk](http://www.blackpoolzoo.org.uk)



A 32-acre zoo, providing a home to over 1,500 animals from all over the world. All areas within the grounds and buildings are accessible to wheelchair users, with many of the enclosures having low level viewing windows. 'Talking Tours' for people with visual impairments and 'Signing Tours' for the hard of hearing are available if booked in advance. Assistance dogs cannot be taken into the park but can be left with the office staff and guides can be arranged for people with visual impairments. Wheelchairs are available to hire with a £10 refundable deposit.

### **Bowland Wild Boar Park**

Chipping, Preston, PR3 2QT  
Tel: 01995 61075  
[www.wildboarpark.co.uk](http://www.wildboarpark.co.uk)



An animal park set in the heart of the Forest of Bowland. You can see and feed the wildlife which includes deer, llamas, goats, wild boar, Longhorn cattle, meerkats, skunks, wallabies and birds. Most of the park is accessible by wheelchair, but some areas, particularly the woodland, are uneven and unsuitable. A Trumper is available to borrow free of charge, though it is advisable to book in advance. Tractor rides provide access to the park.

# Outings

## **Carnforth Station Heritage Centre**

Carnforth Station, Warton Road, Carnforth, LA5 9TR

Tel: 01524 735165

Email: [sdo@carnforth-station.co.uk](mailto:sdo@carnforth-station.co.uk)

[www.carnforthstation.co.uk](http://www.carnforthstation.co.uk)



This award-winning Heritage Centre is located within a busy working railway station and housed in the beautifully restored historic buildings. There is a range of exhibitions, including the platform where Brief Encounter was filmed and a 1940's tea room. The building is all on one level and is wheelchair accessible. There is a pay and display car park opposite the centre with Blue Badge parking bays.

## **Cobble Hey Farm**

Hobbs Lane, Claughton on Brock, Garstang, PR3 0QN

Tel: 01995 602643

[www.cobblehey.com](http://www.cobblehey.com)



This large, tranquil garden contains a wide range of natural environments including a cottage garden, woodland, ponds and streams, rockeries and lawns, as well as a full working farm and accessible bird hide. The café, toilets and most of the site is wheelchair accessible. A Trampler can be used on site to access the countryside around the gardens if booked in advance. Open from Thursday to Sunday.

## **Lytham Hall**

Ballam Road, Lytham St Annes, FY8 4JX

Tel: 01253 736652

Email: [lytham.hall@htnw.co.uk](mailto:lytham.hall@htnw.co.uk)

[www.lythamhall.org.uk](http://www.lythamhall.org.uk)



Lytham Hall is a Grade I listed 18th century manor house on the Lancashire coast. The Hall is situated in 80 acres of mature parkland, and was built for Thomas Clifton by John Carr of York between 1752-1764, on the site of an earlier manor house and Priory settled by Benedictine monks from Durham. Only the lower hall is accessible to wheelchair users (a reduction is given on the entrance fee). Ramps are available to access the hall; ask staff for assistance. There is a disabled parking area at the back of the West Wing Tea Room, follow the signs when driving past the Hall itself.

## **Myerscough College Gardens**

St Michael's Road, Bilsborrow, Preston, PR3 0RY

Tel: 01995 642222

[www.myerscough.ac.uk/commercial-services-equine-events/plant-world-gardens](http://www.myerscough.ac.uk/commercial-services-equine-events/plant-world-gardens)



# Outings

Myerscough Gardens are situated on the west-side of the College campus, to the rear of the Plant World sales and display areas. The Gardens cover an area of approximately two hectares, containing over twenty themed plant borders set into a large lawned area, a pond and bog garden, a large collection of trees and an ornamental kitchen garden. There is wheelchair access to the gardens although assistance may be required on the lawn areas in wet weather.

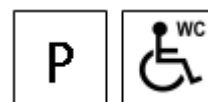
## Samlesbury Hall

Preston New Road, Samlesbury, Preston, PR5 0UP

Tel: 01254 812010

Email: [enquiries@samlesburyhall.co.uk](mailto:enquiries@samlesburyhall.co.uk)

[www.samlesburyhall.co.uk](http://www.samlesburyhall.co.uk)



A half-timbered black and white medieval house built in 1325 as a family home. The hall is set within five acres of grounds including formal lawns and borders, herb garden and woodland. There is also a small animal farm including goats, sheep, pigs, rabbits and hens. Only the ground floor is accessible to wheelchairs, although there is a stair lift to the upstairs for those that are able to transfer. Free admission. Picnics are not allowed. Restaurant on site. Closed on Saturdays and occasional Fridays for weddings.

## Old Holly Farm

Cabus Nook Lane, Garstang, Preston, PR3 1AA

Tel: 01524 791200

Email: [info@oldhollyfarm.com](mailto:info@oldhollyfarm.com)

[www.oldhollyfarm.com](http://www.oldhollyfarm.com)



A family run, working organic dairy farm. Much of the farm is wheelchair accessible, although the Dairy Viewing Gallery is located up a steel staircase. See their Access Statement for full details, on their website. Unfortunately, picnics are not allowed anywhere on the farm including the car park, however, refreshments can be purchased from the tearoom.

## Sawley Abbey

Sawley, BB7 4NH (5 miles north of Clitheroe, off the A59)

Tel: 0370 333 1181

[www.english-heritage.org.uk/visit/places/sawley-abbey](http://www.english-heritage.org.uk/visit/places/sawley-abbey)

The remains of a Cistercian abbey founded in 1148, set on the banks of the Ribble against a backdrop of dramatic hills. The site is mainly level but is on grass, so may become less accessible in wet weather. Free entry. There is no car park, but you can park on the road near to the entrance.

## SEA LIFE Blackpool

Promenade, Blackpool, FY1 5AA (opposite the Central Pier)



# Outings

Tel: 01253 621258

Email: [Sealifecentre@Merlinentertainments.biz](mailto:Sealifecentre@Merlinentertainments.biz)

[www.visitsealife.com/blackpool](http://www.visitsealife.com/blackpool)

Includes a Walkthrough Ocean Tunnel & over 2000 marine creatures including tropical sharks, colourful reef fish, turtles, rays and sea horses. Several accessible toilets are available and a lift operates from reception to all other floors. There is a hearing induction loop system in place at the reception, gift shop and mini golf desks. There is no onsite parking; but there are Blue Badge spaces in the pay and display car park directly behind the centre on Bonny Street.

## **Towneley Hall**

Off Todmorden Road, Burnley, BB11 3RQ

Tel: 01282 477130

Email: [towneleyhall@burnley.gov.uk](mailto:towneleyhall@burnley.gov.uk)

[www.towneley.org.uk](http://www.towneley.org.uk)



Towneley Hall historic house, art gallery and museum are located in Burnley's largest park. The Hall, which dates back to the 14th century, contains fine period rooms decorated with oil paintings and sculptures. Only the ground floor is wheelchair accessible. Much of the grounds are suitable for wheelchairs and there are mobility scooters available to hire free of charge to explore the parkland. The permaculture project 'Offshoots', situated in the walled garden demonstrates the techniques of permaculture and regularly holds workshops and activities.

## **Liverpool Area**

### **Acorn Farm**

Depot Road, Kirkby, Knowsley, L33 3AR

Tel: 0151 548 1524

Email: [admin@acornfarm.co.uk](mailto:admin@acornfarm.co.uk)

[www.acornfarm.co.uk](http://www.acornfarm.co.uk)



A family-friendly working farm with a sensory garden and woodland walk and a wide range of animals, many of which you can feed and stroke, including sheep, cows, goats, pigs, horses, chickens, rabbits, guinea pigs and meerkats! The farm runs a Day Service for people with disabilities and runs weekly Riding for the Disabled lessons. There are accessible paths and some braille signage.

### **Botanic Gardens**

Bankfield Lane, Churchtown, Southport, PR9 7NB

Tel: 01704 214164/01704 214 183

Email: [parks@sefton.gov.uk](mailto:parks@sefton.gov.uk)

[www.visitsouthport.com/things-to-do/botanic-gardens-p56922](http://www.visitsouthport.com/things-to-do/botanic-gardens-p56922)



# Outings

Originally opened in 1874, the Victorian gardens are bursting with floral splendour and colourful displays. Winding through the park is the garden's lake and a number of accessible pathways. There's also a Victorian fernery, aviary, gift shop and café. There are disabled parking bays at both the Verulam Road and Bankfield Road car parks. Wheelchair users may require assistance with the slope up to the accessible toilets.

## Calderstones Park

Access from Calderstones Road, Allerton Road, Harthill Road and Yew Tree Road.

Tel: 0151 223 2008

[www.liverpool.gov.uk/leisure-parks-and-events/parks-and-green-spaces/calderstones-park](http://www.liverpool.gov.uk/leisure-parks-and-events/parks-and-green-spaces/calderstones-park)

Calderstones is a 94-acre park in South Liverpool with botanical and historical interest. There is a walled garden, a lake and a 1000 year old oak tree. There are car parks at Yew Tree Road and Calderstones Road entrances. There is a fully accessible 'Changing Places' toilet located at the rear of the mansion.



## Croxteth Hall and Country Park

Off Muirhead Avenue East, Liverpool, L11 1EH

Tel: 0151 233 3020

[www.liverpoolcityhalls.co.uk/croxteth-hall](http://www.liverpoolcityhalls.co.uk/croxteth-hall)

The park and nature reserve were once a great country estate and the ancestral home of the Molyneux family; the Earls of Sefton. The Hall entrance is ramped and there is a lift to the upstairs display rooms. Home Farm has level access but a cobbled farmyard, and the Victorian Walled Garden has slightly ramped access onto fine gravel paths. The Country Park has miles of estate roads and tracks with tarmac or stone surfacing. There is a fully accessible 'Changing Places' toilet in the café courtyard.



## Knowsley Safari Park

Prescot, Merseyside, L34 4AN

Tel: 0151 430 9009

[www.knowsleysafariexperience.co.uk](http://www.knowsleysafariexperience.co.uk)

A 550-acre park on the Earl of Derby's estate offering a unique five-mile safari drive along roads lined with exotic animals from all over the globe. There are also plenty of areas to view animals from outside of your car. Assistance dogs are allowed access to pedestrian areas but not the animal areas and are not allowed in the safari drive for safety reasons.



## Merseyside Maritime Museum

Royal Albert Dock, Liverpool Waterfront, L3 4AQ

Tel: 0151 478 4499



# Outings

[www.liverpoolmuseums.org.uk/maritime](http://www.liverpoolmuseums.org.uk/maritime)

Uncover objects from the Titanic, find out about life at sea and learn about the port of Liverpool. There is access to every floor but due to evacuation procedures the number of wheelchair users on each floor has to be restricted. Quaysides (when open) are accessible to wheelchair users, although uneven. The museum ships, the Piermaster's House and some interactive exhibitions in the 'Life at Sea' gallery on the first floor are not accessible to wheelchair users. There is a hearing assistance system and tactile sessions for groups can be booked. a 'Changing Places' toilet is situated on the second floor. Entry to the museum is free.

## Speke Hall

The Walk, Speke, Liverpool, L24 1XD

Tel: 0151 427 7231

Email: [spekehall@nationaltrust.org.uk](mailto:spekehall@nationaltrust.org.uk)

[www.nationaltrust.org.uk/speke-hall-garden-and-estate](http://www.nationaltrust.org.uk/speke-hall-garden-and-estate)



Speke Hall is a rare Tudor timber-framed manor house situated on the banks of the River Mersey. Restored and brought back to life in the 19th century, it is a unique mixture of Tudor simplicity and Victorian 'Arts and Crafts' aesthetics. Only the ground floor is accessible to wheelchairs. There is a wheelchair accessible route around the gardens. A mobility scooter and wheelchair are available for hire. A map of accessible routes can be found on the website.

## Sudley House

Mossley Hill Road, Aigburth, Liverpool, L18 8BX

Tel: 0151 478 4016

[www.liverpoolmuseums.org.uk/sudley](http://www.liverpoolmuseums.org.uk/sudley)



A Victorian merchant's house set in landscaped grounds, with a collection of period furniture and paintings. There is a lift between all floors. Each room has a visual/audio commentary display with BSL and subtitles. There is free entry to the house. An access guide can be downloaded from the website.

## The National Wildflower Centre

Court Hey Park, Roby Road, Knowsley, Liverpool, L16 3NA

Tel: 0151 738 1913

Email: [events@landlife.org.uk](mailto:events@landlife.org.uk)

[www.nwc.org.uk](http://www.nwc.org.uk)



A seasonal eco-visitor attraction showcasing our natural wildflower heritage and inspiring you to create new wildflower landscapes wherever you live. The seasonal nature displays and creative community projects

# Outings

raise awareness about the importance of wildflowers and encourage people to learn about creative conservation. The centre is accessible for wheelchairs and is mainly on one (ground) level. A wheelchair and electric buggy can be hired from reception.

## **World Museum**

William Brown Street, Liverpool, L3 8EN  
Tel: 0151 478 4393  
[www.liverpoolmuseums.org.uk/wml](http://www.liverpoolmuseums.org.uk/wml)



Home to several treasures from around the world as well as an aquarium, a planetarium, a bug house and the Clore Natural History Centre, where you can get your hands-on fascinating items from the huge natural science collections. All floors are wheelchair accessible. There is a fully accessible 'Changing Places' toilet on the first floor. There are a limited number of Blue Badge parking spaces on William Brown Street, outside the museum. Entry to the museum is free.

## **Manchester Area**

### **Bolton Museum, Art Gallery and Aquarium**

Le Mans Crescent, Bolton, BL1 1SE  
Tel: 01204 332211  
[www.boltonlams.co.uk/museum](http://www.boltonlams.co.uk/museum)



The museum has collections on art, local history, botany, entomology, Egyptology and geology. There is also an aquarium which contains a wide range of fresh water fish from all over the world. There are Blue Badge parking bays outside the museum entrance. Admission to the museum is free.

### **Chadkirk Chapel and Country Estate**

Vale Road, Romiley, Stockport, SK6 3LD  
Tel: 0161 474 4444  
Email: [chadkirk.chapel@stockport.gov.uk](mailto:chadkirk.chapel@stockport.gov.uk)  
[www.stockport.gov.uk/visit-chadkirk-chapel-and-country-estate](http://www.stockport.gov.uk/visit-chadkirk-chapel-and-country-estate)



A restored 14th century chapel set in the heart of Chadkirk Country Estate with legends that link it to 7<sup>th</sup> century missionary, St Chad. There is level access into the chapel and a fixed loop hearing system. Free admission.

### **East Lancashire Railway and Bury Transport Museum**

Bury Bolton Street Station, Bury, BL9 0EY  
Tel: 0333 320 2830  
Email: [enquiries@eastlancsrailway.org.uk](mailto:enquiries@eastlancsrailway.org.uk)  
[www.eastlancsrailway.org.uk](http://www.eastlancsrailway.org.uk)



# Outings

The restored East Lancashire Railway takes you on a 12 mile journey through the Irwell Valley, taking in viaducts, tunnels, bridges, beautiful countryside and historic towns. The passenger service runs from Bury to Ramsbottom, Rawtenstall and Heywood. You can hop on and off the train making it a great way to explore the countryside. Wheelchair access to the train is available at all stations via ramps – ask staff for assistance (please note that the ramps have a weight limit of 250kg so are not suitable for larger motorised scooters). Blue Badge parking spaces are available directly across the road, in the car park next to the Transport Museum.

## Fletcher Moss Park and Botanical Gardens

Wilmslow Road, Didsbury, M20 2SW  
Tel: 0161 434 1877  
Email: [info@fletcher-moss-gardens.org.uk](mailto:info@fletcher-moss-gardens.org.uk)  
[www.fletcher-moss-gardens.org.uk](http://www.fletcher-moss-gardens.org.uk)

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The 21 acre park and house, named The Croft was acquired as a gift from Alderman Fletcher Moss in 1914. The Croft was the birthplace of the Royal Society for the Protection of Birds (RSPB). The gardens contain many antiquated and unusual plants and flowers and has retained many of its original features, such as the rock and heather gardens and the orchid houses situated in the Parsonage Gardens adjacent to Fletcher Moss. There is a car park with Blue Badge parking bays off Millgate Lane and on-street parking along Stenner Lane. Accessible toilets can be found in Fletcher Moss Park.

## Heaton Park

Prestwich, Manchester, M25 2SW  
Tel: 0161 773 1085  
[www.manchester.gov.uk/heatonpark](http://www.manchester.gov.uk/heatonpark)

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Heaton Park is a huge family park, owned and managed by Manchester City Council and located four miles north of the city centre. The park has an 18th century country house, Heaton Hall, open parkland, a boating lake and woodland. There is also an animal centre where you can meet a variety of animals including cows, alpacas and goats. There are a number of accessible paths, including a 1 mile loop around the lake. There are plenty of Blue Badge parking bays in Hall Car Park (off St Margaret's Road) and Lake Car Park (off Sheepfoot Lane).

## Manchester Museum

The University of Manchester, Oxford Road,  
M13 9PL  
Tel: 0161 275 2648  
Email: [museum@manchester.ac.uk](mailto:museum@manchester.ac.uk)  
[www.museum.manchester.ac.uk](http://www.museum.manchester.ac.uk)

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## Outings

The museum has artefacts from the natural world and different cultures including fossils, rocks and minerals, stuffed animals, birds and insects, as well as Egyptian, Roman and Greek archaeological collections. There is also a vivarium and a greenhouse. There is lift access to all floors. Audio guides are available from the information desk. Wheelchairs can also be hired. Object handling tables can be found throughout the museum and a 'Tactile Tour' is available to follow. There are a limited number of disabled parking spaces outside the main entrance via Booth Street West and on Coupland Street. Free admission.

### **Portland Basin Museum**

Portland Place, Ashton-under-Lyne, OL7 0QA

Tel: 0161 343 2878

[www.tameside.gov.uk/portlandbasin](http://www.tameside.gov.uk/portlandbasin)



The museum is housed within the restored nineteenth century Ashton Canal Warehouse and combines a lively modern interior with a peaceful canal side setting. Visitors can explore the area's industrial heritage and discover what life was like down the mines, or on the farm and find out about local crafts, industries and historic machines. The museum is free to enter and is fully accessible, however, the car park is laid with cobbles and wheelchair users may require support to transfer to the museum.

### **SEA LIFE Manchester**

Barton Square, intu Trafford Centre, M17 8AS

Tel: 0871 222 7741

[www.visitsealife.com/manchester](http://www.visitsealife.com/manchester)



The UK's newest aquarium. There are over 5,000 creatures including sharks, seahorses, octopus, jellyfish and rays. There is an underwater ocean tunnel, Interactive Rockpool Experience and talks and feeds throughout the day. Most of the centre is accessible to wheelchairs, but certain areas, such as on top of the viewing tank for activities such as the VIP Feeding experiences, there is no wheelchair access due to steps.

## 2. Sports & Outdoor Pursuits

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# Sports Clubs & Contacts

## **Active Lancashire**

Tel: 01772 299830

Email: [contact@activelancashire.org.uk](mailto:contact@activelancashire.org.uk)

[www.activelancashire.org.uk](http://www.activelancashire.org.uk)

Dedicated to improving the access to sport and physical activity for all disabled people within the county. The website lists the disability sports, leisure clubs and contacts in Lancashire.

## **Activity Alliance**

Tel: 01509 227750 (head office), 0161 228 2868 (Manchester office)

[www.activityalliance.org.uk](http://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.

## **Boccia England**

Tel: 0115 679845

Email: [info@bocciaengland.org.uk](mailto:info@bocciaengland.org.uk)

[www.bocciaengland.org.uk](http://www.bocciaengland.org.uk)

Dedicated to improving the physical and emotional well-being of children and adults with disabilities through boccia.

## **British Blind Sport**

Tel: 01926 424247

Email: [info@britishblindsport.org.uk](mailto:info@britishblindsport.org.uk)

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

Enables people with visual impairments to have the same opportunities as sighted people and to access and enjoy sport and recreational activities in the UK.

## **GreaterSport**

Tel: 0161 2231002

Email: [office@greatersport.co.uk](mailto:office@greatersport.co.uk)

[www.greatersport.co.uk](http://www.greatersport.co.uk)

Dedicated to improving the access to sport and physical activity for all disabled people within Greater Manchester.

## **Greenbank Sports Academy**

Greenbank Lane, Liverpool, L17 1AG

Tel: 0151 280 7757

## Sports Clubs & Contacts

[www.greenbanksportsacademy.co.uk](http://www.greenbanksportsacademy.co.uk)

The North West's leading sports and leisure facility for disabled people, located in the Sefton Park area of Liverpool. They have a large Boccia team, wheelchair football, adapted cycling and more.

### **Mencap Sport**

Tel: 0207 696 5480

Email: [sport@mencap.org.uk](mailto:sport@mencap.org.uk)

[www.mencap.org.uk](http://www.mencap.org.uk)

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

### **Merseyside Sports Partnership**

Tel: 0151 427 3889

Email: [admin@merseysidesport.com](mailto:admin@merseysidesport.com)

[www.merseysidesport.com](http://www.merseysidesport.com)

Promotes sports events and develops sporting opportunities across Merseyside, and offers advice and support with funding bids. They also organise a year round programme of events for people with a disability.

### **Parasport**

Tel: 020 7842 5789

Email: [info@parasport.org.uk](mailto:info@parasport.org.uk)

[www.parasport.org.uk](http://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.

### **UK Deaf Sport**

[www.ukdeafsport.org.uk](http://www.ukdeafsport.org.uk)

A registered charity which aims to encourage deaf people to participate, to enjoy and to excel at sport.

### **WheelPower**

Tel: 01296 395995

Email: [info@wheelpower.org.uk](mailto:info@wheelpower.org.uk)

[www.wheelpower.org.uk](http://www.wheelpower.org.uk)

Provides, promotes and develops opportunities for people with disabilities to participate in recreational and competitive wheelchair sport.

## **Archery**

### **Blackburn Archery**

Email: [enquiries@blackburn-archery.co.uk](mailto:enquiries@blackburn-archery.co.uk)

[www.blackburn-archery.co.uk](http://www.blackburn-archery.co.uk)

Blackburn Archery caters primarily for Blackburn with Darwen, but also attends the surrounding areas of Preston, Manchester, Burnley, Clitheroe and Bolton. They have run archery sessions for a wide range of disabilities and will do their best to accommodate you.

### **Blundellsands Archers**

[www.blundellsandsarchers.co.uk](http://www.blundellsandsarchers.co.uk)

A friendly and popular archery club with a 140 year history. The indoor venue has full disabled facilities, but the outdoor venue does not yet have full facilities i.e. no toilet access.

### **Bowman of Pendle and Samlesbury**

Nab's Head Lane, Samlesbury, Preston, PR5 0UQ

[www.pendleandsamlesbury.co.uk](http://www.pendleandsamlesbury.co.uk)

A long-established target archery club with over 100 members ranging from 8 years old to senior citizens. Both able bodied and those with disabilities are welcome and help is on hand from their qualified coaches.

### **Chorley Bowman**

Email: [chorleybowmen@gmail.com](mailto:chorleybowmen@gmail.com)

[www.chorleybowmen.co.uk](http://www.chorleybowmen.co.uk)

A relatively new club founded in 1980 but have quickly become known as a friendly and welcoming club. Both able bodied and those with disabilities are welcome.

### **St Helens Archers**

[www.sthelensarchers.co.uk](http://www.sthelensarchers.co.uk)

The club welcomes existing and new members. They pride themselves as being a very open and friendly family club with members of all ages and abilities, able-bodied and disabled.

### **The Bowmen of Bruntwood**

Email: [membership@bowmenofbruntwood.co.uk](mailto:membership@bowmenofbruntwood.co.uk)

[www.bowmenofbruntwood.co.uk](http://www.bowmenofbruntwood.co.uk)

## Outdoor Pursuits

The Club has archers of all abilities, and adults, juniors, and the disabled can all compete on equal terms.

### **Canal Cruises**

#### **Canal Boat Cruises of Riley Green**

Riley Green Marina, Bolton Road, Hoghton, Lancashire, PR5 0SP

Tel: 01254 202967

Email: [info@canalboatcruises.co.uk](mailto:info@canalboatcruises.co.uk)

[www.canalboatcruises.co.uk](http://www.canalboatcruises.co.uk)

Canal Boat Cruises offers canal boat holidays, canal trips, restaurant cruises, moorings and marina facilities on the Leeds & Liverpool Canal in the heart of the Lancashire countryside. The 'Romance Restaurant' and 'Trip Boat' are accessible for disabled and mobility impaired guests.

#### **The Kensington Foundation Canal Boat Project**

The Lodge, 216 Whitegate Drive, Blackpool, FY3 9JL

Tel: 01253 761444

Email: [kentrust1@hotmail.com](mailto:kentrust1@hotmail.com)

[www.kensingtonfoundation.com](http://www.kensingtonfoundation.com)

The 'Margaret Kane' is a wide-beam canal boat managed and run by volunteers whose mission is to provide affordable breaks on the Lancaster Canal for families needing additional support. Fitted with a lift and wide corridor and doorways for easy wheelchair access, the boat can accommodate up to 12 people including two crew. Day and residential trips can be arranged to meet individual needs. There is good wheelchair access on the boat including a large stern (rear) deck which can accommodate a wheelchair while cruising. You can park very close to the boat.

#### **The Stockport Canal Boat Trust**

Marple Wharf, Church St (off Church Lane), Marple, Stockport, SK6 6BW

Tel: 07413 565150 / 07413 550428

Email: [booking@newhorizons.org.uk](mailto:booking@newhorizons.org.uk)

[www.newhorizons.org.uk](http://www.newhorizons.org.uk)

The Trust offers day trips for people with disabilities around the canals of North West England aboard 'New Horizons.' The boat is fully accessible with a boarding ramp and lift. There is wheelchair access throughout the length of the boat and an accessible toilet, as well as a raised open-air viewing deck at the front of the boat and a centrally heated lounge observation cabin.

# Outdoor Pursuits

## **Climbing**

### **Awesome Walls Climbing Centres**

[www.awesomewalls.co.uk](http://www.awesomewalls.co.uk)

There are several options for disabled climbers depending on their level of ability. Contact the centres below for more information:

- **Liverpool:** St Albans Church, Athol Street, Liverpool, L5 9TN, Tel: 0151 298 2422
- **Stockport:** The Engine House, Pear Mill, Lower Bredbury Road, Stockport, SK6 2BP, Tel: 0161 494 9949

### **Hothersall Lodge Climbing Wall**

Hothersall, Longridge, PR3 2XB

Tel: 01254 878422

Email: [hothersall.lodge@lancashire.gov.uk](mailto:hothersall.lodge@lancashire.gov.uk)

[www.lancashire.gov.uk/outdoorededucation/our-centres/hothersall-lodge](http://www.lancashire.gov.uk/outdoorededucation/our-centres/hothersall-lodge)

The climbing wall is available only to pre-booked groups. It is suitable for all abilities; there is a lift to the first floor which gives access to the top of a 45 degree abseil ramp designed specifically for wheelchair users. Incorporated into the wall is a very realistic cave system, complete with fossils and stalactites and some wheelchair users can use a trolley to negotiate the lower level.

### **West View Climbing and Leisure Centre**

Ribbleton Lane, Preston, PR1 5EP

Tel: 01772 428860

[www.better.org.uk/leisure-centre/preston/west-view-leisure-centre](http://www.better.org.uk/leisure-centre/preston/west-view-leisure-centre)

The climbing centre offers a variety of different angled walls to cater for climbers of all abilities including a beginner/disability climbing wall.

## **Horse Riding**

### **Riding for the Disabled Association**

Tel: 0845 658 1082

Email: [info@rda.org.uk](mailto:info@rda.org.uk)

[www.rda.org.uk](http://www.rda.org.uk)

The national charity that provides therapy, achievement and enjoyment on horseback to people with disabilities all over the UK. Their website lists contact details for all local groups in Lancashire, Manchester and Liverpool; you can search for a group near you by entering your postcode.

## **Orienteering**

### **British Orienteering**

Tel: 01629 583037

Email: [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

You can use the website to search for permanent orienteering courses in your area including wheelchair accessible and Trail-O courses.

### **Greater Manchester Orienteering Activities**

Tel: 0161 426 0301

Email: [enquiries@gmoa.org.uk](mailto:enquiries@gmoa.org.uk)

[www.gmoa.org.uk](http://www.gmoa.org.uk)

The website has details of all the permanent orienteering courses in Manchester, including those suitable for wheelchairs.

## **Outdoor Centres**

### **Debdale Outdoor Centre**

1073 Hyde Road, Manchester, M18 7LJ

Tel: 0161 223 5182

[www.better.org.uk/leisure-centre/manchester/debdale-outdoor-centre](http://www.better.org.uk/leisure-centre/manchester/debdale-outdoor-centre)

A modern purpose-built outdoor centre owned and operated by Manchester City Council. Activities include dinghy sailing, windsurfing, canoeing and kayaking, powerboating, rock climbing, abseiling, hill walking, gorge scrambling, orienteering, camping, navigation, multi-activity and team-building activities. The centre has specialised equipment available and staff experienced in working with groups with a variety of different needs.

### **Rock and River Outdoor Pursuits**

Wood Lane, Mawdesley, L40 2RL

Tel: 01704 822644

Email: [info@rockandriver.co.uk](mailto:info@rockandriver.co.uk)

[www.rockandriver.co.uk](http://www.rockandriver.co.uk)

Rock and River run outdoor activities for schools, colleges, youth and corporate groups and scouts and guides and are open to the public during the summer months. They run activities for all ages and abilities including archery, watersports, rock climbing, orienteering and hill walks.

# Outdoor Pursuits



## **Waddow Hall**

Girlguiding Waddow Hall, Waddington Road, Clitheroe, BB7 3LD

Tel: 01200 423186

Email: [waddow@girlguiding.org.uk](mailto:waddow@girlguiding.org.uk)

[www.waddow.org.uk](http://www.waddow.org.uk)

Waddow Hall offers an exciting range of adventurous activities to suit all ages and abilities. They provide accommodation (camping, catered and self-catering) and equipment and training for all, including those with disabilities, in a number of activities including, archery, climbing, grass sledging and canoeing.

## **Whitehough Outdoor Education Centre**

Barley New Road, Barley, Burnley, BB12 9LF

Tel: 01282 615688

Email: [whitehough@burnleyfc.com](mailto:whitehough@burnleyfc.com)

[www.burnleyfccommunity.org/facilities](http://www.burnleyfccommunity.org/facilities)

The centre has over 60 years' experience in providing excellent, safe instruction for outdoor activities at all levels. Programmes are tailor made to the group's requirements, and visitors include schools, youth and community groups.

## **Watersports**

### **Helly Hansen Watersports Centre**

15 The Quays, Salford, M50 3SQ

Tel: 0161 877 7252

## Outdoor Pursuits

Email: [watersportscentre@scll.co.uk](mailto:watersportscentre@scll.co.uk)  
[www.salfordcommunityleisure.co.uk/watersports-centre](http://www.salfordcommunityleisure.co.uk/watersports-centre)

The centre is fully accessible and provides watersports and outdoor activities that are accessible to people with disabilities, together with their friends and families. Activities include sailing, windsurfing, kayaking, open canoeing, rafted canoeing, bellboating, indoor climbing and abseiling.

### **Hollingworth Lake Water Activity Centre**

Lakebank, Hollingworth Lake, Littleborough, OL15 0DQ  
Tel: 01706 370499  
[www.link4life.org/centres/hollingworth-lake-water-activity-centre](http://www.link4life.org/centres/hollingworth-lake-water-activity-centre)

Since 1989 the centre has offered tuition in outdoor activities to schools, youth groups and the general public, including sailing, kayaking, canoeing, powerboating and windsurfing, as well as outdoor activities including rock climbing and mountain biking. The staff regularly support people with disabilities and are keen to invite them to their facilities. The centre has a hoist to transfer people from their wheelchairs and specialist seats for assisting people to sit up on the activities.

### **Royal Yachting Association (RYA) Sailability**

Tel: 02380 604100  
Email: [sailability@rya.org.uk](mailto:sailability@rya.org.uk)  
[www.rya.org.uk/sailability](http://www.rya.org.uk/sailability)

RYA Sailability gives everyone the chance to sail. All of their sites have trained and friendly volunteers and the choice of boats to suit your needs. You can search on line or contact them to find your local Sailability centre.

### **Whitworth Water Ski Centre**

Tong Lane, Whitworth, Rochdale, OL12 8BE  
Tel: 01706 852151  
Email: [info@thewaterskiacademy.co.uk](mailto:info@thewaterskiacademy.co.uk)  
[www.thewaterskiacademy.co.uk](http://www.thewaterskiacademy.co.uk)

Set in beautiful countryside on the edge of Cowm Reservoir, the centre specialises in water skiing and wake boarding. They cater for everyone, whether you are a competent skier, a total beginner or are disabled. The clubhouse is fully accessible and non-members are welcome.

## **Clubs & Contacts**

### **Bikeability**

Email: [contactus@bikeability.org.uk](mailto:contactus@bikeability.org.uk)

[www.bikeability.org.uk](http://www.bikeability.org.uk)

Bikeability is 'cycling proficiency' for the 21<sup>st</sup> 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.

### **Bury Tandem Club for the Visually Impaired**

[www.bury-tandem-club.org](http://www.bury-tandem-club.org)

A friendly club and charity of about 30 people who enjoy cycling. All of their rear riders have a visual impairment and range from very experienced club cyclists who have lost their sight, to younger people who have discovered the joys of cycling through the club. They ride every Sunday, setting off from Tottington at 9.15am. Rides vary from between 40 and 60 miles, with a lunch stop at a cafe.

### **Cycle for Health (Healthiness Ltd.)**

Room 1, Toxteth Town Hall, Liverpool, L8 8DX

Tel: 0151 7288874

Email: [info@healthinessltd.co.uk](mailto:info@healthinessltd.co.uk)

[www.healthinessltd.co.uk](http://www.healthinessltd.co.uk)

Cycle for Health offer cycling classes for cycling novices. Rides are usually 7-9 miles long and last for two hours, including a break for tea or coffee. Sessions cost £2 per cyclist. Places should be booked in advance. You can either bring your own bike or hire one there.

### **HSBC UK Let's Ride**

[www.letsride.co.uk](http://www.letsride.co.uk)

British Cycling and HSBC UK have come together to get a million people riding their bikes more regularly. They have created a range of ways for you to get involved, including big traffic-free events in towns and cities, local neighbourhood rides and women-only rides.

### **Go Velo**

2 Orchard Terrace, Trawden, Colne, BB8 8HP

Tel: 01282 787386

[www.govelo.co.uk](http://www.govelo.co.uk)

# Cycling

Go Velo offers a diverse range of cycle training and activity in Lancashire. Courses can be arranged locally in any district of Lancashire subject to demand.

## Local Authority Cycle Contacts

It is worth contacting your local council to find out about cycle routes and events in your area. Some councils have a designated cycling contact who can provide you with information. See below for contact details:

- **Burnley Borough Council**  
Tel: 01282 425011 (Streetscene Department - to report defects with off-road routes and suggestions for improvements.)  
Email: [streetscene@burnley.gov.uk](mailto:streetscene@burnley.gov.uk)
- **Bolton Council**  
Tel: 01204 336677 (Highways)  
Email: [highways@bolton.gov.uk](mailto:highways@bolton.gov.uk)  
[www.bolton.gov.uk/transport-travel/cycling](http://www.bolton.gov.uk/transport-travel/cycling)
- **Lancashire County Council**  
Tel: 01772 530201 (Sustainable Travel Team)  
Email: [sustainabletravel@lancashire.gov.uk](mailto:sustainabletravel@lancashire.gov.uk)  
[www.lancashire.gov.uk/leisure-and-culture/cycling](http://www.lancashire.gov.uk/leisure-and-culture/cycling)
- **Liverpool City Council**  
Tel: 0151 233 2008, Minicom: 0151 225 3275 (Tourism and Events)  
<http://liverpool.gov.uk/parking-travel-and-roads/cycling>
- **Manchester City Council**  
[https://secure.manchester.gov.uk/info/500356/cycling\\_and\\_walking/6850/cycling](https://secure.manchester.gov.uk/info/500356/cycling_and_walking/6850/cycling)
- **Pendle Borough Council**  
[www.pendle.gov.uk/info/20075/cycling\\_in\\_pendle](http://www.pendle.gov.uk/info/20075/cycling_in_pendle)
- **Preston City Council**  
Tel: 01772 906570
- **West Lancashire Council**  
[www.westlancls.gov.uk/more/your-community/roads-and-travel/cycling.aspx](http://www.westlancls.gov.uk/more/your-community/roads-and-travel/cycling.aspx)

## Bradbury Fields Visually Impaired Tandem Club

The Bradbury Centre, Youens Way, Liverpool, L14 2EP  
Tel: 0151 221 0888  
Email: [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk)  
[www.bradburyfields.org.uk](http://www.bradburyfields.org.uk)

# Cycling

The group cycles out most weeks and whether you come once a week, once a month or occasionally, they always welcome new riders. Rides vary from 30-35 miles.

## **Love your Bike**

Email: [gmloveyourbike@gmail.com](mailto:gmloveyourbike@gmail.com)  
[www.manchesterfoe.org.uk/loveyourbike](http://www.manchesterfoe.org.uk/loveyourbike)

The 'Love Your Bike' campaign is based in Greater Manchester. It aims to promote cycling and to help make it an attractive, accessible and a fun way to get around. You can join the monthly led 'Bike Friday' rides; a set of led commuter rides into Manchester from various starting places at a moderate pace.

## **National Cycling Centre**

Stuart Street, Manchester, M11 4DQ  
Tel: 0161 223 2244 (option 3)  
Email: [cyclingcentre@gll.org](mailto:cyclingcentre@gll.org)  
[www.nationalcyclingcentre.com](http://www.nationalcyclingcentre.com)

Manchester Velodrome runs taster sessions on the back of a track tandem that cater for disabled or visual impaired riders. They also have specific disability sessions on some Thursdays.

## **Pendle Leisure Trust**

Tel: 01282 661226 (Up and Active Team)  
Email: [info@pendlesportsdevelopment.co.uk](mailto:info@pendlesportsdevelopment.co.uk)  
[www.pendleleisuretrust.co.uk](http://www.pendleleisuretrust.co.uk)

Pendle Leisure Trust run weekly Adaptive Cycling sessions at Seedhill Athletics and Fitness Centre, Surrey Road, Nelson. The team is developing a range of adapted cycles, including trikes, hand-pedal bikes and cycles suitable for wheelchair users. There is also a 'Health on Wheels' programme aimed at getting people to ride two-wheeled bikes.

## **Rochdale Cycling Club**

43 Molyneux Street, Spotland, Rochdale, OL12 6QA  
Tel: 01706 644944  
[www.rochdaleonline.co.uk/sites/rochdale-cycling-club](http://www.rochdaleonline.co.uk/sites/rochdale-cycling-club)

The club caters for the underprivileged, physically disabled riders and cyclists with learning difficulties, as well as adults just starting or returning to cycling. They have a wide range of bicycles and specialised equipment which are loaned free of charge. Rides take place every Saturday leaving at 9.00am from the Clubhouse at 43 Molyneux Street.

## **Simply Cycling**

[www.simply-cycling.org](http://www.simply-cycling.org)

A charitable organisation that offers cycling to disabled people. They have over 180 adapted bikes and are confident that anyone can ride a bike regardless of their ability. They offer sessions throughout the week that are open to the public, catering for cyclists of all abilities.

- **Boggart Hole Athletics Track**

Charlestown Road, Moston, Manchester, M9 7DF

Tel: 07753 428937

Email: [sueblaylock2708@aol.com](mailto:sueblaylock2708@aol.com)

- **Longford Park Athletic Stadium**

Ryebank Road, Stretford, M21 9LJ

Tel: 07871 621778

Email: [helenhines68@hotmail.co.uk](mailto:helenhines68@hotmail.co.uk)

- **Wythenshawe Park Athletics Track**

Wythenshawe Road, M23 OPH

Tel: 07753 428937

Email: [sueblaylock2708@aol.com](mailto:sueblaylock2708@aol.com)

## **Sustrans**

North West Regional Office: 5th Floor, Hanover House, 30-32 Charlotte Street, Manchester, M1 4FD

Tel: 0161 923 6050

Email: [manchester@sustrans.org.uk](mailto:manchester@sustrans.org.uk)

[www.sustrans.org.uk](http://www.sustrans.org.uk)

A national charity working on practical projects to encourage more people to walk and cycle. They also produce information on the National Cycle Network.

## **The Forest of Bowland**

[www.forestofbowland.com/cycling](http://www.forestofbowland.com/cycling)

Information on cycle routes and bike hire in the Forest of Bowland.

## **Transport for Greater Manchester**

Tel: 0161 244 1000

Email: [cycling@tfgm.com](mailto:cycling@tfgm.com)

[www.tfgm.com/cycling](http://www.tfgm.com/cycling)

You'll find everything you need to know about cycling in your area of Greater Manchester, from maps and route planning to local events and news.

## **Wheels for All**

Tel: 01925 234213

Email: [info@cycling.org.uk](mailto:info@cycling.org.uk)

[www.cycling.org.uk](http://www.cycling.org.uk)

The 'Wheels for All' initiative is a nationally recognised programme that encourages all children and adults with disabilities to engage in a quality cycling activity. All the centres are equipped with specially adapted cycles and 'Wheels for All' trained leaders. There are currently around 50 centres across England and Wales, many in Lancashire and the surrounding area. For individual club contact details see [www.cycling.org.uk/locations](http://www.cycling.org.uk/locations)

## **Wyre Wheels Fleetwood**

Fleetwood YMCA Leisure Centre, The Esplanade, Fleetwood, FY7 6HF

Tel: 01253 887482

[www.wyre.gov.uk](http://www.wyre.gov.uk)

Wyre Wheels offer a wide selection of adapted bicycles including trikes, side-by-sides, hand bikes, quad and wheelchair bikes. Participants will have access to cycle in the Fleetwood YMCA sports hall and along a section of the sea front. Anyone is welcome to attend the sessions, whether you are disabled, have limited mobility, recovering from illness or injury, elderly, or just want to get back on a bike.

## **Events**

### **Pendle Cycle Festival**

[www.visitpendle.com](http://www.visitpendle.com)

An annual festival that features a range of events and activities including guided bike rides.

### **Ride the Lights**

[www.blackpool-illuminations.net/Ride-the-Lights.html](http://www.blackpool-illuminations.net/Ride-the-Lights.html)

An annual event that closes off Blackpool Promenade to all traffic except bikes! It is held a few days before the Big Illumination switch on. You can cycle the illuminations to and from any point along Blackpool Promenade from Starr Gate in the South to Red Bank Road, some 10 kilometres north. There are marshals, first aid, bike doctors and support vehicles along the route should you need any assistance. All bikes must have working lights on the front and back, and bike helmets are strongly recommended.

# Cycling

## Cycle Routes

### **Blackpool to Fleetwood Coastal Route**

[www.sustrans.org.uk](http://www.sustrans.org.uk)

9 miles (one way). Starting at Blackpool's North Pier the route is clearly signed all the way to Fleetwood along flat, traffic-free promenades.

### **Cheshire Lines Path**

A 14.5 mile route from Southport to Merseyside along the old trackbed of the former Cheshire Lines Railway. The start point is next to the TPT Seamark on Marine Drive, Southport.

### **Cycling for All – Lancaster, Morecambe & The Lune Valley**

[www.visitlancashire.com/dbimgs/Cycling%20for%20All.pdf](http://www.visitlancashire.com/dbimgs/Cycling%20for%20All.pdf)

The cycling guide includes six short routes, mostly on traffic-free or quiet roads. The rides start from Millennium Bridge in Lancaster, LA1 1AY.

### **Dunsop Bridge**

Clitheroe, BB7 3BB

Starting from Dunsop Bridge, by the car park next to Puddleducks Café. This ride follows a tarmac bridleway up the Upper Bowland Valley in the heart of the Bowland fells. Except for the occasional farm vehicle, it is all but traffic free. The public car park and toilets are 100m from the start of the walk. Dunsop Bridge is the geographic centre of the UK!



## **Gisburn Forest**

Stephen Park, Slaidburn, BB7 4TS

Tel: 01200 446387

Email: [enquiries.northengland@forestryengland.uk](mailto:enquiries.northengland@forestryengland.uk)

[www.forestryengland.uk/gisburn-forest-and-stocks](http://www.forestryengland.uk/gisburn-forest-and-stocks)

Gisburn Forest offers a network of mountain biking trails. Starting from the 'Hub', the Bottom Beck (Blue) route follows the course of an old railway used in the construction of Stocks Reservoir. The Gisburn Forest 'Hub' has a car park, skills park, viewpoint and trails. There are numerous other forest tracks if the mountain bike routes prove too challenging (see page 8 for more details).

## **Leeds Liverpool Canal**

Reedley Marina, Barden Lane, Burnley, BB12 0DX

<https://canalrivertrust.org.uk>

9.3 miles along the towpath from Reedley Marina to Pendle Heritage Centre.

## **Liverpool Loopline**

Tel: 0161 923 6050 (North West Regional Office)

[www.sustrans.org.uk](http://www.sustrans.org.uk)

The 10.8 mile Loop Line is a popular traffic free, wildlife route running from Halewood to Aintree and on to Southport on the Cheshire Lines Path. It follows the old railway line and provides a flat, well surfaced green corridor through the urban environment of east Liverpool.

## **Middlewood Way**

[www.stockport.gov.uk/cycle-routes](http://www.stockport.gov.uk/cycle-routes)

A 10-mile traffic-free route for walkers, cyclists and horseriders linking Marple near Stockport with Macclesfield. The Middlewood Way is mostly level and wheelchair-accessible. The leaflet has a map showing easy access points and areas of the route that may be difficult for wheelchairs.

## **Southport Coastal Route**

[www.sefton.gov.uk](http://www.sefton.gov.uk)

You can cycle out from Southport along the coast to Banks, past Marshside RSPB reserve (see page 49) on a traffic free path. Southport Promenade is open to cyclists and cycle hire is available from the Eco Centre and railway station. You can continue into Liverpool along the Cheshire Lines Path or the Sefton Coast Route.

# Cycling

## **The Saddleworth Rail Trail**

Brownhill Countryside Centre & Nature Garden, Wool Road, Dobcross, Oldham, OL3 5PB

Tel: 0161 770 5888

[www.visitoldham.com/activities/cycling](http://www.visitoldham.com/activities/cycling)

A ride along two flat, off-road bike routes, linked by one steep climb along a quiet country lane. Two former railway lines, now popular off-road recreational routes, make this ride a perfect way for families to discover Saddleworth. The Delph Donkey Trail (named after the white horse which first pulled the carriages) and Saddleworth Linear (part of the Pennine Bridleway) link the charming villages of Delph, Dobcross and Greenfield either side of the Brownhill Countryside Centre and Nature Garden. The route is approximately 6 miles (Delph Donkey 2 miles, Saddleworth Linear 4 miles).

## **Trans Pennine Trail**

c/o Barnsley Council, PO Box 597, Barnsley, S70 9EW

Tel: 01226 772574

Email: [info@transpenninetrail.org.uk](mailto:info@transpenninetrail.org.uk)

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

A multi-user route from Hornsea to Southport, passing through the south of Manchester, Liverpool and west Lancashire. Over 60% of the route is traffic free, but there are a great many anti-motor cycle barriers, which make life very difficult for some disabled people; the Manchester sections are particularly inaccessible because of this. Contact the Trans Pennine Trail Office for more information and local authority contact details.



### 3. Wildlife & Conservation

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## Clubs & Organisations

### **Amphibian & Reptile Group of Lancashire**

Email: [argsl@btinternet.com](mailto:argsl@btinternet.com)

[www.groups.arguk.org/argl](http://www.groups.arguk.org/argl)

ARGL was established in 2004 to promote the conservation of amphibians and reptiles in the South Lancashire and Greater Manchester areas. The website has information on amphibian and reptile species, how to get involved in pond surveys and how to submit your records.



### **Bat Conservation Trust**

Tel: 03451 300228

Email: [enquiries@bats.org.uk](mailto:enquiries@bats.org.uk)

[www.bats.org.uk](http://www.bats.org.uk)

A national organisation devoted to the conservation of bats and the landscapes on which they rely. Their website gives lots of information on bat species and conservation. You can search for your local bat group and find out about how to get involved in bat walks and surveys in your area.

### **British Trust for Ornithology (BTO)**

Tel: 01842 750050

Email: [info@bto.org](mailto:info@bto.org)

[www.bto.org](http://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.

## Clubs & Organisations

### **Friends of Bowland**

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk) or [friendsofbowland@gmail.com](mailto:friendsofbowland@gmail.com)

[www.forestofbowland.com/friends-bowland](http://www.forestofbowland.com/friends-bowland)

Contact the Friends group if you are interested in conserving and learning about the Forest of Bowland landscape and its wildlife and flora.

### **Lancashire and Cheshire Fauna Society**

Email: [sec@lacfs.org.uk](mailto:sec@lacfs.org.uk)

[www.lacfs.org.uk](http://www.lacfs.org.uk)

An organisation that records and publishes data on Lancashire's wildlife including birds, butterflies, mammals and freshwater fish. There is also information on 'Living Record'; an online environmental recording system where you can input your wildlife sightings.

### **Lancashire Mammal Group**

Email: [enquiries@lancashiremammals.org.uk](mailto:enquiries@lancashiremammals.org.uk)

[www.lancashiremammals.org.uk](http://www.lancashiremammals.org.uk)

A group set up to increase mammal recording across the region, and to provide the support to develop the skills and information needed. They run a programme of training, surveys, walks and talks.

### **Lancashire Moths**

[www.lancashiremoths.co.uk](http://www.lancashiremoths.co.uk)

The group provides a great starting point for those wanting to learn more about moths. They stage regular moth counts throughout the spring and summer along with other events. You can also submit sightings yourself.

### **Lancashire Badger Group**

Tel: 08448 707908

Email: [enquiries@lancashirebadgergroup.org.uk](mailto:enquiries@lancashirebadgergroup.org.uk)

[www.lancashirebadgergroup.org.uk](http://www.lancashirebadgergroup.org.uk)

A conservation group dedicated to studying and protecting badgers in northern England. They provide information, talks and training to the public regarding the natural history and needs of badgers, raising awareness of the persecution and other issues that they face.

### **Lancashire Branch of Butterfly Conservation**

Email: [chairman@lancashire-butterflies.org.uk](mailto:chairman@lancashire-butterflies.org.uk)

[www.butterfly-conservation.org/in-your-area/lancashire-branch](http://www.butterfly-conservation.org/in-your-area/lancashire-branch)

## Clubs & Organisations

Butterfly Conservation is dedicated to the conservation of butterflies and moths. The Lancashire branch covers the counties of Lancashire, Northern Greater Manchester and Liverpool. Within these areas there is a great variety of moths and butterflies, including a number of national rarities. Details of forthcoming events and field trips are listed, as are the contents of the Branch Library. You can take part in the nationwide annual Big Butterfly Count in August in your garden or local area.

### **Lancashire Wildlife**

[www.lancashirewildlife.org.uk](http://www.lancashirewildlife.org.uk)

A useful website that brings together the information about Lancashire wildlife published on blogs and websites. There are also details about wildlife hotspots and identification guides to download.

### **Liverpool Botanical Society**

Tel: 0151 478 4216

<http://livbotsoc.weebly.com>

Founded in 1906, the Society runs a programme of events and indoor meetings at the World Museum, Liverpool, during the winter months and field meetings around the region during spring, summer and autumn.

### **Merseyside Naturalists' Association**

Email: [secretary@mnapage.info](mailto:secretary@mnapage.info)

[www.mnapage.info](http://www.mnapage.info)

Founded in 1938 with the aim of educating the public about natural history, protecting fauna and flora and preserving important wildlife habitats for the benefit of the public. They arrange regular indoor and outdoor meetings, act jointly with other organisations having similar charitable purposes and collect and collate natural history records.

### **North West Fungus Group**

[www.northwestfungusgroup.com](http://www.northwestfungusgroup.com)

Established in 1994 aiming to promote an interest in fungi across the counties of Cheshire, Cumbria, Greater Manchester, Lancashire and Merseyside, and the vice-counties of Denbighshire and Flintshire. The group organises a programme of forays, workshops and related events and maintains databases of fungi distribution across the north-west.

### **The Preston Society – Birdwatching and Natural History**

St. Mary's Church, Church Avenue, Penwortham, PR1 0AH

Tel: 07713 975321

## Clubs & Organisations

[www.prestonsociety.co.uk](http://www.prestonsociety.co.uk)

The Society enjoys regular meetings during the autumn, winter and spring season, supplemented by a series of summer walks, coach trips and holidays.

### **Ribble Rivers Trust**

Email: [admin@ribbletrust.com](mailto:admin@ribbletrust.com)

[www.ribbletrust.org.uk](http://www.ribbletrust.org.uk)

The trust was founded in 1997 to restore the River Ribble and surrounding streams and tributaries along with the wildlife that inhabit them. They run regular events.

### **Royal Society for the Protection of Birds (RSPB)**

Tel: 0300 7772 676

[www.rspb.org.uk](http://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. Or you could download a 'Welcome Wildlife to your Garden' guide which has simple, fun activities to help wildlife where you live. Their website also has advice for disabled bird watchers:

[www.rspb.org.uk/birds-and-wildlife/wildlife-guides/birdwatching/advice-for-disabled-birdwatchers](http://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/birdwatching/advice-for-disabled-birdwatchers)

- **Local Groups**

The RSPB has local groups throughout Lancashire, Manchester and Merseyside. They are a great way to meet friendly, like-minded people in your area, while learning more about birds and wildlife. Have a look on their website to find a group near you: [www.rspb.org.uk/localgroups](http://www.rspb.org.uk/localgroups)

- **Manchester Peregrines**

From April to July) RSPB staff set up viewing areas every weekend in the city centre (Exchange Square) to see the nesting peregrines.

### **The Wildlife Trust for Lancashire, Manchester & North Merseyside**

Tel: 01772 324129

Email: [info@lancswt.org.uk](mailto:info@lancswt.org.uk)

[www.lancswt.org.uk](http://www.lancswt.org.uk)

Part of the national Wildlife Trusts movement. Their website details all of their nature reserves, including some details on accessibility. See the next page for full details of the Trust's Brockholes Nature Reserve.

# 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:



## Ainsdale Sand Dunes National Nature Reserve

2 West End Lodge, Pinfold Lane, Ainsdale, PR8 3QW

(There is an access point off Coastal Road)

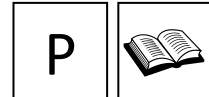
Map: OS Explorer 285

Grid ref: SD 303113

Tel: 01704 578774

Email: [enquiries@naturalengland.org.uk](mailto:enquiries@naturalengland.org.uk)

[www.gov.uk/government/publications/merseysides-national-nature-reserves/merseysides-national-nature-reserves](http://www.gov.uk/government/publications/merseysides-national-nature-reserves/merseysides-national-nature-reserves)



The site was established in 1965 to protect the finest example of lime-rich sand dunes on the North West coast. It is important for a wide variety of wildlife including wading birds, natterjack toads and northern dune tiger beetles. The Woodland and Fisherman's Paths are accessible for wheelchairs with assistance, though the paths can be prone to standing water and the surface may be hard going in parts. There is no public parking on the reserve, although a limited number of disabled parking places are available; call the reserve office for more information.

## Brockholes Nature Reserve

Preston New Road, Samlesbury,

Preston, PR5 0AG (Junction 31 of the M6)

Map: OS Explorer 286

Grid ref: SD 583302

Tel: 01772 872000

Email: [info@brockholes.org](mailto:info@brockholes.org)

[www.brockholes.org](http://www.brockholes.org)



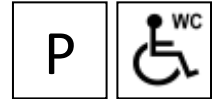
Brockholes has been transformed from an old quarry site, by the Lancashire Wildlife Trust. There are lots of habitats to explore and wildlife to see; in particular it is good for breeding waders. The reserve has an impressive floating Visitor Village with shops, a restaurant and visitor centre and great views across the lake. Most of the footpaths at Brockholes are level and surfaced. The kissing gates are accessible for smaller wheelchairs and pushchairs. There is a vehicle access gate next to them on surfaced paths; if you use a large mobility vehicle or pushchair you can obtain a key to these gates for your visit. At certain times of the year some areas are prone to flooding and can become impassable in wet

## Accessible Wildlife Sites

wet weather, particularly around Boilton Wood. There is a large wheelchair accessible bird hide with floor to ceiling glass, overlooking 'Number 1 Pit', as well as two smaller hides around the lake.

### Crosby Beach

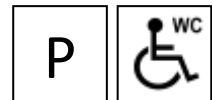
The car park is at the end of Hall Road West, L23 8SY  
Map: OS Explorer 285      Grid ref: SD 298005  
Tel: 03541 400845  
[www.visitsouthport.com](http://www.visitsouthport.com)



Home to Anthony Gormley's 'Another Place'; 100 cast-iron, life-size figures situated across the beach. At low tide you can see a variety of wading birds; the area is an important feeding ground for various nationally and internationally rare species. You can also take a wander north along the nearby Sefton Coastal Path which has a tarmac surface.

### Dove Stone Reservoir

Bank Lane, Greenfield, OL3 7NE (off the A635)  
Map: OS Explorer OL1      Grid ref: SE 013034  
Tel: 01457 819880  
[www.rspb.org.uk/reserves-and-events/reserves-a-z/dove-stone](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/dove-stone)



Managed by the RSPB and United Utilities. There is a 2.5 mile trail around the reservoir. The path is part tarmac, part gravel and is steep and rough in places, so some manual wheelchair users may need assistance. You have a good chance of seeing mountain hares from the tarmac road up to Chew Reservoir.

### Formby (National Trust Reserve)

Victoria Road, near Formby, Liverpool, L37 1LJ  
Map: OS Explorer 285      Grid ref: SD 275080  
Tel: 01704 878591  
Email: [formby@nationaltrust.org.uk](mailto:formby@nationaltrust.org.uk)  
[www.nationaltrust.org.uk/formby](http://www.nationaltrust.org.uk/formby)



The pine woodlands at Formby are home to a population of red squirrels, making it one of the few places in the UK where you can catch a glimpse of these shy creatures. Some of the woodland paths and squirrel viewing areas are accessible to wheelchairs, although others are steep in places. Accessible toilets near the car park (RADAR key required).

### Formby Point

Lifeboat Road, Formby, L37 2EB  
Map: OS Explorer 285      Grid ref: SD 274065



## Accessible Wildlife Sites

The area has a wide sandy beach, high dunes and furrowed grassland, backed by pinewoods. There is wheelchair accessible boardwalk which takes you across the sand dunes to the beach. The path leading up to the boardwalk is slightly undulating. There is a variety of birdlife including stonechat, linnet, whitethroat, yellowhammer and sky lark and many other small migrants in spring and autumn, while nearer the beach migrant wading birds such as knot, bar-tailed godwit, oystercatcher, sanderling and dunlin might be seen.



### **Hesketh Out Marsh (RSPB)**

Car park is at the end of Dib Road (off Shore Road),  
Hesketh Bank, PR4 6XQ

Map: OS Explorer 286

Grid ref: SD 422251

Tel: 01704 211690

Email: [ribble.reserves@rspb.org.uk](mailto:ribble.reserves@rspb.org.uk)

[www.rspb.org.uk/reserves-and-events/reserves-a-z/hesketh-out-marsh](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/hesketh-out-marsh)

Part of the Ribble Estuary National Nature Reserve, this rare saltmarsh habitat is home to a variety of wonderful wildlife including: pink-footed geese and wigeons in winter, along with big flocks of wading birds like redshanks and lapwings. A wheelchair accessible nature trail runs for 500 metres from the car park to the viewing platform which gives great views of the reserve and two of the lagoons. The nearest accessible toilets are in Booths supermarket (for patrons) at Hesketh Bank.

P

## Accessible Wildlife Sites

### Hest Bank at Morecambe Bay (RSPB)

Hest Bank, LA2 6EQ, 2 miles north-east of Morecambe. The car park is accessed from Hest Bank level crossing off the A5105.

Map: OS Explorer 296

Grid ref: SD 467666

Tel: 01524 701601

Email: [leighton.moss@rspb.org.uk](mailto:leighton.moss@rspb.org.uk)

[www.rspb.org.uk/reserves-and-events/reserves-a-z/hest-bank-morecambe-bay](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/hest-bank-morecambe-bay)

The sandflats and saltmarshes of Morecambe Bay are vital feeding grounds for a quarter of a million wading birds, ducks and geese. During the hour before high tide, spectacular flocks of waders gather to roost at Hest Bank. Viewing is best from the local authority car park; the paths along the coast from the car park are not suitable for wheelchairs as they have an uneven surface.



### Leighton Moss Nature Reserve (RSPB)

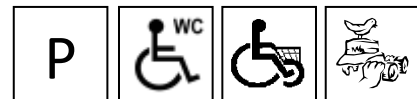
Storrs Lane, Silverdale, Carnforth, LA5 0SW

Map: OS Explorer OL7 Grid ref: SD 478750

Tel: 01524 701601

Email: [leighton.moss@rspb.org.uk](mailto:leighton.moss@rspb.org.uk)

[www.rspb.org.uk/reserves-and-events/reserves-a-z/leighton-moss](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/leighton-moss)



## Accessible Wildlife Sites

The largest reed bed in the north-west and home to some really special birds such as breeding bitterns, bearded tits and marsh harriers. There is a visitor centre and café on site, as well as a sensory garden and a selection of trails and hides, most of which are suitable for wheelchairs. A good place to see starling murmurations in the winter. There is an entrance charge for the reserve.

### Marshside Nature Reserve (RSPB)

Marine Drive, Southport (the car park is situated at the junction between Marine Drive and Marshside Road), PR9 9PJ

Map: OS Explorer 285

Grid ref: SD 353205

Tel: 01704 211690

Email: [ribble.reserves@rspb.org.uk](mailto:ribble.reserves@rspb.org.uk)

[www.rspb.org.uk/reserves-and-events/reserves-a-z/marshside](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/marshside)



A coastal reserve known for its large number of over-wintering and breeding wildfowl, including pink-footed geese. There are wheelchair accessible paths, hides and viewing screens, as well as an information centre. There is a car park 300m from the visitor centre although there are no formal parking spaces.

### Martin Mere Wetland Centre

Fish Lane, Burscough, L40 0TA

Tel: 01704 895181

Email: [info.martinmere@wwt.org.uk](mailto:info.martinmere@wwt.org.uk)

[www.wwt.org.uk/wetland-centres/martin-mere](http://www.wwt.org.uk/wetland-centres/martin-mere)



A Wildfowl and Wetlands Trust site, home to almost 100 species of rare and endangered ducks, geese, swans, cranes and flamingos as well as otters and beavers. In winter the reserve attracts huge flocks of geese and swans. There are hard-surfaced paths with tarmac on the main routes (and compacted gravel on minor paths). Most bird hides are wheelchair accessible; although there are some steep ramps leading to two of the hides. There is a hearing induction loop in reception. Maps can be enlarged if you ask ahead of your visit. During summer there is a boat safari which can accommodate two manual wheelchairs.

### Mere Sands Wood Nature Reserve

Holmeswood Road, Rufford, Ormskirk, L40 1TG

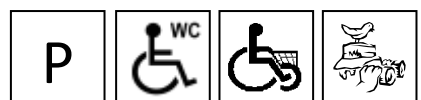
Map: OS Explorer 285

Grid ref: SD 447157

Tel: 01704 821809

Email: [lbeaton@lancswt.org.uk](mailto:lbeaton@lancswt.org.uk)

[www.lancswt.org.uk/nature-reserves/mere-sands-wood-nature-reserve](http://www.lancswt.org.uk/nature-reserves/mere-sands-wood-nature-reserve)



## Accessible Wildlife Sites

Mere Sands Wood is a wildlife-rich haven in the heart of agricultural west Lancashire. The reserve is managed by Lancashire Wildlife Trust and is made up of lakes, mature broadleaved and conifer woodland, sandy, wet meadows and heaths. Three circular trails, leading from the car park through the main areas of the reserve, are accessible to most wheelchair users, with the white trail suitable for most motorised wheelchairs. Six hides, a viewing platform and the well-equipped visitor centre with picnic area, are also accessible. There are three 'Audio Trails' available to download from their website. Two motorised buggies are available for loan from the visitor centre.

### Pennington Flash Country Park

St Helens Road, Leigh, Manchester, WN7 3PA  
(the main entrance is opposite Leigh Fire Station)  
Map: OS Explorer 276      Grid ref: SJ 643990  
Tel: 01942 489007



[www.wigan.gov.uk/resident/leisure/greenheart/pennington-flash.aspx](http://www.wigan.gov.uk/resident/leisure/greenheart/pennington-flash.aspx)

The lake and surrounding marshland are a magnet for rare birds and wildlife. The site is recognised nationally for its importance, with over 230 bird species having been recorded, including the black-faced bunting, nightingale, cattle egret, whiskered tern and Leach's petrel. Most paths are suitable for wheelchair users especially the main nature reserve circuit. All bird hides have level or ramped access and suitable inclusive viewing slots.

### Ribble Discovery Centre

Off the Inner Promenade, Lytham St. Annes, FY8 1BD  
Map: OS Explorer 286      Grid ref: SD 340273  
Tel: 01253 796292



Email: [ribble.reserves@rspb.org.uk](mailto:ribble.reserves@rspb.org.uk)

[www.rspb.org.uk/reserves-and-events/reserves-a-z/ribble-discovery-centre](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/ribble-discovery-centre)

An RSPB visitor centre on the edge of Fairhaven Lake. It's the gateway to the north side of the Ribble Estuary - which attracts over 270,000 birds each year. The route around Fairhaven Lake is smooth tarmac suitable for wheelchairs. The estuary can be seen easily from the sea wall on the far side of the lake, opposite the centre.

### Sefton Park

Aigburth, Liverpool (There are several access points and car parks around the park with Blue Badge bays in the car park on Aigburth Drive/Mossley Hill Drive), L17 1AP



## Accessible Wildlife Sites

Map: OS Explorer 266

Grid ref: SJ 377869

Tel: 0151 233 2008

[www.liverpool.gov.uk/leisure-parks-and-events/parks-and-greenspaces/sefton-park](http://www.liverpool.gov.uk/leisure-parks-and-events/parks-and-greenspaces/sefton-park)

The streams, ponds and lake in Sefton Park are home to a variety of water birds including great crested and little grebe, heron and cormorant. Winter visitors include fieldfare and redwing. Ring neck parakeets are the latest residents and can be seen around the feeding station at the back of the Palm House. Liverpool RSPB regularly hold events in the Palm House such as the RSPB's 'Big Garden Birdwatch' and 'Feed the Birds' day. There are good accessible paths throughout the park, however some of the side paths have steps. There is wheelchair access to the Palm House and three audio booths for people with a visual impairment. A fully accessible 'Changing Places' toilet is located in the Aviary Café in the park.

### Spring Wood

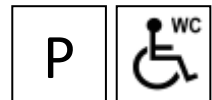
Accrington Road, ½ mile to the east of Whalley, off the A671

Map: OS Explorer 287

Grid ref: SD 742363

Tel: 01254 825187

[www.lancashirewildlife.org.uk/leaflets/Spring\\_wood.pdf](http://www.lancashirewildlife.org.uk/leaflets/Spring_wood.pdf)



A semi-natural ancient woodland once owned by the monks of Whalley Abbey. It was originally called Oxheywoode and was part of a much larger deer park. Spring Wood's wildlife is very varied, with 24 different species of tree, a variety of birdlife and 20 plant species, including great displays of bluebells and wild garlic in the spring. Facilities include an information centre, a refreshment kiosk, wheelchair accessible picnic tables and an 'Access for All Trail'.

### St James' Church, Dalehead

Hole House Lane, Dalehead, Slaidburn, signposted off the B6478

Map: OS Explorer OL41

Grid ref: SD 736554

Tel: 01200 446478

[www.achurchnearyou.com/church/6867](http://www.achurchnearyou.com/church/6867)

The churchyard is designated a Biological Heritage Site of County Importance in Lancashire, because of its rich herb flora and diverse range of plant communities. There are over 130 species of wild plants including grasses, sedges and herbs, some of which are now uncommon throughout Lancashire. The churchyard has level access but there are steps up to the church entrance. The best time to visit is between May and August. See Stocks Reservoir on the next page.

## Accessible Wildlife Sites



### **Stocks Reservoir**

The car park is at the bottom of School Lane, Dale Head, Slaidburn

Map: OS Explorer OL41      Grid ref: SD 732564

Tel: 01200 448000 (Bowland Area Management Team)

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)



A United Utilities reservoir on the edge of Gisburn Forest. The site is best known for its wildfowl and waders with two bird hides near to the car park; the nearest one being wheelchair accessible. There are no designated Blue Badge parking bays but the car park is fairly spacious. There is a picnic site near to the car park and the remains of the old Dalehead Church can be seen. See also the nearby St James' churchyard (details on previous page).

### **Wyre Estuary Country Park**

River Road, Stanah, Thornton Cleveleys, FY5 5LR

Map: OS Explorer 296      Grid ref: SD 354430

Tel: 01253 891000 or 07976 650803 Duty Ranger, (9am to 4pm)

Email: [countryside@wyre.gov.uk](mailto:countryside@wyre.gov.uk)

[www.wyre.gov.uk/wyreestuarycountrypark](http://www.wyre.gov.uk/wyreestuarycountrypark)



Situated on the banks of the River Wyre, the country park has estuary and riverside views, and a wide range of habitats and wildlife, including excellent bird watching opportunities. There is a network of level surfaced paths which are suitable for wheelchair users. There is also a specially adapted trail for people with a visual impairment.

## Visitor Centres

Most of the centres listed below have Blue Badge parking bays and accessible toilets. Ring ahead for details of opening times.

### **Ainsdale Discovery Centre**

The Promenade, Ainsdale-on-Sea, Southport, PR8 2QB  
Tel: 01704 570173

Open during the summer. There are accessible toilets on Shore Road.

### **Aisled Barn Information Centre**

Wycoller Country Park, Wycoller, Colne, BB8 8SY  
Tel: 01282 870253

Disabled parking is permitted on the road by the information centre.

### **Bowland Visitor Centre**

Beacon Fell Country Park, Goosnargh, Preston, PR3 2NL  
Tel: 01995 640557

Café on site. Trumper available to hire.

### **Brownhill Countryside Centre**

Wool Road, Dobcross, Oldham, OL3 5PB  
Tel: 0161 770 5888

The Limekiln Cafe has a nature garden, accessed via a ramp.

### **Clifton Country Park**

Clifton House Road, Clifton, Salford, M27 6NG  
Tel: 0161 793 4219

Café on site and an accessible path around the lakes and to the bird watching areas.

### **Cuerden Valley Park**

Visitor Centre, Berkeley Drive, Bamber Bridge, Preston, PR5 6BY  
Tel: 01772 324436

Café on site.

### **Great House Information Centre**

Rivington Country Park, Rivington Lane, Bolton, BL6 7SB  
Tel: 01204 691549

Café on site.

## Visitor Centres

### **Hollingworth Lake Country Park**

Rakewood Road, Littleborough, Rochdale, OL15 0AQ

Tel: 01706 373421

Closed on Wednesdays and Thursdays. Café on site. Wheelchair hire.

### **Jumbles Country Park**

Bradshaw Road, Bolton, BL2 4JS

Tel: 01204 856999

Café on site.

### **Pennington Flash Country Park**

St Helen's Road, Leigh, WN7 3PA

Tel: 01942 808508

Mobile catering unit on site.

### **RSPB Ribble Discovery Centre**

Off the Inner Promenade, Lytham, FY8 1BD

Tel: 01253 796292

Café on site.

### **Sunnyhurst Wood Visitor Centre**

Earnsdale Road, Darwen, BB3 0LA

Tel: 01254 701545

Refreshment kiosk on site.

### **Witton Country Park**

Preston Old Road, Blackburn, BB2 2TP

Tel: 01254 666977

Blue Badge parking near to visitor centre accessed by RADAR key.

Café on site. Trumper available to hire.

### **Wyre Estuary Country Park**

River Road, Stanah, Thornton Cleveleys, FY5 5LR

Tel: 01253 863100

Café on site. Trumper available to hire.

### **Yarrow Valley Country Park**

Birkacre Road, Chorley, PR7 3QL

Tel: 01257 279538

Café on site.

## 4. Volunteering & Countryside Employment

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# Volunteer Centres

## **Lancashire Area**

### **Blackpool, Wyre & Flyde CVS**

95 Abingdon Street, Blackpool, FY1 1PP  
Tel: 01253 624505  
Email: [cvsinfo@cvsbwf.org.uk](mailto:cvsinfo@cvsbwf.org.uk)  
[www.cvsbwf.org](http://www.cvsbwf.org)

### **Burnley, Pendle & Rossendale CVS**

62-64 Yorkshire Street, Burnley, BB11 3BT  
Tel: 01282 433740  
Email: [info@bprcvs.co.uk](mailto:info@bprcvs.co.uk)  
[www.bprcvs.co.uk](http://www.bprcvs.co.uk)

### **Community CVS**

Boulevard Centre, 45 Railway Road, Blackburn, BB1 1EZ  
Tel: 01254 583957  
Email: [office@communitycvs.org.uk](mailto:office@communitycvs.org.uk)  
[www.communitycvs.org.uk](http://www.communitycvs.org.uk)

### **Hyndburn & Ribble Valley CVS**

Suite 15, The Chambers, Town Hall Square, Great Harwood, BB6 7DD  
Tel: 01254 888614  
Email: [mail@hrvcvs.org.uk](mailto:mail@hrvcvs.org.uk)  
[www.hrv cvs.org](http://www.hrv cvs.org)

### **Lancaster District Volunteer Centre**

The Cornerstone, Sulyard Street, Lancaster, LA1 1PX  
Tel: 01524 555900  
[www.lancastercvs.org.uk/how-we-can-help/volunteering](http://www.lancastercvs.org.uk/how-we-can-help/volunteering)

### **West Lancashire Volunteer Centre**

Certacs House, 10-12 Westgate, Skelmersdale, WN8 8AZ  
Tel: 01695 733737  
Email: [enquiries@wlcvs.org](mailto:enquiries@wlcvs.org)  
[www.wlcvs.org](http://www.wlcvs.org)

## **Liverpool Area**

### **Halton and St Helens Volunteer Centre**

Email: [info@haltonsthelensvca.org.uk](mailto:info@haltonsthelensvca.org.uk)  
[www.haltonsthelensvca.org.uk/volunteer-centre](http://www.haltonsthelensvca.org.uk/volunteer-centre)

# Volunteer Centres

Halton Office: St Maries, Lugsdale Road, Widnes, WA8 6DB  
Tel: 01928 592 405

St Helens Office: 2nd Floor Beacon Building, College Street, WA10 1TF

## **Knowsley Volunteer Centre**

Nutgrove Villa, 1 Griffiths Road, Huyton, Knowsley, L36 6NA  
Tel: 0151 489 1222  
Email: [info@oneknowsley.org](mailto:info@oneknowsley.org)  
[www.oneknowsley.org/action/volunteer-centre-knowsley](http://www.oneknowsley.org/action/volunteer-centre-knowsley)

## **Liverpool Volunteer Centre**

151 Dale Street, Liverpool, L2 2AH  
Tel: 0151 2275177  
Email: [info@lcvs.org.uk](mailto:info@lcvs.org.uk)  
[www.lcvs.org.uk](http://www.lcvs.org.uk)

## **Sefton Volunteer Centre**

Email: [info@volunteersefton.org.uk](mailto:info@volunteersefton.org.uk)  
[www.volunteeringsefton.org.uk](http://www.volunteeringsefton.org.uk)

Waterloo Office: Suite 3B, 3<sup>rd</sup> Floor, North Wing, Burlington House,  
Crosby Road North, Waterloo, L22 0LG  
Tel: 0151 920 0726

Southport Office: Southport Community Centre, Northwood Road,  
Southport, PR8 6HQ  
Tel: 01704 517810

## **Manchester Area**

### **Bolton Volunteer Centre**

The Bolton Hub, Bold Street, Bolton, BL1 1LS  
Tel: 01204 546010  
Email: [lauren@boltoncvs.org.uk](mailto:lauren@boltoncvs.org.uk)  
[www.boltoncvs.org.uk/volunteering-services](http://www.boltoncvs.org.uk/volunteering-services)

### **Manchester Volunteer Centre**

Tel: 0161 830 4770  
Email: [info@volunteercentremanchester.co.uk](mailto:info@volunteercentremanchester.co.uk)  
[www.manchestercommunitycentral.org/volunteer-centre-manchester](http://www.manchestercommunitycentral.org/volunteer-centre-manchester)

The Centre provides information, support and training to Manchester residents who want to volunteer. They are only able to accept volunteers with a Manchester postcode (i.e. you must be within the Manchester City boundary).

# Volunteer Centres

## **Oldham Volunteer Centre**

12 Manchester Chambers, West Street, Oldham, OL1 1LF  
Tel: 0161 339 2345  
Email: [info@actiontogether.org.uk](mailto:info@actiontogether.org.uk)  
[www.actiontogether.org.uk](http://www.actiontogether.org.uk)

## **Rochdale Volunteer Centre**

104 - 106 Drake Street, Rochdale, OL16 1PQ  
Tel: 0161 339 2345  
Email: [info@actiontogether.org.uk](mailto:info@actiontogether.org.uk)  
[www.actiontogether.org.uk](http://www.actiontogether.org.uk)

## **Salford Volunteer Centre**

The Old Town Hall, 5 Irwell Place, Eccles, Salford, M30 0FN  
Tel: 0161 787 7795  
Email: [office@salfordcvs.co.uk](mailto:office@salfordcvs.co.uk)  
[www.salfordcvs.co.uk/volunteer-centre](http://www.salfordcvs.co.uk/volunteer-centre)

## **Tameside Volunteer Centre**

95-97 Penny Meadow, Ashton-under-Lyne, OL6 6EP  
Tel: 0161 339 2345  
Email: [info@actiontogether.org.uk](mailto:info@actiontogether.org.uk)  
[www.actiontogether.org.uk](http://www.actiontogether.org.uk)

## **Volunteer Websites**

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

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

# Volunteering in the Countryside

## **Ainsdale Sand Dunes National Nature Reserve**

2 West End Lodge, Pinfold Lane, Ainsdale, PR8 3QW

Tel: 01704 578774

Email: [enquiries@naturalengland.org.uk](mailto:enquiries@naturalengland.org.uk)

[www.naturalengland.org.uk](http://www.naturalengland.org.uk)

There are opportunities for people to help with practical work outdoors, wildlife monitoring, education and events, and visitor management. No previous experience is required.

## **Arnside and Silverdale Area of Outstanding Natural Beauty**

Tel: 01524 761034

Email: [info@arnsidesilverdaleaonb.org.uk](mailto:info@arnsidesilverdaleaonb.org.uk)

[www.arnsidesilverdaleaonb.org.uk](http://www.arnsidesilverdaleaonb.org.uk)

You can get involved in lots of different ways at the AONB, including practical conservation management tasks, assisting with the organisation and running of events, weekly butterfly surveys and other habitat and species monitoring, visitor surveys and office administration.

## **Canal and River Trust**

Tel: 0303 040 4040.

Email: [volunteer@canalrivertrust.org.uk](mailto:volunteer@canalrivertrust.org.uk)

[www.canalrivertrust.org.uk/volunteering](http://www.canalrivertrust.org.uk/volunteering)

Whether you want to become a volunteer lock keeper, help wildlife, learn more about canal heritage or take on more of an office-based role, there's a range of opportunities at the Canal & River Trust.

## **Forest of Bowland Area of Outstanding Natural Beauty**

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

[www.forestofbowland.com/volunteering](http://www.forestofbowland.com/volunteering)

The Forest of Bowland AONB team sometimes has volunteering opportunities available, generally linked to specific projects. You can also join the Friends of Bowland (for a small fee) who organise practical tasks and events.

## **Groundwork**

[www.groundwork.org.uk](http://www.groundwork.org.uk)

A charity that helps people and organisations make changes in order to create better neighbourhoods, to build skills and job prospects, and to live and work in a greener way. They offer occasional, informal volunteer opportunities helping out on their projects, as well as more formal work experience placements. There are several local offices:

# Volunteering in the Countryside

## **Bolton, Bury, Oldham & Rochdale:**

Environment Centre, Shaw Road, Oldham, OL1 4AW

Tel: 0161 624 1444

Email: [gor@groundwork.org.uk](mailto:gor@groundwork.org.uk)

## **Cheshire, Lancashire and Merseyside**

Email: [clm@groundwork.org.uk](mailto:clm@groundwork.org.uk)

- **Wigan office** (main administrative base): 74-80 Hallgate, Wigan, WN1 1HP, Tel: 01942 821444
- **Blackpool office:** The Enterprise Centre, Lytham Road, Blackpool, FY4 1EW, Tel: 01253 345445
- **Cheshire office:** Yarwoods Arm, Navigation Road, Northwich, Cheshire, CW8 1BE, Tel: 01601 723160

## **Manchester, Salford, Stockport, Tameside & Trafford:**

Trafford Ecology Park, Trafford Park, Manchester, M17 1TU

Tel: 0161 220 1000

Email: [msstt@groundwork.org.uk](mailto:msstt@groundwork.org.uk)

## **Lancashire Badger Group**

PO Box 58, Lancaster, LA1 5AF

Tel: 08448 707908

Email: [enquiries@lancashirebadgergroup.org.uk](mailto:enquiries@lancashirebadgergroup.org.uk)

[www.lancashirebadgergroup.org.uk](http://www.lancashirebadgergroup.org.uk)



A conservation group dedicated to studying and protecting badgers in northern England. Volunteers are required to help with a number of activities including surveying and monitoring badger setts, carrying out practical tasks such as sett protection work or to help out in an administrative capacity. Some of their volunteers have been trained in badger handling techniques and are now able to go out on badger rescues.

## **Lancashire Environment Record Network (LERN)**

Tel: 01772 537695

Email: [lern@lancashire.gov.uk](mailto:lern@lancashire.gov.uk)

[www.lancashire.gov.uk/lern](http://www.lancashire.gov.uk/lern)

A collection, storage and access hub for environmental data in the county. If you fancy volunteering from the comfort of your own home you can help to input biodiversity data onto spreadsheets or submit your own wildlife records.

## **Local Authorities**

Most local councils will have a volunteer department, or will be able to let you know about volunteering vacancies in your local park or countryside:

# Volunteering in the Countryside

- **Blackpool City Council**  
Tel: 01253 478358 (Ranger Service)  
Email: [parks@blackpool.gov.uk](mailto:parks@blackpool.gov.uk)
- **Bury Council**  
Tel: 0161 253 5353 (Parks and Countryside Service)
- **Chorley Council**  
Tel: 01257 279538 (Ranger Service)
- **Hyndburn Borough Council**  
Tel: 01254 388111  
Email: [enquiries@hyndburnbc.gov.uk](mailto:enquiries@hyndburnbc.gov.uk)
- **Lancashire County Council**  
Email: [lccvolunteering@lancashire.gov.uk](mailto:lccvolunteering@lancashire.gov.uk)  
[www.lancashire.gov.uk/jobs/volunteering](http://www.lancashire.gov.uk/jobs/volunteering)
- **Lancaster City Council**  
Email: [customerservices@lancaster.gov.uk](mailto:customerservices@lancaster.gov.uk)  
Tel: 01524 582000
- **Liverpool City Council**  
Tel: 0151 233 3000
- **Manchester City Council**  
Tel: 0161 234 5000  
Email: [parks@manchester.gov.uk](mailto:parks@manchester.gov.uk)
- **Oldham Council**  
Tel: 0161 770 4056 (Parks and Countryside Service)  
Email: [env.rangers@oldham.gov.uk](mailto:env.rangers@oldham.gov.uk)
- **Pendle Borough Council**  
Tel: 01282 661661
- **Preston Council**  
Tel: 01772 906471 (Parks Service)  
Email: [parks@preston.gov.uk](mailto:parks@preston.gov.uk)
- **Ribble Valley Council**  
Tel: 01200 425111
- **Rochdale Borough Council**  
Tel: 01706 373421 (Green Volunteer Co-ordinator)
- **Salford City Council**  
Tel: 0161 793 4219  
Email: [rangers@salford.gov.uk](mailto:rangers@salford.gov.uk)
- **Sefton Council**  
Email: [greensefton@sefton.gov.uk](mailto:greensefton@sefton.gov.uk)
- **Stockport Council**  
[www.stockport.gov.uk](http://www.stockport.gov.uk)

# Volunteering in the Countryside

- **Tameside Metropolitan Borough Council**  
Tel: 0161 342 3055
- **West Lancashire Council**  
Tel: 01695 622794
- **Wyre Council**  
Tel: 01253 887504  
Email: [volunteering@wyre.gov.uk](mailto:volunteering@wyre.gov.uk)

## **The Mersey Forest**

Tel: 01925 816217

Email: [mail@merseyforest.org.uk](mailto:mail@merseyforest.org.uk)

[www.merseyforest.org.uk/things-to-do/join-a-community-group](http://www.merseyforest.org.uk/things-to-do/join-a-community-group)

There are many Community Groups within the Mersey Forest who get involved in practical task days to care for their woodlands, organising events in the woodland and learning new skills, for example through bird identification courses or wildlife photography workshops.

## **Ribble Rivers Trust**

Tel: 01200 444452

Email: [admin@ribbletrust.com](mailto:admin@ribbletrust.com)

[www.ribbletrust.org.uk/volunteering](http://www.ribbletrust.org.uk/volunteering)

Volunteers help to protect local rivers and streams through habitat management and invertebrate, river and fish surveys. Contact the Rivers Trust to put your name on their mailing list and receive notifications of upcoming volunteer events.

## **Royal Society for the Protection of Birds**

[www.rspb.org.uk/volunteering](http://www.rspb.org.uk/volunteering)

The RSPB offer a range of volunteering roles which can be tailored to your skills, interests and circumstances. You can search online or contact the RSPB reserves directly to find out about the voluntary opportunities they offer:

- **Hesketh Out Marsh**, Hesketh Bank Tel: 01704 211690
- **Leighton Moss**, near Carnforth Tel: 01524 701601
- **Marshside**, Southport Tel: 01704 226190

## **The Conservation Volunteers (Northern Region)**

[www.tcv.org.uk/north](http://www.tcv.org.uk/north)

A community volunteering charity that works to create healthier and happier communities for everyone through environmental conservation and practical tasks undertaken by volunteers.

# Volunteering in the Countryside

**Manchester:** Sale Waterpark Visitor Centre, Rifle Road, Sale, M33 2LX, Tel: 0161 962 9409, Email: [manchester@tcv.org.uk](mailto:manchester@tcv.org.uk)

**Merseyside:** Pexhill Visitors Centre, Pexhill Avenue, Cronton Widnes, WA8 5QW, Tel: 0151 423 4433

## **The National Trust (North West region)**

Tel: 0161 928 0075

[www.nationaltrust.org.uk/volunteer](http://www.nationaltrust.org.uk/volunteer)

From properties to gardens, countryside to coastline, volunteers gain new skills, enjoy new challenges and experiences and meet new friends.

## **The Wildlife Trust for Lancashire, Manchester & North Merseyside**

The Barn (Head Office), Berkeley Drive, Bamber Bridge, Preston, PR5 6BY  
Tel: 01772 318374

Email: [volunteer@lancswt.org.uk](mailto:volunteer@lancswt.org.uk)

[www.lancswt.org.uk/support-us/volunteer](http://www.lancswt.org.uk/support-us/volunteer)

Whether you're keen to get stuck in and get your hands dirty with practical conservation tasks, or help out in the office, the Trust will find the right volunteering opportunity for you.

## **WWT Martin Mere**

Fish Lane, Burscough, L40 0TA

Tel: 01704 895181

Email: [info.martinmere@wwt.org.uk](mailto:info.martinmere@wwt.org.uk)

[www.wwt.org.uk/join-and-support/volunteering](http://www.wwt.org.uk/join-and-support/volunteering)

The Wildfowl and Wetlands Trust is a national organisation which works to conserve wetlands for both wildlife and people. There are many opportunities for volunteering at Martin Mere, including teaching school groups, staffing the information desk, greeting visitors, being a 'guide in the hide', patrol wardening, grounds maintenance, gardening or being part of the seasonal canoe team!

# 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](mailto:ranger@countryside-jobs.com)

[www.countryside-jobs.com](http://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](mailto:admin@environmentjob.co.uk)

[www.environmentjob.co.uk](http://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](mailto:jobs@environmentjobs.co.uk)

[www.environmentjobs.co.uk](http://www.environmentjobs.co.uk)

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

## 5. Useful Information

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# RADAR & Blue Badge

## Disability Rights UK (Formerly RADAR)

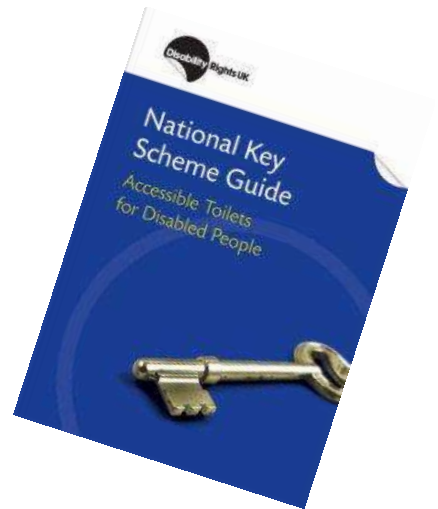
Tel: 0330 9950400

Email: [enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

[www.disabilityrightsuk.org](http://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. The NKS guide is a directory of 9000 NKS toilets in the UK and is also available directly from Disability Rights UK: <https://crm.disabilityrightsuk.org>



## Blue Badge Scheme

[www.gov.uk/apply-blue-badge](http://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

## **Albert Dock Visitor Information**

Albert Dock, Liverpool, L3 4AS

Tel: 0151 703 9100

Email: [liverpoolvisitorcentre@liverpool.gov.uk](mailto:liverpoolvisitorcentre@liverpool.gov.uk)

## **Barnoldswick Visitor Information Centre**

The Council Office Buildings, BB18 5DL

Tel: 01282 666704

[www.visitpendle.com](http://www.visitpendle.com)

## **Blackburn Visitor Centre**

21 Church Street, Blackburn, BB1 5AF

Tel: 01254 688040

Email: [visit@blackburn.gov.uk](mailto:visit@blackburn.gov.uk)

[www.visitblackburn.co.uk](http://www.visitblackburn.co.uk)

## **Blackpool Tourist Information Centre**

Festival House, Promenade, Blackpool, FY1 1AP

Tel: 01253 478222

Email: [information@visitblackpool.com](mailto:information@visitblackpool.com)

[www.visitblackpool.com](http://www.visitblackpool.com)

## **Cleveleys Tourist Information Centre**

Top of Victoria Road West, Cleveleys, Lancashire, FY5 1DA

Tel: 01253 887 597

[cleveleystic@wyre.gov.uk](mailto:cleveleystic@wyre.gov.uk)

[www.wyre.gov.uk/info/200308/leisure\\_and\\_tourism](http://www.wyre.gov.uk/info/200308/leisure_and_tourism)

## **Discover Pendle Centre**

Boundary Mill Stores, Vivary Way, Colne, BB8 9NW

Tel: 01282 856186

Email: [discoverpendle@pendle.gov.uk](mailto:discoverpendle@pendle.gov.uk)

[www.visitpendle.com](http://www.visitpendle.com)

## **Garstang Visitor Centre**

Unit 1, Cherestac Square, PR3 1EF

Tel: 01995 602125

[www.visitwyre.co.uk](http://www.visitwyre.co.uk)

## **Lancaster Visitor Information Centre**

The Storey, Meeting House Lane, Lancaster, LA1 1TH

Tel: 01524 582394

Email: [lancastervic@lancaster.gov.uk](mailto:lancastervic@lancaster.gov.uk)

# Tourist Information Centres

[www.visitlancaster.org.uk](http://www.visitlancaster.org.uk)

## **Lytham St Annes Tourist Information Centre**

Fylde Borough Council, Town Hall, Lytham St Annes, FY8 1LW

Tel: 01253 658443

Email: [touristinformation@fylde.gov.uk](mailto:touristinformation@fylde.gov.uk)

[www.discoverfylde.co.uk](http://www.discoverfylde.co.uk)

## **Manchester Visitor Information Centre**

1 Piccadilly Gardens, Portland Street, Manchester, M1 1RG

Tel: 0871 222 8223

[www.visitmanchester.com/articles/visitor-information-centre](http://www.visitmanchester.com/articles/visitor-information-centre)

## **Morecambe Visitor Information Centre**

Old Station Buildings, Marine Road Central, Morecambe, LA4 4DB

Tel: 01524 582 808

Email: [morecambevic@lancaster.gov.uk](mailto:morecambevic@lancaster.gov.uk)

[www.exploremorecambebay.org.uk](http://www.exploremorecambebay.org.uk)

## **Pendle Heritage Centre**

Colne Road, Barrowford, Nelson, BB9 6JQ

Tel: 01282 677150

Email: [heritage.centre@pendle.gov.uk](mailto:heritage.centre@pendle.gov.uk)

[www.visitpendle.com](http://www.visitpendle.com)

## **Ribble Valley Tourist Information Centre**

Platform Gallery and Visitor Information Centre, Station Road, Clitheroe, BB7 2JT

Tel: 01200 425566

Email: [tourism@ribblevalley.gov.uk](mailto:tourism@ribblevalley.gov.uk)

[www.visitribblevalley.co.uk/tourism/site/index.php](http://www.visitribblevalley.co.uk/tourism/site/index.php)

## **The County Information Centre (Preston)**

Central Bus Station, Tythebarn Street, Preston, PR1 1YT

Tel: 01772 556618

Email: [cityguild@preston.gov.uk](mailto:cityguild@preston.gov.uk)

[www.prestonguildcity.co.uk](http://www.prestonguildcity.co.uk)

## **Southport Tourist Information Centre**

112 Lord Street, Southport, PR8 1NY

Tel: 01704 533333

Email: [info@sefton.gov.uk](mailto:info@sefton.gov.uk)

## Tourist Information Centres

### **Visit Fleetwood**

Marine Hall, The Esplanade, Fleetwood, FY7 6HF

Tel: 01253 887693

Email: [fleetwoodtic@wyre.gov.uk](mailto:fleetwoodtic@wyre.gov.uk)

[www.visitwyre.gov.uk](http://www.visitwyre.gov.uk)

### **Visit Garstang**

Unit 1, Cherestanc Square, Garstang, PR3 1EF

Tel: 01995 602125

Email: [garstangtic@wyre.gov.uk](mailto:garstangtic@wyre.gov.uk)

[www.visitwyre.co.uk](http://www.visitwyre.co.uk)

# The Countryside Code

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

## ***Respect other people***

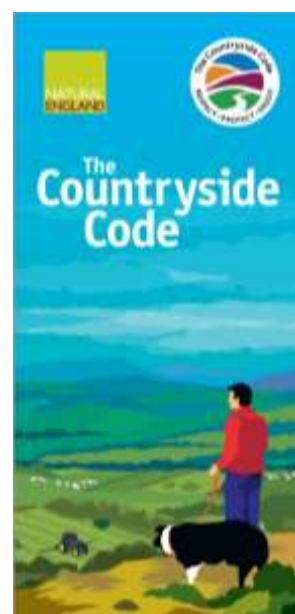
- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

## ***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](http://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](http://www.gov.uk/rules-for-cyclists-59-to-82)

# Funders & Authors

## **The Funders**

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## **The Authors**

This Directory was researched and revised by members of Open Country. Thanks to Ian, Philomena, Nick, Sandra and her assistance dog Millie.



*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.*

### 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 charity 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, Teesside and County Durham. They can be downloaded from:

[www.opencountry.org.uk](http://www.opencountry.org.uk)

Our directories are free but we always welcome donations. You can donate online via Virgin Money Giving: [www.virginmoneygiving.com](http://www.virginmoneygiving.com)

Thank you!





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](mailto:info@opencountry.org.uk)

[www.opencountry.org.uk](http://www.opencountry.org.uk)



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