

# North Yorkshire Countryside Directory for People with Disabilities

*fifth 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: Dame Judi Dench*



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

Covering 3,341 square miles, North Yorkshire is the largest county in England. It is hardly surprising then, that the local countryside has so much to offer. It is certainly worth taking that first step and getting yourself involved, whatever 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 to encourage better access for all in the future.



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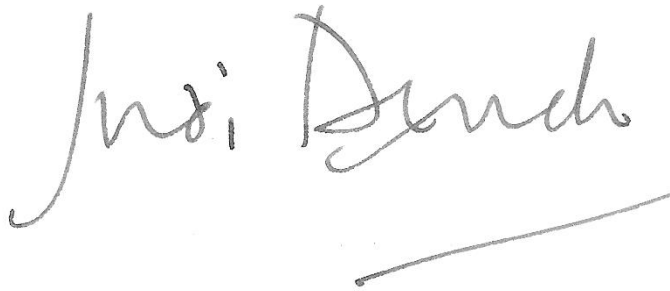
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## Foreword

Having been born and brought up in York, I have very fond memories of being taken by my doctor father on his half-day off (usually a Thursday afternoon) for picnics in the countryside or on the moors. Yorkshire has some of the most beautiful scenery and I have the most fond memories of a childhood spent enjoying it to the full.

These are my memories and it should be possible for everyone, including those with disabilities, to have the same opportunity to enjoy the countryside. That is why this Directory is so important and does such a wonderful job of making access available to everyone.

With best wishes,

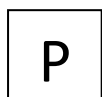
A handwritten signature in dark ink, reading "Judi Dench". The signature is written in a cursive, flowing style. Below the signature is a long, horizontal, slightly wavy line that extends to the right.

Dame Judi Dench

# 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



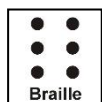
A wheelchair accessible toilet is available  
(*Changing Places facilities at venues have also been included; see [www.changing-places.org](http://www.changing-places.org) for a full list*)



Scooters / wheelchairs are available for loan



Large print leaflets are available



A Braille guide is available

To help readers work their way round such a large geographical area we have separated Yorkshire into five separate areas in the 'Walking & Outings' sections. These are somewhat arbitrary, and none of the areas strictly follows any statutory boundaries.

We have called them:

- 1. Harrogate District**
- 2. Dales Area**
- 3. Hambleton**
- 4. York and Selby**
- 5. Moors and Coast**



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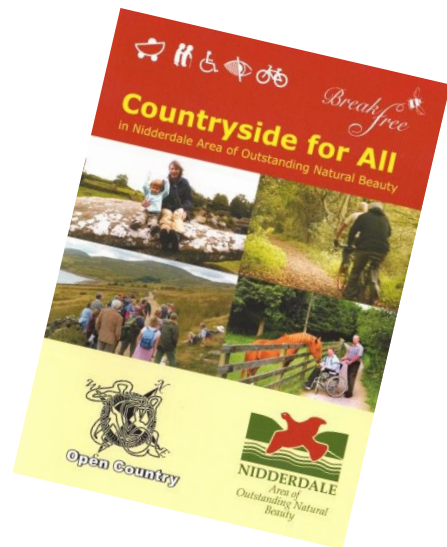
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Open Country have produced *Breakfree* packs for Harrogate District, Nidderdale AONB, Wharfedale and Wakefield.



Great for short walks, nature trails, children, cycles and people with disabilities. The packs have clear, colour maps for each place, with all the information you need to help plan your day.

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

***Breakfree*: get healthy and discover your local green space!**

# Walking Clubs & Contacts

## **General Contacts**

### **Disabled Ramblers**

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

The Disabled Ramblers is a small charity working across England and Wales to help make the countryside more accessible to people with limited mobility. They run up to 30 rambles each year, running from April to October, whatever the weather. The rambles are graded according to difficulty; some are suitable for shopping buggies and power chairs, whilst others need larger scooters capable of travelling over rough ground. Able-bodied helpers are welcome to support members and to help with loading scooters and other jobs.

### **The Ramblers**

Tel: 020 3961 3300

Email: [ramblers@ramblers.org.uk](mailto:ramblers@ramblers.org.uk)

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

A charity working to safeguard the footpaths, the countryside and other places people go walking, and to encourage more people to take up walking. They provide information and publications and promote walking for all throughout England, Wales and Scotland. There are several local groups across Yorkshire, each has its own programme with walks ranging from easy to strenuous. You can search for a group near you:

[www.ramblers.org.uk/go-walking/group-finder.aspx](http://www.ramblers.org.uk/go-walking/group-finder.aspx)

### **Walking for Health**

[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 free, regular, short, easy group walks with trained walk leaders. There are several walks in North Yorkshire, some are listed in the following pages but have a look on their website too for full details of walks in your area. All walking schemes strive to organise walks that are easy and accessible for all, however not all walks are on flat terrain so it is best to contact your local walking scheme prior to joining, to make sure that it's right for you.



# Walking Clubs & Contacts

## **Local Contacts**

### **Free Walking Tour of Harrogate**

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

A guide will lead you on a leisurely stroll through Harrogate town and the Valley Gardens. Walks start from the War Memorial opposite Bettys Tearooms on Parliament Street. The tour is wheelchair accessible, though there may be the odd cobbled street and slight incline. For those with wheelchairs or who just wish to take things at a slightly more relaxed pace you are recommended to join the 1.30pm tour for the best experience.

### **Hambleton Strollers**

Tel: 07514 240227

Email: [hambletonstrollers2018@gmail.com](mailto:hambletonstrollers2018@gmail.com)

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

A Walking for Health scheme covering the Hambleton District. The walks are usually on good level footpaths around towns with no stiles and suit people of all abilities and fitness levels.

### **Harrogate District Walking for Health**

Email: [janet\\_elliott27@yahoo.co.uk](mailto:janet_elliott27@yahoo.co.uk)

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

Provide free, short, local walks from Harrogate and Knaresborough, normally on Tuesdays and Thursdays. Walks are suitable for people of all abilities.

### **North Craven Strollers**

Tel: 01756 748851

Email: [ncravenstrollers@yahoo.co.uk](mailto:ncravenstrollers@yahoo.co.uk)

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

Easy walks of between 30-90 minutes in the Settle, Gargrave and Hellifield areas and in local villages, usually on Wednesdays and Thursdays.

### **Open Country, Harrogate**

Tel: 01423 507227

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

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

Open Country's walking groups cater for different abilities; the weekend Easy Going Walking Group meets twice a month for 2-3 mile walks along wheelchair accessible paths. During the week there are two chargeable walking groups completing walks of up to 8 miles.

# Walking Clubs & Contacts



## **Richmondshire Health Walks**

Tel: 07710 739192

Email: [walk.for.health@btinternet.com](mailto:walk.for.health@btinternet.com)

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

Relaxed, friendly walks in the Richmondshire area. Walks range from 30 to 90 minutes and are usually followed by a cuppa afterwards if available! Their Grade 1 walks are on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

## **Ripon Ghost Walks**

Tel: 01765 690799 / 01765 607028

[www.riponmuseums.co.uk/events/ripon\\_ghost\\_walks](http://www.riponmuseums.co.uk/events/ripon_ghost_walks)

Join a guided ghost walk and explore the darker side of Ripon's history from the macabre to the mysterious! The walks are around a mile long and finish back at the Market Square in time to see the Ripon Hornblower at 9pm. There are some steps and narrow alleyways, but if you let the guides know in advance if you are a wheelchair user or cannot negotiate steps, they can adapt the route accordingly.

## **Ryedale Forum Footsteppers**

Tel: 01944 758758

Email: [ryedaleforum@outlook.com](mailto:ryedaleforum@outlook.com)

[www.ryedaleforum.org.uk/walks](http://www.ryedaleforum.org.uk/walks)

A walking group covering the Ryedale District. There are weekly 'moderate' and 'easy' walks of interest to people in the 50+ age group,

## Walking Clubs & Contacts

ideally suited to those who want to become more active. You can choose between town or country walks.

### **Selby Health Walks**

Email: [selbyhealthwalks@googlemail.com](mailto:selbyhealthwalks@googlemail.com)

Tel: 07922 002025

[www.shw23.btck.co.uk](http://www.shw23.btck.co.uk)

A friendly community walking group leading walks across the Selby district. Some shorter town walks may be suitable for wheelchair users – contact the group for more information.

### **Skipton Craven Walkers**

Tel: 07984 781350

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

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

The group arranges short walks, on Monday afternoons, in Skipton, along the canal and in the Yorkshire Dales. Some walks are suitable for wheelchair users; please contact the walk leaders in advance. A booklet '*24 Walks for Health in Skipton*' includes routes suitable for wheelchair users and is available from Skipton Craven Walkers.

### **Vision Support Harrogate District**

Tel: 01423 565915

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

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

Monthly walks on a Saturday for people with visual impairments. The walks average about 6 miles and are based all over the Harrogate District. Volunteers offer one to one guiding.

### **York Health Walks**

Tel: 07709 526254

Email: [jennynich53@gmail.com](mailto:jennynich53@gmail.com)

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

The scheme runs a range of free health walks 2 to 3 miles long, starting from various locations across the city. The shorter walks have wheelchair and pushchair friendly options. A programme is available on the website above and in libraries, community centres and health centres across York.

### **York Walking Maps**

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

The iTravel York website has a range of walking maps and routes including 'Wildlife Walks' with disability access information.

# Easy Going Walks

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

## Harrogate District

### **Fewston Reservoir**

Car park (with height barrier) off the A59 at Blubberhouses or at Swinsty Reservoir (see page 7).

Map: OS Explorer 297      Grid ref: SE 168553

[www.yorkshirewater.com/things-to-do/fewston-walk](http://www.yorkshirewater.com/things-to-do/fewston-walk)

Ramped access to the reservoir path and good surfacing. We've assisted manual wheelchair users around the entire reservoir (4 miles) but the steep gradients in some areas make it tough going! You might like to try the easier going walk around the adjacent Swinsty Reservoir instead.



### **Millennium Green, Pateley Bridge**

Park in the Nidderdale Showground car park off the B6265.

Map: OS Explorer 298      Grid ref: SE 157656

In the heart of Nidderdale, this 1 mile walk (with optional diversions around the green) explores a nice open space on the edge of the town. From the showground car park cross over the bridge and turn left up Millfield Street, continue along here and turn left into The Sidings and keep on this path up to Millennium Green. You can make a circular walk by crossing the Nidd and returning to Pateley Bridge along the river. The paths are made of crushed stone, with regular resting points. RADAR accessible toilets are located at the recreation ground near the zebra crossing.



### **Nidderdale Greenway**

[www.sustrans.org.uk/ncn/map/route/harrogate-to-ripley](http://www.sustrans.org.uk/ncn/map/route/harrogate-to-ripley)

A 4 mile traffic free route linking Harrogate with Ripley. The route is on a fantastic converted railway line crossing the River Nidd on the Grade 2 listed Nidd Viaduct. The path has a tarmac surface and is mostly flat and suitable for wheelchair users, though there are a couple of hilly sections on the outskirts of Ripley. Accessible toilets at Ripley car park (RADAR key required). From Ripley, a one mile extension runs to Clint along the historic Hollybank Lane; this is a tarmac path but it is quite hilly in places.



### **Pateley Bridge to Glasshouses**

Park in the Nidderdale Showground car park off the B6265.

Map: OS Explorer 298      Grid ref: SE 158655



# Easy Going Walks

A flat, firm, wheelchair accessible, riverside trail (2½ miles there and back) enables everyone to enjoy the history and natural beauty of this part of Nidderdale. For a leaflet, contact Open Country on 01423 507227. There is Blue Badge parking in the Nidderdale Showground car park off the B6265 and RADAR accessible toilets across the road in the recreation ground near to the zebra crossing. The walk starts at the public footpath sign by the bridge.

## Ripon Canal Walk

Starts at the canal basin, off the B6265 (Bondgate Green)

Map: OS Explorer 299      Grid ref: SE 314708

Tel: 0303 040 4040 (Canal and River Trust)

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

P

A linear walk suitable for wheelchairs; almost 4 miles there and back. A great chance to see lots of birdlife and water craft as you follow the canal. Near to the marina there are two wheelchair accessible bird screens which look over the wetlands. Beyond Nicholson's Bridge the path becomes rougher and grassy and may not be negotiable for everyone, especially in wet weather. If you decide to carry on you can access Ripon City Wetlands (see 'Accessible Wildlife Sites' – page 53) further up the path and visit a bird hide just before the next bridge. Nearest accessible toilets are off Minster Road, opposite the cathedral (RADAR key required).



## Scar House Reservoir

Map: OS Explorer OL30      Grid ref: SE 069767

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

P



A Yorkshire Water site near Middlesmoor, north of Pateley Bridge. Set amid the wildest part of Nidderdale with impressive scenery. Three sides of the reservoir are tarmac.

# Easy Going Walks

## Swinsty Reservoir

Map: OS Explorer 297      Grid ref: SE 187538  
[www.opencountry.org.uk/breakfree](http://www.opencountry.org.uk/breakfree)



A 3 mile circular walk around the reservoir in the beautiful Washburn Valley. Paths are made of crushed stone and are fairly level, though there is a steep section leading up to the road on the east end of the dam. Blue Badge parking, RADAR accessible toilets, picnic tables and often an ice cream van are located at Swinsty Moor car park, off North Lane.

## The Coldstones Cut

Map: OS Explorer 298      Grid ref: SE 128643  
[www.thecoldstonescut.org](http://www.thecoldstonescut.org)

A stupendous open air sculpture perched 418 metres above sea level. On a clear day, views of over 60km are revealed. Starting from the Toft Gate car park, a 500m long signposted walk leads to the monument via a crushed stone path with accessible gates. It is a short but very steep walk. We have taken manual wheelchair users up there but it should not be attempted lightly! The nearest accessible toilets are in Pateley Bridge recreation ground near to the zebra crossing (RADAR key required).

## Valley Gardens Walk, Harrogate

Map: OS Explorer 297      Grid ref: SE 297554  
[www.rhs.org.uk/gardens/harlow-carr](http://www.rhs.org.uk/gardens/harlow-carr)



A pretty, accessible point to point walk of around 1¼ miles through the Valley Gardens, Pinewoods and onto Harlow Carr Gardens. RHS Harlow Carr have produced a leaflet describing this walk in detail which is available on their website or in the gardens themselves.

- **Valley Gardens** (section 1): This ¾ mile section takes you through the lovely Valley Gardens in Harrogate. Start at the corner of Valley Drive opposite the Pump Room Museum. The gardens have accessible toilets (RADAR key required) and a café. Blue Badge parking spaces along Cornwall Road, Valley Drive and Harlow Moor Drive. Paths are smooth tarmac but at times fairly steep.
- **The Pinewoods** (section 2): This ½ mile section is joined from the Valley Gardens by walking straight across Harlow Moor Road (signposted to 'RHS Harlow Carr'). The tarmac path takes you through woodland past a binocular viewpoint until you reach Crag Lane near the entrance to Harlow Carr (see Outings – page 19).

## Dales Area

## Aysgarth Falls and Freeholders Wood

Aysgarth Falls National Park Centre, Leyburn, DL8 3TH.



# Easy Going Walks

Tel: 01969 662910

Map: OS Explorer OL30

Grid ref: SE 012888

Across the road from the National Park Centre, a level footpath runs through Freeholders' Wood with great views of the Middle Falls. You cannot access Lower Falls in a wheelchair. All gates are accessible and there are seating areas along the route. The visitor centre has a café, shop and RADAR accessible toilets.

## Buckden

Off the B6160 at Buckden, north of Kettlewell.

Map: OS Explorer OL30

Grid ref: SD 943773

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



A walk approximately 1 mile each way which follows the River Wharfe from Buckden to Hubberholme. The route starts off Dubb's Lane; after the bridge, go through a gate on your right. It is partially on a crushed stone path and partially on a road which is mostly quiet except for local traffic. Details can be downloaded from our website above, following the link for our Wild about Wharfedale pack. There are RADAR accessible toilets and Blue Badge parking in the National Park car park. The village shop sells refreshments.

## Burnsall Riverside Walk

Map: OS Explorer OL2

Grid ref: SE 033612

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



This ½ mile walk beside the River Wharfe starts by the bridge, next to the pub. Two accessible gates might be too tight for larger electric wheelchairs, but otherwise the route is flat and level. Details can be downloaded from our website above, following the link for our Wild about Wharfedale pack. There is a pay & display car park near to the start of the walk (off the B6160), with accessible toilets and a refreshment kiosk.

## Cotter Force

2 miles from Hawes on the A684 towards Sedbergh.

Map: OS Explorer OL30

Grid ref: SD 850916

This attractive waterfall in a beautiful setting has a reasonably level path, around 400m long, with ramps alongside the beck suitable for wheelchair users. Park at the layby just before the bridge; from here a path leads to the waterfall. RADAR accessible toilets at the Dales Countryside Museum in Hawes.

## Cumberland Trail (Bolton Abbey Estate)

Strid Wood car park and visitor centre, off the B6160  
Bolton Bridge to Threshfield Road.

Map: OS Explorer 297

Grid ref: SE 058564



## Easy Going Walks

A ½ mile accessible circular woodland walk, punctuated by informative displays about all aspects of a working forest. Two accessible gates, scooters available to hire seasonally – ring 01756 718009.

### Grimwith Reservoir

4.5 miles east of Grassington, off the B6265, follow the access road to the car park.

Map: OS Explorer 298      Grid ref: SE 064640  
[www.yorkshirewater.com/things-to-do/grimwith-walk](http://www.yorkshirewater.com/things-to-do/grimwith-walk)



Open views over the reservoir and surrounding moors. If wheelchair users can be sure of negotiating the steep section down to the heather thatched barn, then a stone track can be followed for almost two miles. More robust mobility scooters will be able to make it around the whole reservoir (4½ miles). Free parking and RADAR accessible toilets.

### Hudswell Woods

Off the A1608 Richmond to Reeth road.

Map: OS Explorer 304      Grid ref: NZ 157008  
Tel: 01729 830416

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



Starting at the Round Howe parking area, a mile long circular walk takes you alongside the River Swale near Richmond. One accessible gate. Shale surface for 300 yards, then well-trodden grass, which could be difficult in the wet.

### Ingleborough Estate Nature Trail

Clapham, LA2 8EE

Map: OS Explorer OL2      Grid ref: SD 745695  
Tel: 01524 251242



Near Clapham Village, the trail passes through lovely woodland on the way to Ingleborough Cave (See 'Outdoor Pursuits' – page 30). About 30 minutes each way, the trail is steep, stony and muddy in parts, being too steep for self-propelling wheelchair users. Car park and RADAR accessible toilets at Clapham Village, around ½ mile away. There is a small entry charge for the trail which is open daily.

### Leeds & Liverpool Canal, Gargrave

Map: OS Explorer OL2      Grid ref: SD 925542



A short ½ mile walk, beginning by the A65 at Gargrave. The surface between bridges 169A and 169 is good. The adjacent 'Anchor Inn' pub is accessible and has an accessible toilet (for customer use). Alternatively, there are public toilets on the corner of South Street and the High Street in Gargrave.

# Easy Going Walks

## Leyburn Shawl

Map: OS Explorer OL30

Grid ref: SE 110904



Leyburn centre has plenty of parking and accessible toilets at the bottom end of Market Place. The Shawl Walk, accessed from Shawl Terrace, only goes through two tiny fields, but offers a great viewpoint over Wensleydale. There is a bench and an information board.

## Malham Tarn National Nature Reserve

Map: OS Explorer OL2

Grid ref: SD 887673

Contact: National Trust Estate Office

Tel: 01729 830416

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

[www.nationaltrust.org.uk/malham-tarn-estate](http://www.nationaltrust.org.uk/malham-tarn-estate)

There is a 500m section of easy access board walk running through the reserve. Permits are required from the Estate Office. An off-road 'Tramper' scooter is available for hire; ring ahead to book.

## Richmond to Easby Abbey

Station Yard, Richmond, DL10 4LD

Map: OS Explorer 304

Grid ref: NZ 176008



A 1 mile walk (each way) from Richmond Station along the River Swale to Easby Abbey. The Abbey grounds are grass which can be slippery in wet weather. The converted Richmond Station has accessible toilets, as well as a brewery, ice creamery, fudge house, cheese maker and art gallery.

## Skipton Castle Woods

Map: OS Explorer OL2

Grid ref: SD 989519

Tel: 0330 333 3300 (Woodland Trust)

Email: [england@woodlandtrust.org.uk](mailto:england@woodlandtrust.org.uk)

<https://skipton.woodlandtrust.org.uk>



Accessed from Mill Bridge, you can follow Eller Beck for a short distance with great views of the castle walls, though steps will prevent wheelchairs users from continuing onto Skipton Woods. Apart from a slight incline at the beginning, the path through the mature woodland is fairly level and follows Eller Beck, past Round Dam and alongside Long Dam. Beyond here the path gets rougher. Parking and RADAR accessible toilets are off the High Street on Jerry Croft.

## Yorkshire Dales National Park

Tel: 0300 456 0030

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

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

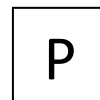
# Easy Going Walks

The Yorkshire Dales National Park Authority have produced a number of 'Miles Without Stiles' route cards detailing walks in the Dales suitable for wheelchairs, buggies or even those walking dogs who can't negotiate stiles easily. The routes can be downloaded from their website or purchased from the National Park Centres (at Aysgarth Falls, Grassington, Hawes, Malham or Reeth) or from their online shop.

## York & Selby Area

### **Brayton Barff Woods**

Barff Lane, near Thorpe Willoughby, Selby  
Map: OS Explorer 290      Grid ref: SE 585305  
[www.yorkshirewater.com/things-to-do/brayton-barff-walk](http://www.yorkshirewater.com/things-to-do/brayton-barff-walk)



A 1.3 mile circular walk around mature woodland. The stone footpath undulates slightly, though none of the slopes are very steep and it is suitable for wheelchair users. Car park off Barff Lane, though a height barrier will prevent larger vehicles from entering. Leaflet available from Yorkshire Water or download it from the website above.

### **Rawcliffe Meadows**

Map: OS Explorer 290      Grid refs: SE 576546  
(Rawcliffe Bar Park & Ride) / SE 599521 (Museum Gardens)



A 2 mile linear walk on a good, level tarmac path through ancient flood meadows hosting a wealth of wild flowers in summer. Access is from Rawcliffe Bar Park & Ride (RADAR accessible toilets and plenty of Blue Badge Parking) at one end, or the Museum Gardens in York at the other end.

### **Skipwith Common**

5 miles north of Selby, just south of Skipwith village.  
Car parks are off King Ridding Lane.  
Map: OS Explorer 290      Grid ref: SE 644375  
Contact: 0300 060 3900 (Natural England)  
Email: [frskipcom@btinternet.com](mailto:frskipcom@btinternet.com)  
[www.friendsofskipwithcommon.org.uk](http://www.friendsofskipwithcommon.org.uk)



This National Nature Reserve is home to a wealth of rare plants and animals characteristic of one of the last remaining ancient lowland heathlands in the north of England. There is a 1km 'Easy Going Nature Trail' around 'Bomb Bays Heath'. The route is level and has a hard surface, though it is uneven in places. The viewing platform is a wonderful place to look and listen out for wildlife. You may be lucky enough to see woodcock, long-eared owls and the elusive nightjar on summer evenings. No toilets on site.

# Easy Going Walks

## **Moors & Coast**

### **Cawthorn Roman Camps, near Cropton**

Map: OS Explorer OL27      Grid ref: SE 783894

Tel: 01439 772700

Email: [general@northyorkmoors.org.uk](mailto:general@northyorkmoors.org.uk)

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

P

Off High Lane, near Cropton, turn onto the unsealed track signed to Cawthorn Roman Camps. There is a marked 1 mile circular route around the 2,000 year old Roman earthworks. No toilets on site.

### **Cleveland Way Access Guides**

Contact: Malcolm Hodgson, National Trails Officer

The Old Vicarage, Bondgate, Helmsley, YO62 5BP

Tel: 01439 772700

[www.nationaltrail.co.uk/cleveland-way](http://www.nationaltrail.co.uk/cleveland-way)

There are several Easy Access walks along the Cleveland Way available to download from the website above. The walks vary in their level of difficulty but most are short, level routes suitable for wheelchairs.

### **Crow Wood at The Moors National Park Centre**

Map: OS Explorer OL27      Grid ref: NZ 717084

Lodge Lane, Danby, Whitby, YO21 2NB

Tel: 01439 772737

P



After you've explored the centre and had a bite to eat in the tearooms, take a turn around Crow Wood; a circular accessible route of 400m.

### **Dalby Forest**

Map: OS Explorer OL27      Grid ref: SE 855878

Contact: Forestry Commission

Low Dalby, Pickering, YO18 7LT

Tel: 0300 067 4300 / 01751 460295

Email: [yorkshirefd@forestryengland.uk](mailto:yorkshirefd@forestryengland.uk)

[www.forestryengland.uk/dalby-forest](http://www.forestryengland.uk/dalby-forest)

P



There are several easy access routes in the forest including the Ellerburn Trail, Crosscliff View Trail, Lakeside Trail and Waitcliff Trail. Mobility scooters are available for hire by visitors; please book in advance. The visitor centre has level access, an accessible toilet and a hearing loop. You can enjoy a 9 mile drive through the forest with walks and picnic stops.

### **Esk Valley to Beck Hole**

2 miles from Egton Bridge, the walk starts at a gate by the parking area.

Map: OS Explorer OL27

Grid ref: NZ 822043

## Easy Going Walks

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

A linear route of 3 miles (there and back). A fantastic outing, along a section of disused railway line, in the company of the tumbling Murk Esk. The path has a compact, hard surface and is fairly level, though there is a slight uphill gradient from the old railway line into Beck Hole. You can download the walk route from the website above. Accessible toilets at Goathland and Grosmont Stations.

### Farndale

Car park is at Low Mill, 4 miles north-east of Hutton le Hole.

Map: OS Explorer OL26

Grid ref: SE 673952 (Low Mill) / SE 670957 (pond)

Tel: 01439 772700

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



The Farndale daffodil path is suitable for wheelchair users from the car park at Low Mill to a small pond part way along. Following on, a linear route is about 1 mile there and back. The path leads you to a café and pub (as does the nearby country road). The path from Low Mill involves a relatively steep slope so a strong companion for wheelchair users will be required. There is a RADAR accessible toilet at Low Mill car park and a mobile information point during the daffodil season.

### Forge Valley Woods National Nature Reserve

Off A170, near East Ayton.

Map: OS Explorer OL27

Grid ref: SE 985871

Tel: 01439 772700

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

Start at the Old Man's Mouth car park and picnic area. A 2 mile linear route through this spectacular National Nature Reserve. Fairly level wooden board walk with passing places.

### Guisborough Forest & Walkway

Pinchinthorpe, TS14 8HD, off the A173.

Map: OS Explorer OL26

Grid ref: NZ 584152

Tel: 01287 631132



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

### Kettleness Coastal Trail

Off the A174, Kettleness village has a few spaces for cars.

Map: OS Explorer OL7

Grid ref: NZ 832155

A linear route of approximately 1 mile (there and back). Enjoy fresh seaside air and great views of Runswick Bay.

# Easy Going Walks

## North York Moors National Park

The Old Vicarage, Bondgate, Helmsley, YO62 5BP

Tel: 01439 772700

Email: [general@northyorkmoors.org.uk](mailto:general@northyorkmoors.org.uk)

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

The North York Moors National Park Authority has developed six 'Easy Access' routes between ½ mile and 3 miles long which are suitable for robust pushchairs and wheelchairs. Some walks are listed in this chapter, but can also be downloaded from the website above. Other routes may be wheelchair accessible in parts; contact the National Park for more details.

## Rosedale Mineral Railway

Map: OS Explorer OL26      Grid ref: SE 722948

Tel: 01439 772700

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

Starts at the small, lower car park, almost at the top of Chimney Bank. Linear route of 1¼ miles (there and back) along the old railway line and past disused ironstone kilns. The end of the route has seating and great views across the moors. Accessible toilets at Rosedale Abbey.

## Sutton Bank & the White Horse

On the A170, 5 miles east of Thirsk.

Map: OS Explorer OL26      Grid ref: SE 516831

Sutton Bank National Park Centre, Thirsk, YO7 2EH

Tel: 01845 597426



Spectacular escarpment with panoramic views over the Vales of York and Mowbray. The 1½ mile linear crushed stone path takes you to the top of the most northerly White Horse in England, allowing you to savour one of the finest views in the country. NB: Unfenced cliff path in places. A longer 5¼ mile 'Easy Access' circular route carries on from the White Horse and takes in part of the Sutton Bank 'Cliff' cycle route, which winds through the woods and across fields. There are no stiles or gates, but it is rough in places, so is suited to more robust motorised wheelchairs. Another option is the wheelchair accessible Cliff Plantation and Viewpoint Trail which starts by the car park and takes you through heathland to a view point over Goremire Lake. Tearoom, shop and visitor centre are fully accessible. Electric scooter and manual wheelchairs available for use around the site.

## Thornton-le-Dale

Map: OS Explorer OL27

Grid Ref: SE 835829



A 200m circular route around the village duck pond which has been designed to attract wildlife. The Lakeside car park (off Maltongate) has level access to the rest of the village and RADAR accessible toilets.

# Outings

## Harrogate District

### **Brimham Rocks**

4 miles from Pateley Bridge off B6265

Brimham Moor Road, Summerbridge, Harrogate, HG3 4DW

Tel: 01423 780688

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

[www.nationaltrust.org.uk/brimham-rocks](http://www.nationaltrust.org.uk/brimham-rocks)



A National Trust reserve with fascinating rock formations and excellent views of the surrounding countryside and heather moorland. Over 700m of paths provide a circular walk suitable for most wheelchair users, although it is rough in parts and a strong pusher is advised. A mobility scooter is available for loan by prior arrangement. Braille and large print guides available. There is an annual events calendar.

### **Druid's Temple**

Access is off Knowle Lane, north of Ilton.

Map: OS Explorer 298

Grid ref: SE 177786



This 19<sup>th</sup> century folly, situated in the middle of a pine forest, was created by William Danby and features an oval of altars, menhirs, dolmens and sarsens leading to a temple. There is a small car park at the end of the lane, where it is a short walk along a stone/grassy path to the temple. There is more parking a short distance away at the Bivouac café, where there is an accessible toilet (for customers).

### **Fountains Abbey & Studley Royal**

Near Ripon, HG4 3DY

Tel: 01765 608888

Email: [fountainsabbey@nationaltrustorg.uk](mailto:fountainsabbey@nationaltrustorg.uk)

[www.nationaltrust.org.uk/fountains-abbey](http://www.nationaltrust.org.uk/fountains-abbey)



Fountains Abbey is the largest monastic ruin in Britain. A World Heritage Site; no other site in Europe contains such a rich variety of historic monuments in a beautiful landscape. Guided tours available and many paths are fully accessible. There is no wheelchair access from the visitor centre to the abbey, but a wheelchair accessible minibus runs a ferry service to the valley floor. Alternatively, the Westgate car park and entrance are recommended for wheelchair users as there is level access and a shorter walk to the Abbey and water gardens. Manual wheelchairs and mobility scooters are available to borrow – please call to book first. Due to the terrain, 3-wheeled scooters are not permitted. The Abbey Mill has level access and a lift. Level access into the abbey, though it is over lawn in parts. Free entry for essential helpers. Braille and large print guide available.

# Outings

## Great Yorkshire Showground

Harrogate, HG2 8NZ

Tel: 01423 541000 (Yorkshire Show) / 01423 544544  
(Yorkshire Event Centre)

[www.greatyorkshireshow.co.uk/accessibility](http://www.greatyorkshireshow.co.uk/accessibility)



Home to the *Great Yorkshire Show* in the second week in July; England's premier agriculture show, highlighting the best of Britain's farming and countryside, through demonstrations and exhibitions. Other events, including *Countryside Live*, are held throughout the year. The show ground is largely accessible. Wheelchairs and electric scooters are available to hire.

## Lightwater Valley Theme Park

North Stainley, Ripon, HG4 3HT

Tel: 01765 635321

Email: [leisure@lightwatervalley.co.uk](mailto:leisure@lightwatervalley.co.uk)

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



With over 35 rides, including Europe's longest rollercoaster, the park offers a variety of fun things to do for all. There is an accessible toilet, a Changing Places toilet and a café. It is possible for disabled people to access most rides although some have stairways. Parking is 100m from the main entrance.



## Newby Hall & Gardens

Near Ripon, HG4 5AE

Tel: 01423 322583 (general enquiries)

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

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



# Outings

Historic country house and award-winning gardens with good wheelchair access. Facilities include miniature railway (unsuitable for wheelchair users), children's adventure garden, restaurant and picnic area. There are four motorised and three manual wheelchairs available free of charge, but best to book ahead. The gardens are on sloping ground, but negotiable by wheelchairs following a signed wheelchair route. Open seasonally.

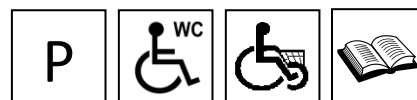
## **RHS Garden Harlow Carr**

Crag Lane, off Otley Road, Harrogate, HG3 1QB

Tel: 01423 565418

Email: [harlowcarr@rhs.org.uk](mailto:harlowcarr@rhs.org.uk)

[www.rhs.org.uk/gardens/harlow-carr](http://www.rhs.org.uk/gardens/harlow-carr)



58 acres of landscaped gardens. The premises are fully accessible with ample seating and shelter, accessible toilets and free admission for carers. The majority of the garden has a good hard surface, though there are some relatively steep gradients which may not be suitable for everyone. A leaflet shows a suggested route around the garden for wheelchair users. Manual wheelchairs and powered mobility scooters are available to hire; advanced booking is recommended on 01423 724681.

## **Ripley Castle**

Ripley, near Harrogate, HG3 3AY

Tel: 01423 770152

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

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



Home to one of the oldest families in England, Ripley Castle is set in a beautiful historic village, based on a French model village. Access to the castle includes a guided tour, the beautiful walled gardens, pleasure grounds and the historic deer park. The Castle's main entrance is ramped and four of the six rooms on the tour are fully accessible to wheelchair users; a DVD of the upper rooms is available for anyone who has mobility issues. Mobility scooters for the grounds are available by prior arrangement. Essential carers gain free entry.

## **Thirsk Birds of Prey Centre: Falconry UK**

Sion Hill Hall, Kirby Wiske, Thirsk, YO7 4EU

Tel: 01845 587522

Email: [mail@falconrycentre.co.uk](mailto:mail@falconrycentre.co.uk)

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



Experience the thrills and excitement of falconry, with over 70 birds and 30 different species. There are flying displays every day and a chance to handle the birds. Paved pathways all around the centre, with Blue Badge parking by the entrance. Large accessible toilet cubicle. Open from March to October. No concessions for carers and no dogs allowed.

# Outings

## **Thorp Perrow Arboretum & Wildlife Park**

Bedale, DL8 2PS

Tel: 01677 425323

Email: [enquiries@thorpperrow.com](mailto:enquiries@thorpperrow.com)

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



100 acres of parkland including one of the finest collections of trees and shrubs in the North of England. Plenty of trails to explore as well as a wildlife park with a birds of prey collection and a mammal centre including wallabies and meerkats. The main paths are wheelchair accessible and are mainly on the level. Accessible toilets are located at the tearoom and the Bird Centre. Mobility scooters available to hire for a small charge please pre-book on 01677 427203. Entry fee, but essential carers go free.

## **Dales Area**

### **Bolton Abbey Estate**

Near Skipton, BD23 6EX

Tel: 01756 718000

Email: [tourism@boltonabbey.com](mailto:tourism@boltonabbey.com)

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



A country estate with ruins and moorland, a forestry trail and a riverside beach, amongst other features. Many of the paths are accessible for wheelchair users and there are electric scooters and wheelchairs available for loan from the shop next to the Pavilion – booking advised. The Pavilion shop, toilets and café are all accessible.

### **Craven Lime Works & Hoffmann Kiln**

Situated off the B6479, about ¾ mile north of Langcliffe village, near Settle; when level with the paper mill, turn right up a lane leading under a railway bridge. Follow the lane to a junction and turn right to a car park. Backtrack on foot to enter the industrial scale lime kiln. A stunning piece of industrial heritage built in 1873 for the Craven Lime Company. There is a short but very steep ramp up to the entrance, but we've managed it with manual wheelchair users and strong helpers! The lime kiln is dark inside, and has steep drops – a torch is recommended and caution is advised. No facilities on site; but there are public toilets with a RADAR accessible toilet in Whitefriars car park in Settle, off the B6480.

### **Dales Countryside Museum**

Station Yard, Burtersett Road, Hawes, DL8 3NT

Tel: 01969 666210

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

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



# Outings

Experience what life was like in the beautiful, but sometimes harsh, landscape of the Yorkshire Dales. The museum has wide aisles, ramps, wheelchair stair lifts and a two level information counter. There are RADAR accessible toilets in the car park and fully accessible toilets in the Museum. There are also plenty of items to touch and sound recordings to listen to for visitors with a sensory impairment. There is an admission charge, but essential carers are free. Open weekends only in January, otherwise open daily.

## **Embsay & Bolton Abbey Steam Railway**

Bolton Abbey Station, Bolton Abbey, Skipton, BD23 6AF  
Tel: 01756 710614 / 01756 795189 (talking timetables)  
Email: [enquiries@embsayboltonabbeyrailway.org.uk](mailto:enquiries@embsayboltonabbeyrailway.org.uk)  
[www.embsayboltonabbeyrailway.org.uk](http://www.embsayboltonabbeyrailway.org.uk)



Trains run between Embsay Station, built in 1888, and the award-winning Bolton Abbey Station. Buffet, shops and picnic areas. Accessible toilets at Bolton Abbey and Embsay Station. There is a specially converted Wheelchair Saloon, which can be accessed via a ramp, and is present on normal services, but check prior to visiting. From Bolton Abbey Station, there is a link path leading to Bolton Abbey and the River Wharfe.

## **Hesketh Farm Park**

Bolton Abbey, Skipton, BD23 6HA  
Tel: 01756 710444  
Email: [info@heskethfarmpark.co.uk](mailto:info@heskethfarmpark.co.uk)  
[www.heskethfarmpark.co.uk](http://www.heskethfarmpark.co.uk)



Popular open farm where you can enjoy a unique 'hands-on' experience meeting the farm animals. The majority of the farm park is accessible for all, with wide flat areas undercover in two barns and many accessible areas outside. The tractor and trailer ride is also accessible to wheelchairs. Entry fee, but essential carers go free. Closed over winter.

## **Kettlewell Scarecrow Festival**

Kettlewell, Skipton, BD23 5QZ  
Email: [info@kettlewellscarecrowfestival.co.uk](mailto:info@kettlewellscarecrowfestival.co.uk)  
[www.kettlewellscarecrowfestival.co.uk](http://www.kettlewellscarecrowfestival.co.uk)



Each August, 100 scarecrows descend on this picture-perfect Dales village. They appear in gardens, open spaces and even on rooftops. You can do the themed 'Scarecrow Trail' as you go around. Most of the trail is on surfaced roads around the village - apart from the gravel path up a slope to the church. Some parts of the trail are steep so self-propelling wheelchair users may struggle on these sections. The village has Blue Badge parking and a RADAR accessible toilet in the National Park car park.

# Outings

## Kilnsey Park Estate & Trout Farm

Kilnsey, Skipton, BD23 5PS  
Tel: 01756 752150 / 01756 630486 (café)  
Email: [info@kilnseypark.co.uk](mailto:info@kilnseypark.co.uk)  
[www.kilnseypark.co.uk](http://www.kilnseypark.co.uk)



A trout fishery in the heart of the Yorkshire Dales. The park has jetties, an aquarium/craft barn (some steps), accessible toilets, a restaurant and gardens where you can see animals such as red squirrels, pigs and goats. Much of the site is wheelchair accessible, though you may struggle on part of the 'Kilnsey Trail' where there is an incline and the path can be a little rough.



## Wensleydale Creamery

Gayle Lane, Hawes, DL8 3RN  
Tel: 01969 667664  
Email: [creamery@wensleydale.co.uk](mailto:creamery@wensleydale.co.uk)  
[www.wensleydale.co.uk](http://www.wensleydale.co.uk)



The spiritual home of Wensleydale cheese. The shop, restaurant, toilets, museum and viewing gallery are fully accessible. There are cheese making and cooking demonstrations.

## Wensleydale Railway

Tel: 01677 425805  
Email: [admin@wensleydalerailway.com](mailto:admin@wensleydalerailway.com)  
<https://wensleydale-railway.co.uk>



The main places for joining the railway are Leeming Bar, Bedale and Leyburn Stations. This rural railway through the heart of idyllic

# Outings

Wensleydale is 16 miles long – one of the largest operational heritage lines in the UK. People with access needs are asked to ring in advance of their visit. Wheelchair users can board the train via a ramp, and ride in the guard's carriage if free. There is disabled access and accessible toilets at the stations mentioned above.

## Hambleton

### **Ampleforth Abbey & Grounds**

Ampleforth, York, YO62 4EN

Tel: 01439 766000

[www.ampleforth.org.uk/visitors](http://www.ampleforth.org.uk/visitors)



Ampleforth has been home to a community of Benedictine monks since 1802. You can explore the historic Abbey, set in 2,000 acres of beautiful grounds, including lakes, orchards and woodlands. There is a tearoom, shop and visitor centre, and you can have a guided tour of the Abbey Church. Admission is free, but donations are welcome.

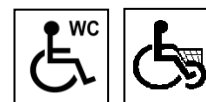
### **The World of James Herriot**

23 Kirkgate, Thirsk, YO7 1PL

Tel: 01845 524234

Email: [mail@worldofjamesherriot.com](mailto:mail@worldofjamesherriot.com)

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



This museum pays a superb tribute to Alf Wight, the famous vet and author, set in his former home. Access generally level, augmented by lifts. Free wheelchair loan. Admission fee; carers free. Some on-street Blue Badge parking near to the museum, or there is a Pay and Display car park on Marage Road.

## York & Selby Area

### **Beningbrough Hall & Gardens**

Beningbrough, York, YO30 1DD

3 miles west of Shipton on the A19, 8 miles NW of York.

Tel: 01904 472027

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

[www.nationaltrust.org.uk/beningbrough-hall-gallery-and-gardens](http://www.nationaltrust.org.uk/beningbrough-hall-gallery-and-gardens)



Imposing Georgian mansion, built in 1716, with interactive galleries and National Portrait Gallery paintings. Ground floor accessible by a ramped route avoiding main entrance. Shop, laundry, gardens and refreshments accessible but some cobbled paths. Braille guides and guided tours for those with a visual impairment by arrangement. Manual wheelchairs and mobility scooters available to borrow – please book first.

# Outings



## Castle Howard

15 miles north east of York, YO60 7DA

Tel: 01653 648333

Email: [house@castlehoward.co.uk](mailto:house@castlehoward.co.uk)

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



Home to the Howard family for over 300 years, Castle Howard is a magnificent 18th century residence set within 1,000 acres in the Howardian Hills. Free outdoor guided tours, high energy adventure playground, events and exhibitions, plus a wide choice of shops and cafés. The majority of Castle Howard is accessible to everyone, though access to the High South, Chapel and Exhibition Wing is restricted. Free transport from the Ticket Office to the house, Boathouse Café and Adventure Playground, via a land train which can accommodate wheelchairs. Hearing loop located in the ticket office. Essential carers free of charge. Large print and braille guides available both online and at the ticket office.

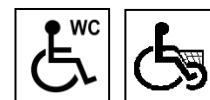
## Murton Park (Yorkshire Museum of Farming)

Murton Lane, Murton, York, YO19 5UF

Tel: 01904 489966

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

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



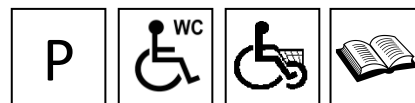
A 16 acre site with many hard surface paths and mostly wheelchair accessible with the exception of the Library. Includes Danelaw Viking village, Derwent Valley Light Railway (working Sundays only), restaurant, picnic area and shop. Wheelchair loan and audio guide available. Seasonal opening. There is a car park near to the entrance, though there are no designated Blue Badge bays.

# Outings

## Moors & Coast

### **Dalby Forest Drive & Visitors Centre**

Contact: Forestry Commission  
Low Dalby, Pickering, YO18 7LT  
Tel: 0300 067 4300 / 01751 460295  
Email: [yorkshirefd@forestryengland.uk](mailto:yorkshirefd@forestryengland.uk)  
[www.forestryengland.uk/dalby-forest](http://www.forestryengland.uk/dalby-forest)



A full day out. There are several easy access routes in the forest including the Ellerburn Trail, Crosscliff View Trail, Lakeside Trail and Waitcliff Trail. Mobility scooters are available for hire by visitors; please book in advance. The visitor centre has level access, an accessible toilet and a hearing loop. You can enjoy a 9 mile drive through the forest with walks and picnic stops.

### **Flamingo Land Resort**

Kirby Misperton, Malton, YO17 6UX  
Tel: 0800 40 888 40  
Email: [info@flamingoland.co.uk](mailto:info@flamingoland.co.uk)  
[www.flamingoland.co.uk](http://www.flamingoland.co.uk)



Yorkshire's ultimate theme park attraction, luxury resort and the UK's most visited zoo, home to 140 species of reptiles, mammals and birds. The majority of the zoo is accessible; their website has a detailed 'Accessibility Guide' to view. Wheelchairs available for loan, though it is advisable to book in advance through their first aid centre (01653 668140). The theme park is closed in winter, but the zoo is open on certain days at reduced rates; contact them for more details.

### **Ryedale Folk Museum**

Hutton le Hole, YO62 6UA  
Tel: 01751 417367  
Email: [info@ryedalefolkmuseum.co.uk](mailto:info@ryedalefolkmuseum.co.uk)  
[www.ryedalefolkmuseum.co.uk](http://www.ryedalefolkmuseum.co.uk)



The atmospheric buildings and collections, spread over six acres, tell a story about a rural way of life from the Iron Age to the 1950s. All buildings have ground floor access and mainly step free. Excluding one small upstairs area (in the Manor House building) all areas are accessible for those in wheelchairs, with pushchairs or small mobility scooters. Mobility scooters and wheelchairs available for visitor use, free of charge; best to book in advance. Parking is at the nearby National Park car park. Free admission for carers and those registered blind. The museum is closed over winter.

# Outings

## Scarborough SEA LIFE Sanctuary

Scalby Mills Road, Scarborough, YO12 6RP

Tel: 01723 373414

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



Glimpse the magical world beneath our seas. Includes a seal rehabilitation unit and sea turtles. Full access throughout with some manoeuvring to avoid stairs; the wheelchair accessible route is signposted. There is a wheelchair stair lift to the restaurant & viewing gallery, though it may not be suitable for larger motorised scooters. Pay and Display car park next to the centre. Free admission for essential carers.

## The National Centre for Birds of Prey

Duncombe Park, Helmsley, YO62 5EB

Tel: 01439 772080

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

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



Set in ten acres of woodland and rolling parkland, this is the largest collection of birds of prey in the north of England. Hawks, eagles, vultures and owls fly in daily demonstrations in a beautiful woodland setting. The centre, toilets, shop and adjacent Fountain Tea Room have full disabled access. Dogs are not allowed in the centre but shop staff are happy to dog sit well-behaved guide dogs whilst you are inside the centre. Closed in January. Admission charged. One off-road wheelchair available to borrow.

## Wolds Way Lavender

Sandy Lane, Wintringham, Malton, YO17 8HW

Tel: 01944 758641

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

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



A twelve acre family-run lavender farm with six acres of lavender fields, as well as displays of wild flowers, butterflies and bees, well-stocked nature ponds, sensory areas, a giant games maze and sculptures too! Tea room and gift shop are accessible. The site is reasonably level. There are gravel paths from the car park to the shop and round to the distillery. The remaining paths are cut grass that wheelchairs with an able pusher should be able to negotiate. Seasonal opening times.

# Sports Clubs & Contacts

## **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 visually impaired people to have the same opportunities as sighted people to access and enjoy sport and recreational activities.

## **Disability Sport Yorkshire**

Denhale Active Recreation Centre, Denhale Avenue, Wakefield, WF2 9EF

Tel: 01924 372382

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

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

Creating sport and recreation opportunities for disabled people in Yorkshire and the Humber.

## **Harrogate Borough Council**

Contact: Danielle Mulholland, Development Officer - Disability

Tel: 01423 862702

Email: [danielle.mulholland@harrogate.gov.uk](mailto:danielle.mulholland@harrogate.gov.uk)

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

They provide a range of inclusive and targeted activity sessions for ages 5 upwards. Activities include sport, youth sessions and social clubs.

## **Open Country, Harrogate**

Tel: 01423 507227

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

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

Join the Adventure Club and turn your hand to rock climbing, canoeing, orienteering, boating, archery and much more. Activities run once per month and are open to all abilities.

## **Parasport**

Tel: 020 7842 5789

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

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

Provides information about disability sporting opportunities and clubs in your local area.

## **PHAB Clubs (North Region)**

Contact: Rebecca Hargreaves

Tel: 01254 824784

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

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

## Sports Clubs & Contacts

Promotes and encourages people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community.

### **UK Deaf Sport**

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

Aims to help deaf people to participate, enjoy and excel at sport, including having more deaf athletes compete on the world stage.

### **Wheelpower – British Wheelchair Sport**

Tel: 01296 395995

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

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

Dedicated to providing opportunities for disabled people to live healthy active lifestyles by getting into sport.

# Outdoor Pursuits

## **Archery**

### **Panda Bowmen Club**

West Park Leeds RUFC, Bramhope, Leeds, LS16 9JR

Email: [secretary@panda-bowmen.co.uk](mailto:secretary@panda-bowmen.co.uk)

[www.panda-bowmen.co.uk](http://www.panda-bowmen.co.uk)

Based at the West Park Leeds RUFC in Bramhope, North Leeds. The club runs sessions for all levels. Their coaches have a good understanding of the needs of people with various conditions, and will be able to get you shooting safely and enjoyably.

### **St. George's Archery Club**

Email: [courses@stgeorges-archery.co.uk](mailto:courses@stgeorges-archery.co.uk)

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

Based at Allerton Park just off the A59 junction with the A1. The club provides archery taster days and courses for people of all ages and abilities.

### **Thirsk Bowmen**

Email: [tb.secretary@outlook.com](mailto:tb.secretary@outlook.com)

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

Welcomes people of all abilities; the club has a number of archers with disabilities and the club house is wheelchair friendly with accessible toilet facilities. They have an outdoor shooting venue at Topcliffe and an indoor venue in Thirsk.

### **Yorkshire Archery Association**

Email: [yaa.sec@gmail.com](mailto:yaa.sec@gmail.com)

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

A website promoting archery in Yorkshire; it has listings of clubs and contacts, plus tips on how to get started.

## **Canals & River Cruises**

### **City Cruises York**

The Boatyard, Lendal Bridge, York, YO1 7DP

Tel: 01904 628324

Email: [infoyork@citycruises.com](mailto:infoyork@citycruises.com)

[www.citycruises.com/york](http://www.citycruises.com/york)



Runs sightseeing cruises for the public from February to November. Two of their boats are wheelchair accessible; River Palace and River Duchess (which has an accessible toilet). Ramped access from King's Staith landing only. Ring the office to confirm the sailing times of River Palace and/or

## Outdoor Pursuits

River Duchess. There is Blue Badge parking and an accessible toilet (RADAR key required) at St George's Field Car Park off Tower Street; from here you can have a pleasant stroll along the river, towards the city centre to King's Staith Landing.



### **Skipton & Craven Action for Disability (SCAD)**

Tel: 01756 701005

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

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



Their canal cruiser 'Endeavour' has been purpose built for people with disabilities and is based at Skipton on the Leeds & Liverpool canal. It can accommodate up to 12 people including four wheelchair users. Accessible toilet onboard, as well as tea and coffee making facilities. The boat is crewed by a friendly, helpful group of volunteers.

### **Caving**

#### **Ingleborough Cave**

Clapham, LA2 8EE

Tel: 01524 251242

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

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



Follow in the footsteps of the early Victorian explorers as you journey through 450 million years of geology and history. Fairly accessible,

## Outdoor Pursuits

although some parts are steep and/or narrow. Scooters are not admitted on safety grounds. **Manual wheelchair users should ring in advance as a risk assessment may be required** (in this case please contact Open Country for a copy of ours on 01423 507227). Guided tours leave on the hour from the cave shop. At least a 30-minute walk to the cave entrance; the trail is steep, stony and muddy in parts, being too steep for self-propelling wheelchair users. However, it is possible to drive up by arrangement. Note: on the way up, there is a raised hump that is hard to negotiate in low floor buses. An all-terrain tramper is available to use if required, just call ahead to let them know, though you will have to transfer to a manual wheelchair to get into the cave. Entry charge. Contact for details of opening times. Accessible toilets (RADAR key required) located at the National Park car park in Clapham Village.

### Climbing

#### **Harrogate Climbing Centre**

Hornbeam Park Avenue, Hornbeam Park,  
Harrogate, HG2 8QT  
Tel: 01423 815024  
Email: [info@harrogateclimbingcentre.com](mailto:info@harrogateclimbingcentre.com)  
[www.harrogateclimbingcentre.com](http://www.harrogateclimbingcentre.com)



Offers a unique indoor climbing experience suitable for all ages and abilities. The Centre has an accessible toilet and for individuals with restrictions in their movement, an assisted hoist system is available. The instructors have experience of working with groups with a wide range of abilities and we have found them to be very helpful and empathetic.

### Paragliding

#### **Active Edge**

5 Whelpstone Grove, Settle, BD24 9DG  
Tel: 07793 678133  
Email: [sales@activeedge.co.uk](mailto:sales@activeedge.co.uk)  
[www.activeedge.co.uk](http://www.activeedge.co.uk)

Based in Settle. Experience the thrill of paragliding with tuition from multiple British paragliding champion Dean Crosby. They can cater for certain disabilities; though they do suggest you should be fit and healthy and capable of walking up hills - please call to discuss your needs. There may also be financial assistance for some courses available from the British Hang Gliding and Paragliding Association's Flyability scheme (see below).

# Outdoor Pursuits

## **Flyability**

Tel: 0116 289 4316

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

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

The disability initiative for the British Hang Gliding and Paragliding Association (BHPA), which strives to make free flight accessible to anyone. They encourage disabled people to train at BHPA registered schools and change perceptions about disability. They also help fund tandem flying for disabled people and offer scholarships to learn how to pilot a hang-glider or paraglider.

## **Flying**

### **York Gliding Centre**

Rufforth Aerodrome, York, YO23 3NA

Tel: 01904 738694

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

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

Organises flights for disabled people often through 'Aerobility' but also for individuals and groups. Group booking is required, though individuals may join an organised group with agreement of the group leader.

## **Orienteering**

### **Claro Orienteering**

Email: [information@claro-orienteeing.org.uk](mailto:information@claro-orienteeing.org.uk)

[www.claro-orienteeing.org.uk](http://www.claro-orienteeing.org.uk)

Claro is the orienteering club for North Yorkshire. The club puts on a regular programme of open events as well as competing in those put on by neighbouring clubs and further afield. Other activities include coaching for all, training together and social events. Members range in age and ability. You can try orienteering out yourself by having a go on the permanent orienteering course in the Valley Gardens, Harrogate (contact Harrogate TIC for more information - 01423 537300).

## **Outdoor Centres**

Most of the following are local outdoor pursuit centres that Open Country has tried in the past. All the staff we have met are experienced in working with disabled people and adapting activities accordingly. The centres are wheelchair accessible and have accessible toilet and shower facilities.

### **Carlton Lodge Activity Centre**

Carlton Miniott, Thirsk, YO7 4NJ

# Outdoor Pursuits

Tel: 01845 522145  
Email: [info@nyy.org.uk](mailto:info@nyy.org.uk)  
[www.carltonlodge.org.uk](http://www.carltonlodge.org.uk)

## **Low Mill Outdoor Centre**

Station Road, Askrigg, Leyburn, DL8 3HZ  
Tel: 01969 650432  
Email: [info@lowmill.com](mailto:info@lowmill.com)  
[www.lowmill.com](http://www.lowmill.com)

## **The Calvert Trust**

[www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

The Calvert Trust runs three outdoor pursuits centres for people with disabilities from 12 years upwards:

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



# Outdoor Pursuits

## Sailing

### **Otley Sailing Club**



Weston Water, Bridge End Quarry, Otley, LS21 2SU

Tel: 07900 731772 (General Enquiries) / 01943 850391 (Club House)

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

[www.otley-sailingclub.co.uk](http://www.otley-sailingclub.co.uk)

A RYA 'Sailability Centre of Excellence', encouraging sailing for all ages and abilities. There are various adapted sailing dinghies including wheelchair accessible boats. The club house is wheelchair accessible and has an accessible wet room, which includes a shower, toilet, changing bed and electrically-operated hoist.

For more information on disabled sailing see: [www.rya.org.uk/sailability](http://www.rya.org.uk/sailability)

## Scuba Diving

### **Scuba Diving for All**



Tel: 01765 606244

Email: [SDA\\_enquiries@hotmail.co.uk](mailto:SDA_enquiries@hotmail.co.uk)

[www.sda-ripon.org.uk](http://www.sda-ripon.org.uk)

A Ripon-based charity specialising in enabling people of all abilities to enjoy the freedom and excitement of diving. Participants are supported by trained staff and volunteers. A wide variety of courses are on offer, including everything from snorkelling to divemaster!

## Skiing

### **Nordic Skiing**



Stockeld Park, Wetherby, LS22 4AN

Tel: 01937 586333

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

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

Every winter, you can try your hand at Nordic skiing set in beautiful woodland surroundings. Less mobile people can follow the adjacent easy going walk around the lake which runs parallel with the skiing and is suitable for wheelchairs.

# Fishing

Open Country does not profess to be an authority on fishing; the entries on the next few pages are just a sample of fishing areas that we know are accessible.

Inclusion in this guide may indicate easy access and wheelchair accessible platforms and toilets. We would always advise you to contact the site management before visiting.

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

## **Angling Trust**

Tel: 0343 5077 006

Email: [admin@anglingtrust.net](mailto:admin@anglingtrust.net)

<https://anglingtrust.net>

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

## **British Disabled Angling Association (BDAA)**

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

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

The BDAA was founded in 1996 to develop opportunities for disabled people of all ages and abilities to access fishing in the UK. They can advise on accessible fisheries and adapted equipment.

## **Canal and River Trust**

[www.canalrivertrust.org.uk/enjoy-the-waterways/fishing](http://www.canalrivertrust.org.uk/enjoy-the-waterways/fishing)

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

## **Environment Agency**

Tel: 0345 988 1188 (24-hour service)

[www.gov.uk/check-flood-risk](http://www.gov.uk/check-flood-risk)

For information on levels in your local rivers you can call the number above. These levels can help you understand your flood risk now and in the next few days. Alternatively, you can check the online map using the website above.

# Fishing

## Key:

**T** Trout fishing

**C** Coarse fishing

### **Barlow Common Mere                      SELBY                      C**

Barlow Common Road, Barlow, Selby, YO8 8EZ  
Accessible toilets by visitor centre in adjacent Barlow Common Nature Reserve. Car park close to lake. Accessible pegs. Day tickets available from the bailiffs on the bank.

### **Barmby Tidal Barrage                      BARMBY-ON-THE-MARSH                      C**

6 miles northwest of Goole, car park at the end of High Street.  
Three accessible fishing platforms, good paths and accessible toilets.

### **Brafferton Fisheries                      BRAFFERTON                      C**

Raskelf Road, YO61 2QB  
Ample car parking adjacent to the 4 heavily stocked and nicely landscaped lakes. Hard standing on the pegs makes most suitable for wheelchair users.

### **Elvington Lake                      YORK                      C**

Wheldrake Lane, Elvington, York, YO41 4AZ  
Tel: 07901 538172. Numerous pegs available for wheelchair access which you can reserve in advance.

### **Kilnsey Fly Fishery & Trout Farm                      KETTLEWELL                      T**

Kilnsey Park Estate, Kilnsey, BD23 5PS  
Tel: 01756 752150. Two well stocked lakes and a 'Fun Fishing Pond' for children's fly fishing. Café, shop and accessible toilet on site.

### **Knotford Lagoon                      OTLEY                      C**

Just off the A659, 1½ miles east of Otley, LS21 1EA  
Good parking in a large lay-by, alongside the water's edge. Day tickets available from Angling and Country Sports, Cross Green, Otley and other local tackle shops.

### **Leighton Reservoir                      MASHAM                      F**

Healey, 4 miles from Masham, HG4 4LS

# Fishing

Tel: 01765 689270 / 07815 114890. Disabled anglers can drive close to some suitable pitches near to the disabled car park. There is a small thin bridge on the site which might be tricky for some, and not all pegs are suitable for wheelchair users as the bank is grassy and steep.

## **Parklands Fishing Lake**                      **NORTHALLERTON**                      **C**

Parklands Caravan Park, Yafforth Road, Northallerton, DL7 0LQ  
Tel: 01609 779140. Some pegs have disabled access. Day tickets available from the bank side. Accessible toilets and a café on site that can deliver food direct to your peg!

## **Pool Bridge Farm**                      **YORK**                      **C**

Wheldrake Lane, Crockey Hill, York, YO19 4SQ  
Tel: 07928 359420. Accessible pegs, toilet and café on site.

## **Millennium Green**                      **PATELEY BRIDGE**                      **T**

Follow Millfield Street until reaching a 'Nidderdale Way' marker. This path leads to the Millennium Green.  
Tel: 01423 711822 (Nidderdale Angling Club). Three accessible fishing platforms on the River Nidd. Brown trout and grayling fishing. Day tickets can be purchased from the Spar shop on the High Street. Blue Badge parking and accessible toilets off the High Street on Southlands.

## **Ripon Canal**                      **RIPON**                      **C**

Tel: 01765 635115. Several accessible fishing platforms between Rhodesfield and Bellfurrows Locks, close to Ripon Racecourse Marina. Permits from Ripon Piscatorial Association (see website: <https://riponrpa.co.uk>).

## **River Ure**                      **HAWES**                      **T**

Haylands Fishing Platforms. Two wheelchair accessible platforms situated on the River Ure at Hawes. Park over Haylands Bridge on the road to Hardraw, opposite the cricket field, and return back over the bridge towards Hawes, using the field gate on the right to access the platforms. Day tickets are available from 'Waltons of Hawes', Tel: 01969 667865 or from 'Three Peaks Outdoor Leisure' in Hawes, Tel: 01969 667443. The River Ure fishing rights are managed by Hawes and High Abbotside Angling Association.

## **Scaling Dam**                      **GUISBOROUGH**                      **T**

Located between Guisborough and Whitby, off the A171

# Fishing

Tel: 01287 644032. Disabled fishing platform, visitor centre, accessible toilets and shop. Open March to November.

## **Stonebridge Fishing Lakes    NORTHALLERTON**

**C**

Fleetham Lane, Scruton, Northallerton, DL7 0RL

Tel: 01609 748818. Fishing platforms on the coarse lake have level access.

## **Swinsty Reservoir**

**HARROGATE**

**C & T**

At Blubberhouses off the A59 and B6541

Tel: 01943 880658. Swinsty lagoon is reserved for disabled anglers, dedicated parking is available; contact the fishery wardens prior to arriving. Purchase tickets from the machine at the fishing office at Swinsty Moor car park, where there are also accessible toilets (RADAR key required).

## **Tanfield Lodge Lake**

**RIPON**

**T**

Park Lane, West Tanfield, HG4 5LE

Tel: 01677 470385. Disabled anglers can park by the water's edge, and there are a few accessible platforms.

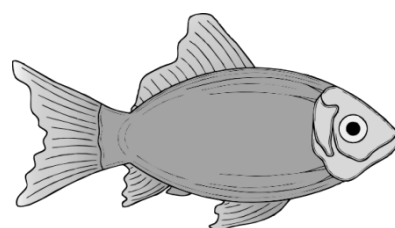
## **Woodland Lakes**

**THIRSK**

**C**

Carlton Miniott, Thirsk, YO7 4NJ.

Tel: 01845 526441. Tackle shop, café, restaurant and accessible toilets on site, with plenty of pegs suitable for wheelchair users.



# Cycling

## **Clubs & Contacts**

### **Bikeability**

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

Bikeability is about gaining practical skills and understanding how to cycle on today's roads. It gives everyone the skills and confidence for all kinds of cycling. For North Yorkshire County Council Bikeability, Tel: 01609 780780.

### **Get Cycling**

Tel: 01904 636812  
Email: [admin@getcycling.org.uk](mailto:admin@getcycling.org.uk)  
[www.getcycling.org.uk](http://www.getcycling.org.uk)

A Community Benefit Society providing inclusive cycle hire (including handcycles, wheelchair tandems and companion cycles), inclusive cycling holidays, guided rides and inclusive cycle events, for the public and private sector - promoting health, wellbeing, inclusion, community and sustainability.

### **Open Country**

Tel: 01423 507227  
Email: [info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
[www.opencountry.org.uk](http://www.opencountry.org.uk)

We run Tandem Clubs in Harrogate, Ripon, Wakefield, Wetherby and York, providing rides for people with visual impairments and learning disabilities. Together with sighted volunteers, members can enjoy the freedom and excitement of cycling.



### **Scarborough & Ryedale Community Cycling**

Tel: 07935 381976 (Rob Brown) or 07943 893308 (Pete Blood)  
Email: [rob.brown2011@gmail.com](mailto:rob.brown2011@gmail.com)  
[www.srcommunitycycling.co.uk](http://www.srcommunitycycling.co.uk)

A Community Interest Company which provides cycling opportunities for everyone, including those with a disability, temporary mobility issues, the elderly and those who suffer from dementia or isolation. They have tricycles, karts and other specially adapted bikes. There are regular scheduled sessions and they can also transport a variety of bikes to any location.

# Cycling

## **Sustrans**

Tel: 0117 926 8893 (Head Office) / 0113 245 0006 (Yorkshire & the Humber)

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

Sustrans works on practical projects to encourage more people to walk and cycle and are custodians of the National Cycle Network.

## **Tandem Club**

Contact: Mark Noble, Disabilities Liaison Officer

Tel: 01732 848432

Email: [disabilities@tandem-club.org.uk](mailto:disabilities@tandem-club.org.uk)

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

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

## **York Sport Inclusive Cycling**

Lakeside Way, Heslington, York, YO10 5FG

Tel: 01904 325751

Email: [cycling@york-sport.com](mailto:cycling@york-sport.com)

[www.york-sport.com/cycling/inclusive-cycling](http://www.york-sport.com/cycling/inclusive-cycling)

York Sports Village have a range of adapted bikes including side by side trikes and a wheelchair accessible bike. They run regular sessions that are open to people with a disability (fee charged, but carers free).

## **Cycle Maps**

### **Harrogate Cycle Map**

<https://opennorthyorkshire.co.uk/cycling>

### **Nidderdale Greenway**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/nidderdale-greenway-harrogate-to-ripley-cycle-route](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/nidderdale-greenway-harrogate-to-ripley-cycle-route)

### **Scarborough to Whitby Cycle Map**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/scarborough-to-whitby](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/scarborough-to-whitby)

### **Slow Tour of Yorkshire**

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

A guide to 21 of the best cycle routes across Yorkshire on the National Cycle Network, inspired by the Grand Depart of the Tour de France in Yorkshire. The routes are on traffic-free or quiet lanes and have

# Cycling

something for everyone, whether you are a family, new to cycling or a regular cyclist. Detailed maps can be downloaded from the Sustrans website.

## **York Cycle Route Map**

[www.itravel.york.info/cycling/routes-and-journey-times/cycle-route-map](http://www.itravel.york.info/cycling/routes-and-journey-times/cycle-route-map)  
or ring York City Council: 01904 551608 (Walking and Cycling Officer).

## **Cycling Events**

### **Bike Week**

[www.cyclinguk.org/bikeweek](http://www.cyclinguk.org/bikeweek)

Bike Week, delivered by Cycling UK, is an annual celebration to showcase cycling. Thousands of people all over the UK enjoy the simple pleasure of riding a bike.

### **Great Yorkshire Bike Ride**

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

Email: [mail@gybr.co.uk](mailto:mail@gybr.co.uk)

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

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

### **Let's Ride**

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

Details of local bike rides, routes to explore and events from British Cycling and HSBC UK.

### **Tour de Yorkshire**

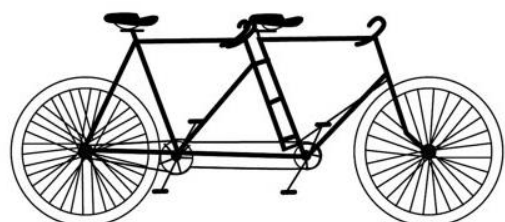
[www.letour.yorkshire.com](http://www.letour.yorkshire.com)

A multi-day cycling race in Yorkshire. 'Spectator Hubs' have disabled parking, accessible viewing areas and toilet facilities.

### **York Cycle Rally**

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

An annual gathering of cyclists on the Knavesmire in York.



# Cycle Routes

The following are the longest, best-surfaced and most enjoyable traffic-free routes that we know of in North Yorkshire. Most of them are fully accessible to wheelchair users. All but the Greenfield Forest route are part of the National Cycle Network (NCN). Maps of all these routes can be downloaded from the Sustrans website: [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Dalby Forest

Map: OS Explorer OL27

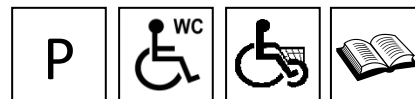
Grid ref: SE 855878

Contact: Forestry Commission, Low Dalby, Pickering, YO18 7LT

Tel: 01751 460295

Email: [nym@forestry.gsi.gov.uk](mailto:nym@forestry.gsi.gov.uk)

[www.forestryengland.uk/dalby-forest](http://www.forestryengland.uk/dalby-forest)



A range of cycle routes graded for different abilities. The Ellerburn Trail (2.8 miles) is a multi-user pathway for disabled cyclists, walkers, and wheelchair users, taking in beautiful views along the valley. Admission charges apply to vehicles. See 'Easy Going Walks' – page 12.

## Greenfield Forest

Park off the road at Beckermonds, which lies between Buckden and Oughtershaw in Langstrothdale Chase.

Map: OS Explorer OL2

Grid ref: SD 876803

5 mile linear route which ends where the trail meets the Pennine Way. Surface is tarmac and gravel. Gradients undulating. Cattle grids.

## Harrogate to Knaresborough - NCN Route 636

[www.sustrans.org.uk/ncn/map/route/route-636](http://www.sustrans.org.uk/ncn/map/route/route-636)



The 4 mile route incorporates a river, a viaduct, a castle, a cave and ice creams! Steep in parts. The eastern half from Knaresborough to Bilton is known as the Beryl Burton Cycleway. The route starts on Abbey Road near St James Retail Park in Knaresborough. Accessible toilets in Knaresborough & Starbeck. You can join up with the Nidderdale Greenway at the end of the ride in Bilton (see below) and extend your ride to Ripley.

## Nidderdale Greenway - NCN Route 67

[www.sustrans.org.uk/ncn/map/route/harrogate-to-ripley](http://www.sustrans.org.uk/ncn/map/route/harrogate-to-ripley)



A 4 mile traffic free route linking Ripley with Harrogate (and onto Starbeck & Knaresborough if you join Route 636 above). The route is wheelchair accessible and is on a fantastic converted railway line crossing the River Nidd on the Grade 2 listed Nidd Viaduct. Accessible toilets at Ripley car park (where the route begins). From Ripley, a one mile extension runs to Clint along the historic Hollybank Lane.

# Cycle Routes



## **Scarborough to Whitby - NCN Route 1**

Map: OS Explorer OL27

[www.trailways.info/map-trail](http://www.trailways.info/map-trail)

Up to 20 miles point to point following the old Scarborough to Whitby Railway, axed in 1965. The spectacular North Yorkshire Heritage Coast has many highlights, including the magnificent 13 arch Larpool Viaduct at Whitby. You can start in Station Road Scalby, or Burniston, Ravenscar, Robin Hoods Bay, Hawsker and Whitby. Surface is variable – gravel, but stony in parts. NB: vehicles and horses use the route in places and there are several minor road crossings. Download a Trailways leaflet from the website above.

## **Selby Canal - NCN Route 65**

Map: OS Explorer 290

Grid ref: SE 610303

The stretch from Bawtry Road Bridge to Burn Bridge (2 miles) is open to cyclists. Parking available by the Selby Canal, just off Brayton Lane.

## **Selby to Howdon - NCN Route 65**

Map: OS Explorer 290

Grid ref: SE 617324

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

# Cycle Routes

## **Spofforth to Wetherby (The Harland Way) - NCN Route 67**

Map: OS Explorer 289

Grid ref: SE 365507

A 3½ mile route along an old railway track. The start is off East Park Road, Spofforth. Links with the Wetherby to Thorp Arch route; see below. There are RADAR accessible toilets on The Shambles in Wetherby.

## **Sutton Bank**

Sutton Bank National Park Centre, Thirsk, YO7 2EH

Tel: 01845 597426

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



Spectacular escarpment with panoramic views over the Vales of York and Mowbray. There is a 3 mile family friendly 'Cliff Trail', a circular route taking in part of the cliff edge - take care! Can be muddy in parts. Cycle hire and advice is available at the centre from Sutton Bank Bikes (Tel: 01845 597759).

## **Wetherby to Thorp Arch - NCN Route 665**

Map: OS Explorer 289

Grid ref: SE 397483

A 2½ mile route along the old railway track. Connects with the Harland Way above. There is a large car park off Linton Road, Wetherby. Leaflets are available to purchase from Sustrans or download from:

[www.hedgehogcycling.co.uk/harland-way-cycle-route.html](http://www.hedgehogcycling.co.uk/harland-way-cycle-route.html) /

[www.leeds.gov.uk/docs/Wetherby%20Railway%20Path.pdf](http://www.leeds.gov.uk/docs/Wetherby%20Railway%20Path.pdf)

## **York Riverside**

Map: OS Explorer 290 (and York Cycle Map page 41)

Grid ref: SE 574479



A lovely ride is possible along the River Ouse at York. We like to park at Askham Bog car park off the A64 (see 'Accessible Wildlife Sites' – page 49) and cycle all the way through York to Rawcliffe Bar Park & Ride. Accessible toilets at the Rawcliffe Bar and Askham Bar Park and Rides.

## **York to Ricall - NCN Route 65**

Map: OS Explorer 290 (and York Cycle Map page 41)



Begin in York, or park at Askham Bog car park off the A64 (see 'Accessible Wildlife Sites' – page 47). Alternatively, begin from the car park off a minor road to Stillingfleet, accessed off the A19 south of York just south of Escrick, grid reference: SE 616419. At least 10 miles of glorious traffic free cycling each way. Mostly flat surfaces of crushed stone or tarmac. Most of the route is along what used to be the East Coast Main Line Railway. There is a delightful sculpture trail based on the solar system. Accessible toilets at Askham Bar Park and Ride, Tadcaster Road, YO24 1LW.

# Horse Riding

## Contacts

### **Follifoot Park Disabled Riders Group**

Pannal Road, Follifoot, Harrogate, HG3 1DL

Tel: 01423 546161 / 07522 844928

Email: [admin@follifootparkdrg.org.uk](mailto:admin@follifootparkdrg.org.uk)

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

The group provides opportunities for people with a wide range of disabilities to enjoy the unique benefits of horse riding and carriage driving. The charity even has a mechanical horse called Stan!

### **Kilnsey Trekking & Riding Centre**

Conistone, Near Skipton, BD23 5HS

Tel: 01756 752861

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

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

A family run riding centre that offers pony trekking, horse riding lessons and horse riding holidays. Experienced staff and trustworthy ponies can cater for disabled riders. Riders over 13st 8lb (86 kg) cannot be accepted without prior arrangement.

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

Tel: 01926 492915 (RDA National Office)

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

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

The RDA provides disabled people of all ages with the opportunity to ride and/or carriage drive for the general benefit of their health and well-being. There are several centres in the North Yorkshire area offering 'Riding for the Disabled' sessions, see [www.yorkshireclevelandrda.org.uk](http://www.yorkshireclevelandrda.org.uk) for more details:

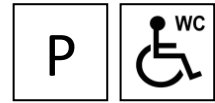
- **Bedale Group** Tel: 01677 470426
- **Brookleigh Group** Tel: 07881 636902
- **Richmond and Catterick Group** Tel: 01677 422178
- **Stockeld Park Group** Tel: 07543 087402
- **York & District Group** Tel: 07531 162639

# Horse Riding

## Horse Racing

### **Catterick Racecourse** (Flat and jump racing)

The Catterick Racecourse Co Ltd., Catterick Bridge,  
Richmond, DL10 7PE  
Tel: 01748 811478  
Email: [info@catterickbridge.co.uk](mailto:info@catterickbridge.co.uk)  
[www.catterickbridge.co.uk](http://www.catterickbridge.co.uk)



Allocated disabled parking near the entrance (best to arrange in advance).  
Accessible viewing areas and toilets.

### **Ripon Racecourse** (Flat racing)

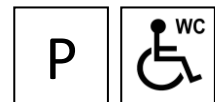
Ripon Race Co Ltd., Boroughbridge Road, Ripon, HG4 1UG  
Tel: 01765 530530  
Email: [info@ripon-races.co.uk](mailto:info@ripon-races.co.uk)  
[www.ripon-races.co.uk](http://www.ripon-races.co.uk)



The entrance is approximately 25 yards from the car park with level access. Elevated stands for wheelchair users in the Tattersalls and Club enclosures. Wheelchair accessible toilets, lift access and ramps. A limited number of disabled parking spaces (arrive early to ensure a space).

### **Thirsk Racecourse** (Flat racing)

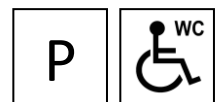
Thirsk Racecourse, Station Road, Thirsk, YO7 1QL  
Tel: 01845 522276  
Email: [info@thirskracecourse.net](mailto:info@thirskracecourse.net)  
[www.thirskracecourse.net](http://www.thirskracecourse.net)



Disabled parking 50 yards from viewing area. Accessible viewing area near winning post. Free admission for essential carers. Accessible toilets. Assistance dogs welcome.

### **York Racecourse** (Flat racing)

Knavesmire Road, York, YO23 1EX  
Tel: 01904 620911  
Email: [enquiries@yorkracecourse.co.uk](mailto:enquiries@yorkracecourse.co.uk)  
[www.yorkracecourse.co.uk](http://www.yorkracecourse.co.uk)



Disabled parking available. Various raised viewpoints around the stands / course (including finishing post) for disabled visitors. Accessible toilets in most of the stands. (NB: gentlemen have a dress code of jacket and tie!) Carers and those registered blind may enter for free, but you have to apply in writing and provide ID! Contact the Access Officer for more details. Assistance dogs welcome, but notify the racecourse in advance.

# Wildlife Clubs & Organisations

## **BTO - British Trust for Ornithology**

Tel: 01842 750050  
Email: [info@bto.org](mailto:info@bto.org)  
[www.bto.org](http://www.bto.org)

A UK charity that focuses on understanding birds and how and why bird populations are changing. You can participate in the 'Garden BirdWatch' survey; a great way to help wildlife from your home.

## **Butterfly Conservation**

Tel: 01929 400209  
Email: [info@butterfly-conservation.org](mailto:info@butterfly-conservation.org)  
[www.butterfly-conservation.org](http://www.butterfly-conservation.org)

A national charity devoted to saving butterflies, moths and their habitats throughout the UK. The Big Butterfly Count is an annual survey which involves counting butterflies in your garden or local area.

## **Harrogate & District Naturalists' Society**

Email: [membership@hdns.org.uk](mailto:membership@hdns.org.uk)  
[www.hdns.org.uk](http://www.hdns.org.uk)

The society promotes the study and enjoyment of wildlife in all its forms. There is a series of talks and lectures during the winter months followed by outdoor field activities during the summer.

## **North Yorkshire Bat Group**

Tel: 0345 1300 228 (National Bat helpline)  
Email: [nybats@btinternet.com](mailto:nybats@btinternet.com)  
[www.nybats.org.uk](http://www.nybats.org.uk)

The group provides advice and information about bats and holds regular indoor meetings with talks by bat experts. There are also practical events such as bat box making, conservation work, surveys and bat walks.



## **Open Country**

Community House, 46 East Parade, Harrogate, HG1 5LT  
Tel: 01423 507227  
Email: [info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
[www.opencountry.org.uk](http://www.opencountry.org.uk)

'The Conservation Group' works for wildlife carrying out tasks such as scrub clearing, bracken control, tree planting and litter picking. Most members have learning disabilities or mental health issues.

'Wild Things' activities are wheelchair accessible. The group meets to study wildlife, especially animals in their natural environment. Sessions have included small mammal trapping, pond dipping and bird watching.

# Wildlife Clubs & Organisations

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

Northern England Regional Office:

Tel: 0300 7772 676

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

The RSPB works to secure a healthy environment for birds and all wildlife. You can help out the wildlife in your garden by taking part in the annual 'Big Garden Birdwatch'; the world's largest wildlife survey. Their website also has advice for disabled bird watchers. The RSPB has local groups throughout North Yorkshire. 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)

## **Ryedale Natural History Society**

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

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

The Society has indoor meetings, usually on the third Tuesday of the month in Kirkbymoorside Methodist Hall (wheelchair accessible), and at least four outdoor trips during the year. New members are always welcome.

## **Whitby Naturalists' Club**

Email: [info@whitbynaturalists.uk](mailto:info@whitbynaturalists.uk)

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

The club promotes interest in and conserves natural history, local history and archaeology, particularly in relation to the Whitby area. They run a programme of natural history workshops and outings including 'Less Mobile Group' outings.

## **Yorkshire Wildlife Trust**

Tel: 01904 659570

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

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

The Trust conserves and promotes the diversity of Yorkshire wildlife and habitats for the benefit and well-being of both wildlife and people. They look after over 100 nature reserves right across Yorkshire, and are involved in hundreds of other conservation-related projects.

## 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:



### Askham Bog

Off the A1036, York, YO23 2UB

Map: OS Explorer 290      Grid ref: SE 574479

Contact: Yorkshire Wildlife Trust

Tel: 01904 659570

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

This reserve lies next to the A64 south of York, and is one of the oldest and most prestigious reserves belonging to the Yorkshire Wildlife Trust. It is renowned for its ancient relict fen and bog flora and fauna. An accessible board walk gives a circular walk around the reserve suitable for wheelchair users and there is an accessible pond dipping platform. There are permissive footpaths across the reserve, though wellies are advised in the winter months as it can get very wet and boggy. The nearest accessible toilets are at Askham Bar Park and Ride ½ mile away.

### Barlow Common Nature Reserve

Barlow Road, Barlow, YO8 8EZ

Off the A1041 Selby to Snaith road.

Map: OS Explorer 290      Grid ref: SE 637282

Contact: Yorkshire Wildlife Trust

Tel: 01904 659570



The reserve contains a mosaic of habitats including mature woodland, wetland areas and wildflower meadows. It is great for butterflies during the summer, and there is a good chance you will see or hear a green woodpecker! There is a small visitor centre with limited opening times and an accessible toilet on site. Most paths around the reserve are suitable for wheelchair users. Disabled parking is accessed via Barlow Common Road; alternatively, you can park in the main car park off Barlow Road and stroll along the path to the nature reserve, though an 'A' frame motorcycle barrier may prevent larger mobility scooters from entering at this end.

### Barmby Tidal Barrage, Barmby-on-the-Marsh

Map: OS Explorer 291      Grid ref: SE 681286

Tel: 01757 638579 (Environment Agency)



The barrage prevents the tidal River Ouse from entering the River Derwent. Accessible toilets, bird hide, fishing platforms and paths. The car park is accessed via the end of High Street.

## Accessible Wildlife Sites

### **Bolton-on-Swale Lake Nature Reserve**

Accessed from Back Lane off the B6271 near Catterick  
Map: OS Explorer 304      Grid ref: SE 249987  
Contact: Yorkshire Wildlife Trust  
Tel: 01904 659570



A large lake attracting a wide range of breeding and wintering waders and wildfowl. There is a small car park and an accessible bird hide and screen reached by an accessible path. When we visited the access lane was unsigned and very rough, so low floor vehicles should take care. Accessible toilets 6 miles away at Richmond Station, Station Yard, Richmond, DL10 4LD

### **Bolton Percy Station Nature Reserve**

Bolton Percy, Tadcaster  
Map: OS Explorer 290      Grid ref: SE 527416  
Contact: Yorkshire Wildlife Trust  
Tel: 01904 659570

This reserve lies adjacent to the Leeds-York railway line about 3 miles from Tadcaster. Follow Oxton Lane from Tadcaster; a little after the railway bridge there is a lane on the left which leads to the reserve entrance with limited parking. Open areas of grassland and scrub make this a superb place to see a great variety of butterflies and day-flying moths during the summer months. RADAR accessible toilets at Tadcaster bus station.

### **Burton Riggs**

Off the A64, Near Scarborough, YO11 3YU  
Map: OS Explorer 301      Grid ref: TA 029832  
Contact: Yorkshire Wildlife Trust  
Tel: 01904 659570

The reserve car park is situated just off the A64 south of Scarborough and close to Seamer village and on the opposite side of the roundabout to the supermarket. At the southern end of the car park a footpath leads under the road onto the reserve. The old sand and gravel workings are a haven for wetland birds, especially during migration. There is a wheelchair accessible route around the smaller lake.

### **Colt House Bridge Car Park and Viewing Area**

Map: OS Explorer 298      Grid ref: SE 124698  
Ramsgill Road, Pateley Bridge, HG3 5AE

This viewing platform overlooking Gouthwaite Reservoir near Pateley Bridge offers a great chance to see birds of prey and waterfowl.

# Accessible Wildlife Sites

## Farndale



Car park is at Low Mill, 4 miles north-east of Hutton le Hole

Map: OS Explorer OL26

Grid ref: SE 673952 (Low Mill) – SE 670957 (pond)

Contact: North York Moors National Park

Tel: 01439 772700

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

The Farndale daffodil path is suitable for wheelchair users from the car park at Low Mill to a small pond part way along. Following on, a linear route is about 1 mile there and back. The path leads you to a café and pub (as does the nearby country road). The path from Low Mill involves a relatively steep slope so a strong companion for wheelchair users will be required. There is a RADAR accessible toilet at Low Mill car park and a mobile information point during the daffodil season.

## Filey Dams Nature Reserve



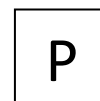
Map: OS Explorer 301      Grid ref: TA 107807

Contact: Yorkshire Wildlife Trust

Tel: 01904 659570

The last remaining freshwater marsh of any size in the area, providing a resting place for large numbers of migrant waders and wildfowl. The car park is accessed via Wharfedale, off the A1039 Muston Road. Wheelchair access to the main hide only. Accessible toilets on Royal Parade, Filey.

## Foxglove Covert Local Nature Reserve



The entrance is off Ava Road, 5.5 miles west of Catterick, DL9 3PZ

Map: OS Explorer 302      Grid ref: SE 165975

Tel: 01748 830045 / 07754 270980

Email: [foxglove1nr@btinternet.com](mailto:foxglove1nr@btinternet.com)

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

A magical nature reserve adjacent to Catterick Garrison. There is an unparalleled range of wildlife habitats, accessible screens and hides and a superb Field Centre to warm up in, with an indoor bird viewing area, tea making facilities, and accessible toilets. Many of the paths are made of compacted gravel and suitable for wheelchair users, with boardwalks over the wetter areas; ask at the centre for recommended routes. For security reasons you need to show photographic ID on entry to the barracks and collect a pass.

## High Batts Nature Reserve

Off the A6108 near North Stainley.

Map: OS Explorer 298      Grid ref: SE 299767

Email: [highbatts1@gmail.com](mailto:highbatts1@gmail.com)

# Accessible Wildlife Sites

[www.highbatts.wordpress.com](http://www.highbatts.wordpress.com)

The reserve has one small hide, the ground floor of which is accessible. Access is for members only or by special arrangement, as High Batts is a private nature reserve. It comprises some 12.5 ha of mixed woodland following the River Ure. Mainly grassy paths that may be suitable for wheelchair users with a strong pusher in dry weather. The reserve can only be reached by your own vehicle along a rough, working path.

## Killinghall Low Bridge

Off the A61 Harrogate to Ripon road.

Map: OS Explorer 297      Grid ref: SE 287597

This old bridge is a great place to sit, watch and listen for bats.

## Malham Cove

Map: OS Explorer OL2      Grid ref: SD 898632

Tel: 01969 652363 (Access Development Officer)

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

[www.yorkshiredales.org.uk/places/malham\\_cove](http://www.yorkshiredales.org.uk/places/malham_cove)



A huge natural limestone cliff, situated to the north of Malham. A surfaced track runs from the top of Malham Village to the base of the Cove; the walk on the road up from the village is steep in parts. From Easter until the end of July, the RSPB set up telescopes at the Cove for amazing views of the peregrines that nest on the limestone cliff. You also have a good chance of seeing peregrines at the Langcliffe quarry car park (see 'Outings' - page 18). RADAR accessible toilets in the car park at Malham National Park Centre.

## Malham Tarn National Nature Reserve

Map: OS Explorer OL2      Grid ref: SD 887673

Contact: National Trust Estate Office

Tel: 01729 830416

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

[www.nationaltrust.org.uk/malham-tarn-estate](http://www.nationaltrust.org.uk/malham-tarn-estate)



Nestling at an altitude of 375 metres, this is one of Yorkshire's most attractive sections of open water. There is a 500m section of easy access board walk running through the reserve. Permits are required from the Estate Office. An off-road 'Tramper' scooter is available for hire; ring ahead to book.

## Marfield Nature Reserve

Map: OS Explorer 298

Grid ref: SE 214822



Follow the A6108 towards Leyburn for 1 mile out of Masham. Ignore the first brown tourist sign to Marfield Wetlands, as the paths and hide at this end of the reserve are not particularly wheelchair accessible. Instead,

## Accessible Wildlife Sites

turn right down the track opposite Mile House Farm (the sign has a wheelchair symbol on). A small bird hide accessed from the car park overlooks the reserve.

### **Moorlands Nature Reserve**

Moor Lane, York, YO32 2RE

Map: OS Explorer 290      Grid ref: SE 580587

Contact: Yorkshire Wildlife Trust

Tel: 01904 659570

A Victorian forest garden, the great attraction for visitors is the wonderful display of daffodils, narcissi, rhododendrons and azaleas in the spring and early summer. There is limited parking on the roadside by the entrance. Nearest accessible toilets (RADAR key) at Rawcliffe Bar Park and Ride, York, off the A1237. Can be combined with a trip to Rawcliffe Meadows – see page 52.



### **North Duffield Carrs**

Car park is one mile east of North Duffield, off the A163.

Map: OS Explorer 290      Grid ref: SE 697367

Tel: 0300 060 3900 (Natural England switchboard)

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



Part of the Lower Derwent Valley National Nature Reserve. A 600m accessible trail takes you alongside flood meadows which support wintering and breeding wildfowl and waders. Accessible bird screen and hide along the trail. The paths can flood in the winter. Nearest accessible toilets are in Bank Island car park, south-east of Wheldrake, on the Thorganby road (RADAR key required).

# Accessible Wildlife Sites

## Nosterfield Nature Reserve

Off Moor Lane, between West Tanfield and Nosterfield.  
Map: OS Explorer 302      Grid ref: SE 278795  
Tel: 01765 602832 (Simon Warwick, LUCT Director)  
[www.luct.org.uk/nosterfield](http://www.luct.org.uk/nosterfield)



Run by the Lower Ure Conservation Trust. The reserve is widely regarded as one of the best examples of wetland grassland in Northern England. There are two accessible hides and a fine, gravel path that leads to the Northern Viewing Screen, with plenty of benches to rest on along the way. There is also an accessible pond dipping platform.

## Nosterfield Quarry

Tarmac Visitor Centre,  
East of Nosterfield on the B6267



In part a working quarry, this is also a restored haven for wildlife. Over 200 species of birds have been recorded including 32 types of waders. There is a small Information and Education Centre (run by Tarmac), which is open all year round to visitors and has an accessible toilet. Just across the road is an accessible bird screen overlooking a lake – but watch out for quarry traffic when crossing!

## Rawcliffe Meadows

Map: OS Explorer 290      Grid refs: SE 576546  
(Rawcliffe Bar Park & Ride) / SE 599521 (Museum Gardens)



Part of the Ouse Ings floodplain to the north of York. A site of Special Scientific Interest with wonderful wildflower displays in the spring. There is a good tarmac path through the meadows. You can access the meadows from Rawcliffe Bar Park & Ride where there are accessible toilets and plenty of Blue Badge parking.

## Ripon Canal

Access and parking via the B6265 off the Ripon bypass.  
Map: OS Explorer 299      Grid ref: SE 323703



A great chance to see lots of birdlife and water craft as you follow the canal. Near to the marina there are two wheelchair accessible bird screens with views over the wetlands. Beyond Nicholson's Bridge the path becomes rougher and grassy and may not be negotiable for everyone, especially in wet weather. If you decide to carry on you can access Ripon City Wetlands further up the path (the gate is not accessible to larger wheelchairs) and visit a bird hide just before the next bridge. Nearest accessible toilets are off Minster Road, opposite the cathedral (RADAR key required).

# Accessible Wildlife Sites

## Ripon City Wetlands

Boroughbridge Road, Ripon, HG4 1UG  
Map: OS Explorer 299      Grid ref: SE 331697  
Tel: 01904 659570  
Email: [info@ywt.org.uk](mailto:info@ywt.org.uk)  
[www.ywt.org.uk/nature-reserves/ripon-city-wetlands](http://www.ywt.org.uk/nature-reserves/ripon-city-wetlands)



From Ripon direction there is a turning on your right next to the racecourse, just before you reach the bridge over the River Ure; follow the signs for Ripon City Wetlands until you reach the car park. The reserve, formed from former gravel workings, is managed by Yorkshire Wildlife Trust. Large numbers of wildfowl and waders are attracted to the site, including tufted duck, teal, gadwall and shoveler. Please note that the visitor car park will be closed to the public on race days at Ripon Racecourse, but the nature reserve will be open to pedestrians entering from the towpath (see Ripon Canal above), through a wheelchair accessible gate. The site is level and the paths around the bird screen and towards the canal are made of bound gravel. The route from the car park has larger gravel which can make it difficult for wheelchair users to negotiate, however, Blue Badge holders can drive to the bird screen by the riverside lagoon (a RADAR key is needed to access the gate off the car park). Here, there is a picnic table, an accessible bird screen overlooking the lake and an audio information point. The site can be prone to flooding.

## Rossett Local Nature Reserve

At the junction of Arthurs Avenue and Rossett Drive, Harrogate.  
Map: OS Explorer 297      Grid ref: SE 297536  
[www.rossettnature.co.uk](http://www.rossettnature.co.uk)

A small site with grassland, scrub and ponds rich in amphibian life, including great crested newts. An accessible pond dipping platform allows access right to the water's edge.

## Scaling Dam Reservoir

Next to the A171, on the main Guisborough to Whitby road.  
Map: OS Explorer OL27      Grid ref: NZ 739126



A section of the circular walk is accessible for wheelchairs, providing wonderful views across the water. The reservoir is important for wintering wildfowl and the bird hide is accessed from the Sailing Club car park – it is about 270m to the hide. Accessible toilets in the visitor centre.

## Skipwith Common

5 miles north of Selby, just south of Skipwith village.  
Car parks are off King Ridding Lane.  
Map: OS Explorer 290      Grid ref: SE 644375



# Accessible Wildlife Sites

Contact: 0300 060 3900 (Natural England)

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

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

This National Nature Reserve is home to a wealth of rare plants and animals characteristic of one of the last remaining ancient lowland heathlands in the north of England. There is a 1km 'Easy Going Nature Trail' around 'Bomb Bays Heath'. The route is level and has a hard surface, though it is uneven in places. The viewing platform is a wonderful place to look and listen out for wildlife. You may be lucky enough to see woodcock, long-eared owls and the elusive nightjar on summer evenings. No toilets on site.

## Staveley Nature Reserve

Minskip Road, Staveley, HG5 9LQ

Map: OS Explorer 299      Grid ref: SE 369630

Tel: 01904 659570

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

[www.ywt.org.uk/reserves/staveley-nature-reserve](http://www.ywt.org.uk/reserves/staveley-nature-reserve)



This superb wetland site lying close to the River Tutt holds year round interest for visitors, with regular sightings of otters and several orchid species among the highlights. You also have a good chance of seeing starling murmurations during the winter months. There is a marvellous hexagonal hide overlooking the West Lagoon which is wheelchair accessible. Good, accessible paths around the reserve, though there are steps up to two of the hides by the East Lagoon. Blue Badge parking is available in addition to the car park on Minskip Road, which is accessed via Main Street, next to the church - you will need a RADAR key for the gate. No toilets on site; nearest RADAR accessible toilets in Back Lane car park, Boroughbridge.



# Accessible Wildlife Sites

## St Nicks

St Nicks Environment Centre, Rawdon Avenue,  
York, YO10 3FW

Tel: 01904 411821

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

<https://stnicks.org.uk>



A former landfill site, St Nicks has been transformed into a thriving Local Nature Reserve with woodland and meadows, as well as an accessible environment centre, wildlife pond, picnic and play area. You can follow a tree trail around the site on a wheelchair accessible crushed stone path. Plenty of bird life to spot and water voles have been recorded on the reserve, though you will have to be very lucky to see one!

## Studley Royal Deer Park

Fountains Abbey, Ripon, HG4 3DY

Tel: 01765 608888

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

[www.nationaltrust.org.uk/features/fountains-abbey-parkland](http://www.nationaltrust.org.uk/features/fountains-abbey-parkland)



Next door to Fountains Abbey, the deer park offers lots to see including Fallow, Red and Sika deer, as well as wildfowl and a large number of ancient trees. If you access via Studley Roger village you can often spot deer on the drive up to the car park; alternatively, park at the main Fountains Abbey car park and catch the regular shuttle minibus from the visitor centre (wheelchair accessible bus available on request). The paths from the car park are fairly steep, but you may not need to go far from the car to spot the deer! See 'Outings' – page 15.

## Notable Others...

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

## Bempton Cliffs RSPB

Cliff Lane, Near Bempton, YO15 1JF

Tel: 01262 422212

Email: [bempton.cliffs@rspb.org.uk](mailto:bempton.cliffs@rspb.org.uk)

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



The reserve is on the cliff road from the village of Bempton, which is on the B1229 road from Flamborough to Filey. This sea-cliff bird reserve gives great views, especially during the breeding season from April to July, where more than 200,000 seabirds make the cliffs seem alive. Three cliff edge viewpoints are accessed via a hard-surfaced path and have wheelchair bays. Information centre, tea room and accessible toilets on

## Accessible Wildlife Sites

site. Tramper mobility scooters and manual wheelchairs are available to borrow. Admission charge but carers free.

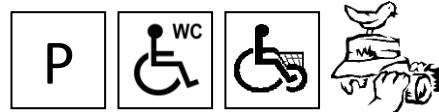
### **Blacktoft Sands RSPB**

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

Tel: 01405 704665

Email: [blacktoft.sands@rspb.org.uk](mailto:blacktoft.sands@rspb.org.uk)

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



A reserve of tidal reed beds and salt marsh. Lots of specialised wildlife, including bearded tit, bittern, hen and marsh harrier. Good level paths, six accessible hides and an accessible toilet. Wheelchair loan available. Admission charge but carers are free.

### **Eccup Reservoir**

Access by a bridleway near Lakeland Drive, off Alwoodley Road, LS17 7PF  
[www.yorkshirewater.com/things-to-do/eccup-reservoir](http://www.yorkshirewater.com/things-to-do/eccup-reservoir)

A great place for observing red kites; there is a small viewing area on the dam wall. The bridleway is a fairly steep tarmac path which leads to the route around the reservoir (turn right at the bottom to get to the dam). Here the path is level and gravelled until you reach the dam which is tarmacked. There is no car park; on street parking is available near the entrance to the bridleway, please park considerately.

### **Fairburn Ings RSPB**

Fairburn Ings, Castleford, WF10 2BH

Tel: 01977 628191

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

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



600 acres of wetland close to the A1. The reserve has several accessible bird hides and boardwalks, as well as a visitor centre with accessible toilet, refreshments for sale and an indoor picnic area overlooking a bird feeding area. A mobility scooter is available to borrow; best to book in advance. Further afield, most paths are accessible to wheelchair users though there are some undulating areas. The Lin Dike Link and Coal Tips trails provide up to four miles of gravel paths running alongside the River Aire. Some gates require a RADAR key. Parking charge for non-members, free for Blue Badge holders.

### **Old Moor - Dearne Valley RSPB**

Old Moor Lane, Bolton-upon-Dearne,  
Barnsley, S73 0YF

Tel: 01226 751593

Email: [old.moor@rspb.org.uk](mailto:old.moor@rspb.org.uk)



## Accessible Wildlife Sites

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

The reserve has a wide variety of wetland habitats with accompanying bird, plants and animal life. During the winter it is an important stopping off point for ducks, geese and swans plus 8,000 golden plovers! Most paths are hard-surfaced and on a flat level. All hides and screens are wheelchair accessible. Electric scooters and manual wheelchairs are available to hire from the visitor centre. There is a café on the first floor, accessed via the lift and plenty of picnic tables in the courtyard and on the reserve to eat your sandwiches! Admission charge but carers free.

### **Saltholme RSPB**

Seaton Carew Road,  
Middlesbrough, TS2 1TU

Tel: 01642 546625

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

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



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

# Volunteering Contacts

## **Websites**

### **'Do It'**

[www.do-it.org.uk](http://www.do-it.org.uk)

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

### **Harrogate and District Community Action**

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

Search their online 'North Yorkshire Volunteering Directory' for opportunities near you.

### **Volunteering England**

<http://volunteeringengland.org.uk>

Offers a range of resources for anyone who works with or manages volunteers as well as for those who want to volunteer.

## **Volunteers Centres**

### **Coast & Vale Community Action (CaVCA)**

12 Lower Clark Street, Scarborough, YO12 7PW

Tel: 01723 362205

Email: [admin@cavca.org.uk](mailto:admin@cavca.org.uk)

[www.cavca.org.uk/volunteer-opportunities](http://www.cavca.org.uk/volunteer-opportunities)

### **Hambleton Community Action**

Ground Floor Office Suite, 159-160 High Street, Northallerton, DL7 8JZ

Tel: 01609 780458

Email: [admin@hambletoncommunityaction.org](mailto:admin@hambletoncommunityaction.org)

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

### **York CVS**

15 Priory Street, York, YO1 6ET

Tel: 01904 621133

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

[www.yorkcvs.org.uk/volunteers](http://www.yorkcvs.org.uk/volunteers)

# Volunteering in the Countryside

There are plenty of opportunities to get involved in your local countryside through volunteering for a conservation or community group. Open Country's disability groups have volunteered with most of the following organisations. Contact them to find out about current opportunities:

## **Groundwork (North Yorkshire)**

Tel: 0300 3033 292 (Yorkshire Head Office)  
[www.groundwork.org.uk/hubs/north-east-and-yorkshire](http://www.groundwork.org.uk/hubs/north-east-and-yorkshire)

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.

## **National Trust**

Tel: 01904 702021 (York Regional Office)  
Email: [yne.customerenquiries@nationaltrust.org.uk](mailto:yne.customerenquiries@nationaltrust.org.uk)  
[www.nationaltrust.org.uk/volunteer](http://www.nationaltrust.org.uk/volunteer)

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

## **North York Moors National Park**

The Old Vicarage, Bondgate, Helmsley, York, YO62 5BP  
Tel: 01439 772700  
Email: [volunteers@northyorkmoors.org.uk](mailto:volunteers@northyorkmoors.org.uk)  
[www.northyorkmoors.org.uk](http://www.northyorkmoors.org.uk)

Volunteers carry out varied tasks including practical conservation work and assisting in the visitor centres.

## **Open Country, Harrogate**

Tel: 01423 507227  
Email: [info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
[www.opencountry.org.uk](http://www.opencountry.org.uk)

Volunteers support our disabled members on countryside activities. Tasks may include guiding a member with a visual impairment on hikes, pushing a wheelchair user on an easy going walk, carrying out practical tasks with the conservation group, piloting a tandem or just providing moral support and companionship. It's a great chance to make friends, help others and get out and explore the countryside yourself!

## **Pinewoods Conservation Group**

Email: [contactus@pinewoodsconservationgroup.org.uk](mailto:contactus@pinewoodsconservationgroup.org.uk)  
[www.pinewoodsconservationgroup.org.uk/volunteer](http://www.pinewoodsconservationgroup.org.uk/volunteer)

# Volunteering in the Countryside

The group carries out maintenance and conservation of the environment within the Pinewoods, in Harrogate. Ongoing tasks include maintaining paths, tree planting and controlling Himalayan Balsam.

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

Tel: 0300 7772 676

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

The RSPB offer a range of volunteering roles which can be tailored to your skills, interests and circumstances.

## **The Conservation Volunteers**

Tel: 01904 414927 (York Office)

Email: [york@tcv.org.uk](mailto:york@tcv.org.uk)

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

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

## **Yorkshire Dales National Park**

Tel: 0300 456 0030 (General enquiries)

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

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

Volunteers carry out a variety of tasks in the national park – from maintaining and improving footpaths, to surveying farm buildings or leading a guided walk.

## **Yorkshire Wildlife Trust**

Tel: 01904 659570

Email: [volunteering@ywt.org.uk](mailto:volunteering@ywt.org.uk)

[www.ywt.org.uk/get-involved/volunteer](http://www.ywt.org.uk/get-involved/volunteer)

There are many ways to get involved with the Yorkshire Wildlife Trust; raking hay meadows, leading rockpooling trips, keeping watch over their sheep and cattle or supporting them in the office. Opportunities range from one-off practical conservation days to regular commitments on the nature reserves or from home.



# RADAR Key & Blue Badge Parking

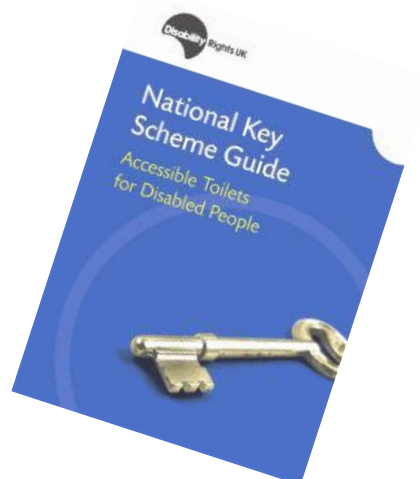
## Disability Rights UK

Tel: 0330 995 0400

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. You can also purchase lists of available NKS toilets in your region.

## 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

At the time of writing several TICs have either closed down, reduced their opening hours, have turned into un-manned visitor information points, or are only open seasonally - so best to ring ahead to check for opening times:

### **Aysgarth Falls**

Tel: 01969 662910

### **Bedale**

Tel: 01677 424604

### **Bentham**

Tel: 015242 62549

### **Boroughbridge**

Tel: 01423 323373 (closed in winter)

### **Easingwold**

Tel: 01347 821530

### **Filey**

Tel: 01723 383636  
(Discover Yorkshire Coast)

### **Grassington**

Tel: 01756 751690

### **Great Ayton**

Tel: 01642 723268

### **Harrogate**

Tel: 01423 537300

### **Hawes**

Tel: 01969 666210

### **Horton-in-Ribblesdale**

01729 860333

### **Ingleton**

Tel: 01524 241701

### **Knaresborough**

Tel: 01423 866886

### **Leeming Bar**

Tel: 01677 424262

### **Malham**

Tel: 01729 833200

### **Mashamshire Community Office & Library**

Tel: 01765 680200

### **Northallerton**

Tel: 01609 776864

### **Pateley Bridge**

Tel: 01423 714953

### **Reeth**

Tel: 01748 884059

### **Richmond**

Tel: 01609 532980

### **Ripon**

Tel: 01765 604625

### **Scarborough**

Tel: 01723 383636  
(Discover Yorkshire Coast)

### **Sedburgh**

Tel: 01539 620125

# Tourist Information

## **Selby**

Tel: 01609 534521

## **Settle**

Tel: 01729 825192

## **Skipton**

Tel: 01756 792809

## **Sutton Bank National Park Centre**

Tel: 01845 597426

## **The Moors National Park Centre (Danby)**

Tel: 01439 772737

## **Thirsk**

Tel: 01845 522755

## **Whitby**

Tel: 01723 383636  
(Discover Yorkshire  
Coast)

## **York**

Tel: 01904 555670



# The Countryside Code

The  
Countryside  
Code



Your guide to enjoying parks and  
waterways, coast and countryside

## Respect everyone

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- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

## Protect the environment

---

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it - any public waste bin will do
- care for nature - do not cause damage or disturbance

## Enjoy the outdoors

---

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

# Open Country

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

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 in which we try to let people know about what is available to them in their area and how they can get involved.

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

[www.opencountry.org.uk/countryside-access-directories/](http://www.opencountry.org.uk/countryside-access-directories/)

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



This Directory was updated with the help of Open Country's volunteers and members.

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



We hope to update this Directory in the future, if you have any comments or additions please contact us at:

## **Open Country**

Community House

46 East Parade

Harrogate

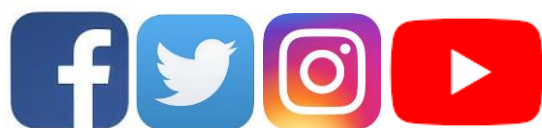
North Yorkshire

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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