

Countryside Activities programme



WEEKDAY OPPORTUNITIES

Want to try to improve your overall health and well-being in a friendly and supportive environment? Why not try our day services with a difference? Contact us for further details.

TRAILBLAZERS & HARROGATE NATURE FORCE

We 'work for wildlife' on nature conservation projects on Tuesdays (Trailblazers) and Fridays (Nature Force). Both groups meet at Community House and we can usually drop people home afterwards. Tools, training, PPE and transport are provided. The service is a chargeable one and work programmes are issued separately.

WEEKDAY WALKING

For regular walking opportunities, don't forget our weekday walking groups. Members are invoiced every two months, and people often pay for it out of their personalised budgets. The groups are:

- **WALK ON THE WILD SIDE**

Our Wednesday group combines shorter walks of up to 6 miles with nature study.

- **THURSDAY WALKERS**

The Thursday group covers around 7 - 8 miles each day and is a great way to improve your health and fitness.

WEEKEND OPPORTUNITIES

KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire



We'll be out later than 9pm

Forthcoming Price Rises

The cost of living has risen fast in recent years and, as we have not increased our prices since 2022, some increases are now sadly inevitable. Whilst we always try to keep our services as affordable as we can, new pricing changes include:

- Tandems will be £6 per session, except for Selby, which has an introductory price of £5.
- York and Selby Walking Groups will now be asked for a contribution to our weekend trips of £10.
- The charge for weekday activities will increase from April 1st for new participants and from September 1st 2024 for existing ones. We will inform participants of these changes in a separate letter shortly.

ADVENTURE CLUB

This outdoor pursuits group can be more strenuous than some, but we try and keep it fully inclusive wherever possible.

Saturday 13th April
CANAL CAPERS



Barging about on a narrowboat on the Calder and Hebble Navigation with the *Safe Anchor Trust*.

Cost: £7 **Trip: £12**

Travel time: 1¼ hours

Saturday 18th May

**HAVE YOUR KAYAK
AND EAT IT!**



Canoeing on the water-filled former quarry lake at *Carlton Lodge Outdoor Centre*, near Thirsk.

Cost: £15 **Trip: £10**

Travel time: 1 hour

Friday 10th May

SWIMMING



Another trip to *Starbeck Baths* for an evening swim and fish and chips to boot!

Admission: £5.45, **Trip: £5**

Travel: 20 minutes **Meet from: 5.30pm**

Saturday 15th June

ADAPTED CYCLING



Visit *Thornes Park Stadium*, Wakefield, where we can ride a variety of adapted cycles around the athletics track. After lunch, we'll explore around the park.

Cost: £3.30 per bike **Trip: £12**

Travel time: 1¼ hours

CARE IN THE COUNTRYSIDE

To qualify for the group, you must be living at home with family members.

Sunday 14th April

THORNTON HALL FARM



Hands-on animal encounters at this award-winning open farm near Colne.

Admission: £10.95, **Carers FREE**

Trip: £10 **Travel time: 1 hour**

Saturday 4th May

**TULIPS ARE BETTER
THAN ONE!**



Over 6,000 tulips can be admired in the grounds of *Constable Burton Hall*, a delightful country house near Leyburn.

Admission: £10 **Trip: £12**

Travel time: 1¼ hours

Sunday 23rd June

SEASIDE SAFARI



Fish and chips on the seafront with our ever-popular seaside trip to Redcar, spiritual home of the Lemon Top.

Admission: FREE **Trip: £12**

Travel time: 2 hours



WILD THINGS

Have fun exploring the natural world, as you never know when nature calls!

Saturday 6th April

SHERWOOD FOREST



Enjoy springtime in Robin Hood's old stamping ground, home to over 1,000 veteran oak trees.

Admission: FREE Trip: £15

Travel time: 2 hours



Saturday 11th May

HOLDING OUT FOR A HERO(N)



See the amazing nesting herons in the grounds of *Yorkshire Sculpture Park*.

Admission: £11, Seniors £7 Trip: £12

Travel time: 1¼ hours

Friday 14th June

THREE CHURRS!



Come to *Timble Ings* to seek the elusive bird, the nightjar. If time allows, we may have a jar ourselves at *The Sun Inn!*

Admission: FREE Trip: £10

Travel time: ½ hour

Meet from 7pm - back from 11pm

Sunday 9th June

RSPB ST. AIDAN'S



Walk around this amazing wetland on the edge of Leeds, home to rare wildlife such as black-necked grebes & bitterns.

Admission: FREE Trip: £12

Travel time: 1 hour

TANDEMONIUM!

Our six tandem clubs are based in Harrogate, Ripon, Selby, Wakefield (two nights), Wetherby and York. The 2024 season begins on Monday 1st April (yes, really – this isn't an April Fools!) and ends when the clocks go back at the end of October. The cost per session is now £6 for back riders. Last season we collectively cycled 27,000 miles, which is more than the distance around the earth! Join in the fun!

ALLOTMENT GROUP

Our 2024 growing season is underway and we are meeting every Friday until November at our allotment at the top of Starbeck. If you fancy joining us, give us a sprout, err, sorry - a shout!



OUTINGS

Open to anyone with a physical disability or sensory impairment, we visit a wide range of wheelchair accessible locations. The fully accessible bus picks people up from home and drops them off afterwards.

Saturday 20th April

BY GEORGE!



Celebrate the national day of St. George, England's patron saint, at a nearby village hall. We'll enjoy a traditional English buffet and silly English games!

Cost: £20, includes food and hall hire

Trip: £10 Travel time: ½ hour



Saturday 27th April

KILNSEY PARK



Enjoy lunch in the heart of Wharfedale.

Admission: FREE Trip: £12

Travel time: 1¼ hours

Sunday 12th May

**THORP PERROW
ARBORETUM**



Trees, blossom, birds of prey and meerkats will jockey for your attention at this venue near Bedale.

Admission: £13.95 Trip: £10

Travel time: 1 hour

Saturday 18th May

**KIRKLEATHAM WALLED
GARDEN**



Lovely Grade II-listed, 17th century walled garden near Redcar.

Admission: £3 Trip: £12

Travel time: 1¼ hours

Saturday 8th June

BRIMHAM ROCKS!



Yes, it does. Let's have a go at some art projects and explore the rocks at this *National Trust* property in Nidderdale.

Admission: FREE Trip: £10

Travel time: ½ hour



Sunday 16th June

PIER PRESSURE



Our annual seaside trip to Saltburn - because life's a beach.

Admission: FREE Trip: £12

Travel time: 1½ hours

EASY GOING WALKS

Short walks that are suitable for more casual walkers and wheelchair users.

Sunday 7th April

CUT ABOVE THE REST



We'll visit the *Coldstones Cut*, an incredible outdoor sculpture overlooking Coldstones Quarry near Pateley Bridge.

Admission: FREE Trip: £10

Travel time: ½ hour



Sunday 5th May

GOING FOR A BURTON



We will walk from Knaresborough to have lunch at our allotment, celebrating the renowned local cycling icon, Beryl Burton.

Admission: FREE Trip: £10

Travel time: 20 minutes

Saturday 22nd June

OTLEY



A 2-mile circular walk in Wharfemeadows Park and Gallows Hill Nature Reserve as our contribution to *Otley Walking Festival*.

Admission: FREE Trip: £10

Travel time: ½ hour

YORK WALKING GROUP

We're helping ambulant disabled York residents enjoy weekend rambles twice a month. Each walk is £10 and our forthcoming York walks are:

Sunday 14th April

Sunday 21st April

Sunday 12th May

Sunday 19th May

Sunday 2nd June

Saturday 15th June



We meet at 10am at *York Rail Station*.

SELBY WALKING GROUP

We're helping ambulant disabled Selby residents enjoy weekend rambles every month. Each walk is £10 and the dates of our forthcoming Selby walks are:

Sunday 28th April

Sunday 19th May

Saturday 29th June



We meet at 10 at *Selby Leisure Centre*.

SELBY TANDEM CLUB

The club cycles from Selby Leisure Centre on most Wednesdays between April and October. Contact us for further details if you would like to be involved.



ZOOM SESSIONS

We still have these **FREE** Zoom-based activities on offer each week. Please join in the fun - contact us for details. Don't forget, we can lend you an exercise bike or a tablet if that helps!

Tuesday

Spin class (exercise bikes & music with Ella Dixon) 6.30-7.30pm.

Friday

Yoga with Linzi 10-11am



Please email info@opencountry.org.uk if you would prefer to receive our newsletter electronically or if you want to be taken off our mailing list.

WEEKENDS AWAY!

Friday 5th - Sunday 7th July

TANDEM RESIDENTIAL:

SMOGGIE OGGY OGGY!



We'll stay at the *Watson Scout Centre* in Carlton-in-Cleveland and explore the highways and byways of Middlesbrough, Redcar and Teesside. The subsidised cost is £150, which includes all food, transport & accommodation.

Friday 21st - Sunday 23rd September

WILD THINGS RESIDENTIAL:

Staying in the Lake District, we will do our level best to see red squirrels and other Lakeland wildlife. The cost is £150, which includes all food, transport & accommodation.



BOOK A PLACE/GET IN TOUCH...

To book a place, telephone Open Country (01423) 507227. Please do let us know if you've booked and then cannot come to a Countryside Activity, so we can give someone else your place.

Late cancellation or non-attendance on activities is time-consuming, costly and above all prevents other members from enjoying the countryside. Please only book on to the activities if you really want to come out with us. If you must cancel, do so as early as possible, so that we can give someone else your place. Cancellation less than 48 hours in advance may result in you being liable for any costs - you have been warned!

Our address is:

**Open Country, Community House
46 East Parade, Harrogate,
North Yorkshire, HG1 5LT.**

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Email: info@opencountry.org.uk

Web: www.opencountry.org.uk

Our confidential trustees' email address is opencountrytrustees@hotmail.co.uk

Like us on Facebook, or follow us on Twitter or Instagram

