

North Yorkshire Countryside Directory for People with Disabilities

sixth 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



Funded by
UK Government

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. Be it the genteel, Victorian splendour of Harrogate's Valley Gardens, the subterranean charms of Ingleborough Cave, or the windswept heights of Sutton Bank; 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.



First Edition published February 2004
Revised March 2009, January 2015, January 2018 and April 2021
This edition published March 2025

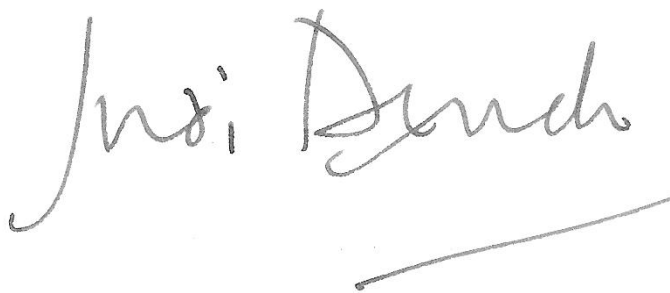
© Open Country 2025. All Rights Reserved

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 grey ink that reads "Judi Dench". The signature is written in a cursive, flowing style. Below the signature is a single horizontal line.

Dame Judi Dench

Using the Directory

Throughout this Directory you will see some symbols. These are to help you see what kind of facilities or information is available to you.

Please also contact individual places to ask what they can offer people with disabilities.

Key:



Blue Badge parking is available



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



Scooters / wheelchairs / trampers 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**



Contents

Walking & Outings

Walking Clubs & Contacts	1
Easy Going Walks	4
Outings	13

Sports & Outdoor Pursuits

Sports Clubs & Contacts	22
Outdoor Pursuits	24
Fishing	29
Cycling	32
Horse Riding	38

Wildlife & Conservation

Wildlife Clubs & Organisations	40
Accessible Wildlife Sites	42

Volunteering

Volunteering Contacts	52
Volunteering in the Countryside	53

Useful Information

RADAR & Blue Badge Parking	55
Tourist Information	56
The Countryside Code	57

Breakfree



Open Country have produced *Breakfree* packs for Burley in Wharfedale, Harrogate District, Leeds, Nidderdale, Selby, Wakefield, Wharfedale and York.



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.



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

Call Open Country on 01423 507227 to request a copy.

Walking Clubs & Contacts

Access the Dales

Tel: 07715 964621

Email: accessthe dales@gmail.com

www.access-the-dales.com

An organisation dedicated to making the outdoors accessible to people with disabilities by creating places to borrow all-terrain wheelchairs in different locations in the Yorkshire Dales. Their website also has details of accessible walks in the area.

Disabled Ramblers

Email: chairman@disabledramblers.co.uk

www.disabledramblers.co.uk

Working across England and Wales to help make the countryside more accessible to people with limited mobility. They campaign to raise awareness of the needs of people with limited mobility and organise a national programme of rambles for people who use mobility scooters.

Free Walking Tour of Harrogate

www.harrydoeshistory.com

Harry 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 advised to join the 1.30pm tour for the best experience.

Harrogate Ghost Walk

www.harrogateghostwalk.com

Where history meets mystery! Enjoy a spooky evening walk around Harrogate. Tours are usually the first and last Friday of each month however, this can vary. There are some hills and a cobbled street on the walk, but steps can be avoided. The shorter route takes in the beautiful Valley Gardens.

MoveMates

Tel: 01904 373017

Email: info@movemates.org.uk

www.movemates.org.uk

Move Mates is a walking buddy project where people who struggle to get out on their own are paired with volunteers to meet regularly for a walk. There are projects across Yorkshire, including Selby and York.

Walking Clubs & Contacts

Open Country, Harrogate

Tel: 01423 507227

Email: info@opencountry.org.uk

www.opencountry.org.uk

We run a range of walks for disabled people in Harrogate, Selby and York, including easy going wheelchair accessible strolls and longer hikes of up to 7 miles. We also produce Breakfree packs detailing accessible trails suitable for wheelchair users, families with young children and pushchairs, cyclists, anyone who might struggle with exercise and older people with limited mobility. The trails cover a range of locations including Harrogate district, Nidderdale and York.

Selby Health Walks

Tel: 07922 002025

Email: selbyhealthwalks@gmail.com

<https://selbyhealthwalks7.wixsite.com/selbyhealthwalks>

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.

The Ramblers

Tel: 020 3961 3232

Email: ramblers@ramblers.zendesk.com

www.ramblers.org.uk

Britain's walking charity, working to safeguard the footpaths, the countryside and other places people go walking, and to encourage more people to take up walking. There are several local groups across Yorkshire, each group has its own walks programme with routes ranging from easy to strenuous. Their website also has a directory of 'Wellbeing Walks' in North Yorkshire. These are free, short walks designed to help you take the first step towards better health, wellbeing and happiness:

- **Hambleton Strollers**

Tel: 07514 240227

The walks are usually on good level footpaths around towns with no stiles and suit people of all abilities and fitness levels.

- **Masham Strollers**

Tel: 01765 680200

Email: info@visitmasham.com

The walks are approximately 40 minutes long over easy ground, although there may be some uneven surfaces or pavements around the streets of Masham. They are suitable for those that are new or returning to activity.

Walking Clubs & Contacts

- **North Craven Strollers**

Tel: 07879 643878

Email: ncravenstrollers@yahoo.co.uk

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

- **Richmondshire Health Walks**

Tel: 07935 541998

The group offers free walks every Monday and Thursday starting from various locations across Richmondshire. The walks are reasonably flat with no stiles and are for those recovering from illness or inactivity.

- **York Health Walks**

Tel: 07709 526254

Email: jennynich53@gmail.com

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.

York Walking Maps

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 5*).

www.yorkshirewater.com/things-to-do/walks/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. Blue Badge holders can avoid parking charges by applying for the annual parking permit online: <https://yorkshirewater.zatpermit.com/applicant>.



Millennium Green, Pateley Bridge

Park in the Nidderdale Showground car park off the B6265. www.opencountry.org.uk/breakfree

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. Accessible toilets are located at the recreation ground near to the zebra crossing (RADAR key required).



Nidderdale Greenway

Start at the ASDA car park off Dragon Road, Harrogate. 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. Ripley village has shops, cafés and ice cream.



Easy Going Walks

Pateley Bridge to Glasshouses

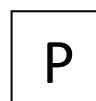
Park in the Nidderdale Showground car park off the B6265.
www.opencountry.org.uk/breakfree



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 accessible toilets across the road in the recreation ground near to the zebra crossing (RADAR key required). The walk starts at the public footpath sign by the bridge.

Ripon Canal Walk

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



A linear walk on a flat, surfaced path (though it can be a little rough in places where the tarmac has cracked); almost 4 miles there and back. A great chance to see lots of birdlife and watercraft as you follow the canal. Near to the marina there are two 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 46) further up the path and visit a bird hide just before the next bridge. Nearest accessible toilets are by Ripon Bus Station, off Moss Arcade (RADAR key required).

Scar House Reservoir

Car park at the end of the private road from Lofthouse
www.opencountry.org.uk/breakfree



A Yorkshire Water site near Middlesmoor, north of Pateley Bridge. Set amid the wildest part of Nidderdale with spectacular scenery. Three sides of the reservoir are tarmac. Accessible toilets (RADAR key required), picnic area and seasonal refreshment kiosk at the car park. More details available from our Harrogate District Breakfree trail pack; link above.

Swinsty Reservoir

www.opencountry.org.uk/breakfree



A 3-mile circular walk around the Yorkshire Water 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, accessible toilets (RADAR key required), picnic tables and often an ice cream van are located at Swinsty Moor car park, off North Lane. More details available from our Harrogate District Breakfree trail pack; link above. Blue Badge holders can avoid parking charges by applying for the annual parking permit online: <https://yorkshirewater.zatpermit.com/applicant>

Easy Going Walks

The Coldstones Cut

Toft Gate car park is off the B6265, 2 miles west of Pateley Bridge.
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 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

www.rhs.org.uk/gardens/harlow-carr
www.opencountry.org.uk/breakfree



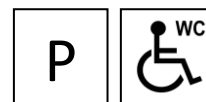
A pretty, accessible point to point walk of around 1¼ miles through the Valley Gardens, Pinewoods and onto Harlow Carr Gardens. Our Harrogate District Breakfree trails have details of the walk; see link above. RHS Harlow Carr have produced a leaflet describing this walk in detail which is available on 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 15).

Dales Area

Aysgarth Falls and Freeholders Wood

Aysgarth Falls National Park Centre, Leyburn, DL8 3TH.
Email: aysgarth@yorkshiredales.org.uk
Tel: 01969 662910



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 accessible toilets (RADAR key required).

Easy Going Walks

Buckden

Off the B6160 at Buckden, north of Kettlewell.
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 and follow the crushed stone path. In some areas, the path narrows due to encroaching vegetation. As you approach Hubberholme, you can either continue on the wide gravel path to avoid traffic, or turn off to the left and carry on along the road; which is fairly quiet. Details of the route can be downloaded from our website above, following the link for our Wild about Wharfedale Breakfree trail. There are accessible toilets (RADAR key required) and Blue Badge parking in the National Park car park. The village shop sells refreshments.

Burnsall Riverside Walk

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 of the route can be downloaded from our website above, following the link for our Wild about Wharfedale pack. 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.

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. Accessible toilets (RADAR key required) at the Dales Countryside Museum car park on Burtersett Road in Hawes.

Grimwith Reservoir

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

www.yorkshirewater.com/things-to-do/walks/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 accessible toilets (RADAR key required).

Easy Going Walks

Ingleborough Estate Nature Trail

Clapham, LA2 8EE

Tel: 01524 251242

Email: info@ingleboroughestatenaturetrail.co.uk

<https://ingleboroughestatenaturetrail.co.uk>



Near Clapham Village, the trail passes through lovely woodland on the way to Ingleborough Cave (see '*Outdoor Pursuits*' – page 25). 1.3 miles each way, the trail is steep, stony and muddy in parts, being too steep for self-propelling wheelchair users. A powered mobility scooter will negotiate the trail and can be pre-booked on the number above. Car park and accessible toilets (RADAR key required) at Clapham Village, around ½ mile away. There is a small entry charge for the trail which is open daily.

Leeds & Liverpool Canal, Gargrave

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.



Leyburn Shawl

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.

Richmond to Easby Abbey

Station Yard, Richmond, DL10 4LD



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

Skipton Castle Woods

Tel: 0330 333 3300 (Woodland Trust)

Email: england@woodlandtrust.org.uk

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



Accessed from Mill Bridge, you can follow the beck for a short distance with great views of the castle walls, though steps will prevent wheelchair users from continuing onto the 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 accessible toilets (RADAR key required) are off the High Street on Jerry Croft.

Easy Going Walks

Yorkshire Dales National Park

Tel: 0300 456 0030

Email: info@yorkshiredales.org.uk

www.yorkshiredales.org.uk

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 those 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 or Malham) or from their online shop.

York & Selby Area

Brayton Barff Woods

Barff Lane, near Thorpe Willoughby, Selby

www.yorkshirewater.com/things-to-do/reservoirs/brayton-barff

P

A 1.3 mile circular walk around ancient woodland; a great spot for bird watching and spring bluebells. The stone footpath undulates and has steep sections, but is suitable for wheelchair users. Visitors should be aware of adverse camber and tree roots in places. 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

Rawcliffe Bar Park & Ride, Shipton Road, York, YO30 5XZ

P



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 (accessible toilets and plenty of Blue Badge parking) at one end, or the Museum Gardens in York at the other end (Blue Badge parking at the nearby Marygate car park).

Skipwith Common National Nature Reserve

5 miles north of Selby, just south of Skipwith village.

Car parks are off King Rudding Lane.

Tel: 0300 060 3900 (Natural England)

Email: frskipcom@btinternet.com

www.friendsofskipwithcommon.org.uk

P



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 great place to look and listen out for wildlife. There is an audio information point near the platform. No toilets on site.

Easy Going Walks

Moors & Coast

Cawthorn Roman Camps

Tel: 01439 772700

Email: general@northyorkmoors.org.uk

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. The walk takes you around one of the camps, then onto a viewing platform with amazing views.

Cleveland Way Walks

Tel: 01439 772700

www.nationaltrail.co.uk/cleveland-way

The Cleveland Way website has details of 'Miles without Stiles' walks without stiles or barriers, and short 'Easy Walks' with gentle gradients.

Crow Wood at The Moors National Park Centre

Lodge Lane, Danby, Whitby, YO21 2NB

Tel: 01439 772737

www.northyorkmoors.org.uk

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

Low Dalby, Pickering, YO18 7LT

Tel: 0300 067 4300 / 01751 460295 (Forestry England)

Email: yorkshirefd@forestryengland.uk

www.forestryengland.uk/dalby-forest

P



In the heart of the North York Moors National Park, Dalby Forest offers many walking and cycling trails. 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. 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.

Easy Going Walks

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.

Forge Valley Woods National Nature Reserve

Off A170, near East Ayton.

Tel: 01439 772700

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.

Tel: 01287 631132



A gentle, level walk along the dismantled railway track, starting from Guisborough Forest & Walkway Visitor Centre. Here you can find a café, toilets and walks information, including the Sculpture Trail route.

North York Moors National Park

The Old Vicarage, Bondgate, Helmsley, YO62 5BP

Tel: 01439 772700

Email: general@northyorkmoors.org.uk

www.northyorkmoors.org.uk

The North York Moors National Park Authority has developed several 'Miles without Stiles' routes between ½ mile and 9 miles long which are suitable for wheelchair users and those with limited mobility. Other routes may be wheelchair accessible in parts; contact the National Park for more details. All-terrain mobility trampers are available to hire at seven locations across the North York Moors. These can be booked through:

- **Outdoor Mobility**

Tel: 07843 754239

Email: info@outdoormobility.org

www.outdoormobility.org

Rosedale Mineral Railway

Tel: 01439 772700

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.

Easy Going Walks

Sutton Bank & the White Horse

On the A170, 5 miles east of Thirsk.

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. An accessible toilet and a Changing Places Toilet are located near to the visitor centre.



Thornton-le-Dale

Nr Pickering, YO18 7RR

www.visitthorntonledale.co.uk



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 (with shops and cafés) and an accessible toilet (RADAR key required).

Outings

Harrogate District

Brimham Rocks

4 miles from Pateley Bridge off the
B6265, Brimham Moor Road,
Summerbridge, HG3 4DW
Tel: 01423 780688

Email: brimhamrocks@nationaltrust.org.uk
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 walk suitable for most wheelchair users, although it is rough in parts and a strong pusher is advised. A map of the recommended accessible routes is available. Accessible toilets, refreshment kiosk and picnic tables are located at the top of the main track. There is a drop-off/pick-up point close to the kiosk; this can be arranged with the staff in the car park. Two tramper style mobility scooters are available for loan for free by prior arrangement. Braille and large print guides available.

Druid's Temple

Access is off Knowle Lane, north of Ilton.



This 19th 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. Parking is a short distance away at the Bivouac café, where there is an accessible toilet (for customers), parking charges apply. From here you follow the stony track and then a stone/grassy path to the temple. Other paths around the woodland are rougher and undulating.

Fountains Abbey & Studley Royal

Near Ripon, HG4 3DY

Tel: 01765 608888

Email: fountainsabbey@nationaltrustorg.uk
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.

Outings

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 carers.

Great Yorkshire Showground

Harrogate, HG2 8NZ

Tel: 01423 541000 (Yorkshire Show) /

01423 544544 (Yorkshire Event Centre)

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. The show ground is largely accessible. Wheelchairs and electric scooters are available to hire.



Goldsborough Hall

Church Street, Goldsborough, HG5 8NR

Tel: 01423 867321

Email: info@goldsboroughhall.com

www.goldsboroughhall.com



This historic 17th-century stately home offers seasonal visits, including guided history tours and garden open days. In early spring, its snowdrop display blankets the grounds in white, attracting nature lovers. Disabled parking is available near the entrance, and while some paths are gravel and woodchip with gentle slopes, they are manageable for manual wheelchairs. The gardens have accessible viewing areas with seating. Advance booking is recommended, especially for step-free guided tours.

Outings

Newby Hall & Gardens

Near Ripon, HG4 5AE

Tel: 01423 322583

Email: info@newbyhall.com

www.newbyhall.com



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 motorised and manual wheelchairs available free of charge, but you need to book ahead. The gardens are on sloping ground, but negotiable by wheelchairs following a signed wheelchair route. Open seasonally.

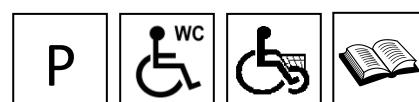
RHS Garden Harlow Carr

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

Tel: 01423 565418

Email: harlowcarr@rhs.org.uk

www.rhs.org.uk/gardens/harlow-carr



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

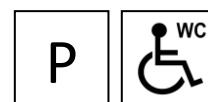
Ripley Castle Gardens & Grounds

Ripley, near Harrogate, HG3 3AY

Tel: 01423 770152

Email: enquiries@ripleycastle.co.uk

www.ripleycastle.co.uk



Ripley Castle is set in a beautiful historic area, based on a French model village. There is a walled garden, a collection of specimen trees from around the world, an ornamental lake, waterfall and an historic deer park with ancient oak trees. Most paths around the gardens and woodland are level with a gravel surface. If you are exploring further into the deer park the paths are rougher and over grassland and not suitable for manual wheelchairs. Admission charge. Accessible toilets (RADAR key required) and Blue Badge parking are located in the village car park – charges apply. Cafés, shops and ice cream available in Ripley village.

Thirsk Birds of Prey Centre

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

Tel: 01845 587522

Email: mail@falconrycentre.co.uk

www.falconrycentre.co.uk



Outings

Experience the thrills and excitement of falconry, with over 100 birds and 50 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. Closed in the winter months. No concessions for carers and no dogs allowed.

Thorp Perrow Arboretum & Wildlife Park

Bedale, DL8 2PS

Tel: 01677 425323

Email: enquiries@thorpperrow.com

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 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.

Dales Area

Bolton Abbey Estate

Near Skipton, BD23 6EX

Tel: 01756 718000

Email: info@boltonabbey.com

www.boltonabbey.com



A country estate with ruins and moorland, a forestry trail and a riverside beach, amongst other features. Several different estate car parks can be accessed off the B6160 depending on which area you want to visit; three of which have accessible toilets and Blue Badge parking. Many of the paths are wheelchair accessible and there are electric scooters and wheelchairs available for loan from the shop next to Cavendish Pavilion – booking advised on 01756 710663. The Cavendish Pavilion shop, toilets and café are all accessible and you can stroll into Strid Wood from here along a wide surfaced path, undulating in places. The Cumberland Trail accessed from the Strid Wood car park and visitor centre, is a ½ mile accessible circular woodland walk, punctuated by informative displays about all aspects of a working forest.

Craven Lime Works & Hoffmann Kiln

Situated off the B6479, about ¾ mile north of Langcliffe village, near Settle; turn right into Hoffman Kiln Road and continue 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

Outings

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 accessible toilets (RADAR key required) a mile up the road at Stainforth National Park Car Park.

Dales Countryside Museum

Station Yard, Burtsett Road, Hawes, DL8 3NT

Tel: 01969 666210

Email: dcm@yorkshiredales.org.uk

www.dalescountrysidemuseum.org.uk



Experience what life was like in the beautiful, but sometimes harsh, landscape of the Yorkshire Dales. The museum has wide aisles, ramps, lifts and a low-level information counter. There are accessible toilets in the car park (RADAR key required) and in the museum. Plenty of items to touch and sound recordings to listen to for visitors with sensory impairments. Admission charge, but essential carers are free. The museum is closed most days in January.

Embsay & Bolton Abbey Steam Railway

Bolton Abbey Station, Bolton Abbey, Skipton, BD23 6AF

Tel: 01756 710614

Email: office@ebar.org.uk

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

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. Closed over winter.

Outings

Kettlewell Scarecrow Festival

Kettlewell, Skipton, BD23 5QZ

Email: info@kettlewellscarecrowfestival.co.uk

www.kettlewellscarecrowfestival.co.uk



Each August, around 100 scarecrows descend on this picture-perfect Dales village. They appear in gardens, open spaces and even on rooftops. You can follow the themed 'Scarecrow Trail', most of which is on surfaced roads around the village – though some parts are steep in places, including the gravel path up a slope to the church. The village has Blue Badge parking and an accessible toilet (RADAR key required) in the National Park car park.

Kilnsey Park Estate & Trout Farm

Kilnsey, Skipton, BD23 5PS

Tel: 01756 752150 / 01756 630486 (café)

Email: info@kilnseypark.co.uk

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: customerservice@wensleydale.co.uk

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

<https://wensleydale-railway.co.uk>



This rural railway through the heart of idyllic Wensleydale is 16 miles long – one of the largest operational heritage lines in the UK. The main places for joining the railway are Leeming Bar, Bedale and Leyburn Stations. 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.

Outings

Hambleton

Ampleforth Abbey & Grounds

Ampleforth, York, YO62 4EN

Tel: 01439 766099

Email: reception@ampleforthabbey.org.uk

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.

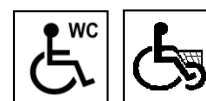
The World of James Herriot

23 Kirkgate, Thirsk, YO7 1PL

Tel: 01845 524234

Email: support@worldofjamesherriot.com

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. Some on-street Blue Badge parking near to the museum, or at the Pay & Display car park on Marage Road nearby.

York & Selby Area

Beningbrough Hall & Gardens

Beningbrough, York, YO30 1DD

3 miles west of Shipton on the A19.

Tel: 01904 472027

Email: beningbrough@nationaltrust.org.uk

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; lift access in the hall. 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.

Castle Howard

15 miles north east of York, YO60 7DA

Tel: 01653 648333

Email: house@castlehoward.co.uk

www.castlehoward.co.uk

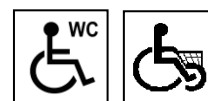


Outings

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 the site 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

Murton Lane, Murton, York, YO19 5UF
Tel: 01904 489966
Email: enquiries@murtonpark.co.uk
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.

Moors & Coast

Flamingo Land Resort

Kirby Misperton, Malton, YO17 6UX
Tel: 0800 40 888 40
Email: info@flamingoland.co.uk
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
www.ryedalefolkmuseum.co.uk



Outings

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 to wheelchair users 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. Museum closed over winter.

Scarborough SEA LIFE Sanctuary

Scalby Mills Road, Scarborough, YO12 6RP

Tel: 01723 373414

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

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. The centre, toilets, shop and adjacent Fountain Tea Room have 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, essential carers free. One off-road wheelchair available to borrow.

Wolds Way Lavender - Woldies

Sandy Lane, Wintringham, Malton, YO17 8HW

Tel: 01944 758641

Email: admin@woldswaylavender.co.uk

<https://woldies.co.uk>



A family-run lavender farm with six acres of lavender fields, and displays of wild flowers, nature ponds, sensory areas, a giant games maze and sculptures too! Accessible tea room and gift shop. The site is reasonably level with gravel paths from the car park to the shop and round to the distillery. Remaining paths are on mown grass which wheelchair users with an able pusher should be able to negotiate. Seasonal opening.

Sports Clubs & Contacts

Active North Yorkshire

Contact: Danielle Mulholland, Development Officer - Disability

Tel: 07525 988145

Email: danielle.mulholland@northyorks.gov.uk

www.northyorks.gov.uk/active-north-yorkshire

The sport and leisure section of North Yorkshire Council offering a range of activities for people of all abilities, including specialist programmes for disabled people and those with long term health conditions.

British Blind Sport

Tel: 01926 424247

Email: info@britishblindsport.org.uk

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

Tel: 01924 372382

Email: staff@disabilitysportyorkshire.org

www.disabilitysportyorkshire.org

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

Mencap Sport

Tel: 020 7454 0454

Email: sport@mencap.org.uk

www.mencap.org.uk

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

North Yorkshire Sport

Tel: 01423 226303

Email: info@northyorkshiresport.co.uk

<https://northyorkshiresport.co.uk>

A charity for movement, activity and sport. North Yorkshire Sport believes everyone should have the chance to participate in sport, physical activity and movement opportunities whatever their ability.

Open Country, Harrogate

Tel: 01423 507227

Email: info@opencountry.org.uk

www.opencountry.org.uk

Sports Clubs & Contacts

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

www.parasport.org.uk

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

PHAB Clubs (North Region)

Contact: Rebecca Hargreaves

Tel: 07875 140898

Email: rebecca.hargreaves@phab.org.uk

www.phab.org.uk

Provides social clubs and residential adventures where disabled and non-disabled people of all ages can learn, thrive and belong.

Riccall Regan Centre – Actively Inclusive

Contact: Matt Fisher

Tel: 07946 321680

Email: matt@upforyorkshire.org.uk

www.riccall.co.uk

Providing opportunities for physical activity in a social and inclusive environment. They host a diverse range of regular activities, for people of all ages.

UK Deaf Sport

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

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

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

<https://stgeorges-archery.co.uk>

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

Thirsk Bowmen

Email: tb.secretary@outlook.com

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

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

The Boatyard, Lendal Bridge, York, YO1 7DP

Tel: 01904 628324

Email: infoyork@citycruises.com

www.cityexperiences.com



Runs sightseeing cruises all year round, but might be limited by the weather conditions. 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

Outdoor Pursuits

of River Palace and/or River Duchess. Blue Badge parking and an accessible toilet (RADAR key required) located 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.

Spirit of Endeavour

Tel: 01756 701005

Email: bookings@spiritofendeavour.org.uk

<https://spiritofendeavour.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

www.ingleboroughcave.co.uk



Follow in the footsteps of the early Victorian explorers as you journey through 450 million years of geology and history. The cave is fairly accessible, 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). Entry into Ingleborough Cave is self-guided, but tours can be provided for larger groups by pre-arrangement. There is a 1.3 mile walk up to the cave from Clapham village; the trail is steep, stony and muddy in parts, being too steep for self-propelling wheelchair users. A powered mobility scooter will negotiate the trail and can be pre-booked on the number above, though you will have to transfer to a manual wheelchair to get into the cave. Entry charge. Accessible toilets (RADAR key required) located at the National Park car park in Clapham Village.

Climbing

Live For Today – Harrogate Climbing Centre

Hornbeam Park, Harrogate, HG2 8QT

Tel: 01423 229 780

Email: climbing@live-for-today.com

<https://live-for-today.com/locations/harrogate-climbing-centre>



Outdoor Pursuits

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.

Paragliding

Active Edge

Tel: 07793 678133

Email: sales@activeedge.co.uk

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.

Flyability

Email: contact@flyability.org.uk

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

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.

Outdoor Pursuits

Orienteering

Claro Orienteering

Email: information@claro-orienteeing.org.uk

www.claro-orienteeing.org.uk

The orienteeing 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.

Outdoor Centres

The centres below are wheelchair accessible and have accessible toilet and shower facilities:

Carlton Lodge Activity Centre

Carlton Miniott, Thirsk, YO7 4NJ

Tel: 01845 522145

Email: judith@nyy.org.uk

www.carltonlodge.org.uk

Low Mill Outdoor Centre

Station Road, Askrigg, Leyburn, DL8 3HZ

Email: info@lowmill.com

www.lowmill.com

Powerboating

Wetwheels Yorkshire

Wetwheels Yorkshire, Whitby Harbour, Whitby

North Yorkshire, YO21 1YW

Tel: 07930 748 398

Email: office@wetwheelsyorkshire.com

www.wetwheelsfoundation.org/wetwheels-yorkshire

Based in Whitby, Wetwheels Yorkshire offers accessible powerboating for people of all abilities, including wheelchair users who can remain in their chairs and even take the helm. Trips run seasonally from Whitby Harbour, led by experienced volunteers. Part of the Wetwheels Foundation, the charity ensures safe, fun, and interactive boating experiences.

Outdoor Pursuits

Sailing

Otley Sailing Club

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

Tel: 07952 681148

Email: commodore@otley-sailingclub.co.uk

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

Scuba Diving

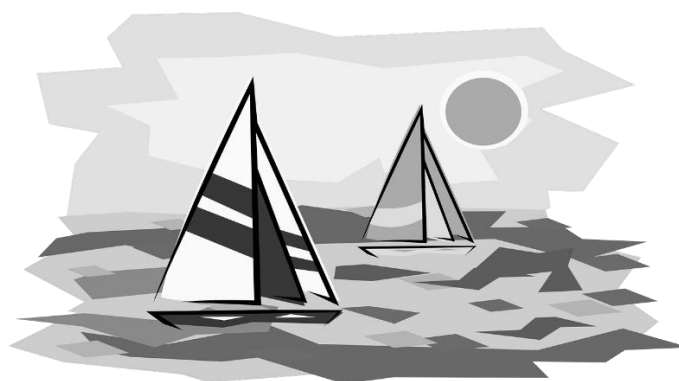
Diving for All – Harrogate Sub Aqua Club

Email: harrogatebsacdfa@outlook.com

www.harrogatebsac.co.uk/d-f-a



They are passionate about making diving accessible for everyone and offer people with additional needs the chance to experience the underwater world. They meet on the 1st Friday of each month at Ripon Grammar School pool and every Thursday at Harrogate Ladies' College.



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, at Post Offices and tackle shops, or by ringing 0344 800 5386. If you have a disability, you may be eligible for a concessionary licence.

Angling Trust

Tel: 0343 5077 006

Email: 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

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

Tel: 0303 040 4040

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

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

Brafferton Fisheries

C

Raskelf Road, YO61 2QB

Ample car parking adjacent to the four heavily stocked and nicely landscaped lakes. Hard standing on the pegs makes most suitable for wheelchair users.

Elvington Lake

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

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.

Parklands Fishing Lake

C

Parklands Caravan Park, Yafforth Road, Northallerton, DL7 0LQ

Tel: 01609 779140

<https://parklandscaravanpark.com/fishing-lake>

Some pegs have disabled access. Day tickets available from the bank side. Accessible toilets and a café on site.

Millennium Green, Pateley Bridge

T

Tel: 01423 711822 (Nidderdale Angling Club).

www.nidderdaleac.co.uk

Follow Millfield Street until reaching a 'Nidderdale Way' marker. This path leads to the Millennium Green. 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.

Fishing

Ripon Canal

C

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>).

Scaling Dam

C

Located between Guisborough and Whitby, off the A171

Tel: 01207 25525

www.watersideparksuk.com/park/scaling-dam/fishing

Disabled fishing platform, visitor centre, accessible toilets and shop. Open March to November.

Stonebridge Fishing Lakes

C

Fleetham Lane, Scruton, Northallerton, DL7 0RL

Tel: 01609 748818

www.stonebridgefishinglakes.co.uk

Fishing platforms on the coarse lake have level access.

Swinsty Reservoir

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

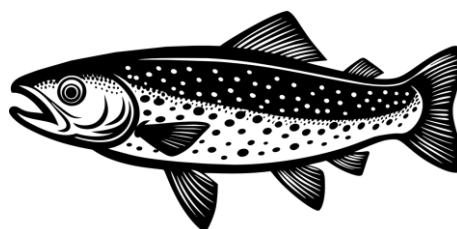
T

Park Lane, West Tanfield, HG4 5LE

Tel: 01677 470385.

www.tanfieldlodgelake.com

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



Clubs & Contacts

Bikeability

Tel: 01223 606027

Email: contactus@bikeability.org.uk

www.bikeability.org.uk

Bikeability is today's cycle training programme; it's about gaining practical skills and understanding how to cycle safely on today's roads. Search their website to find a Bikeability Cycle Trainer near to you.

British Cycling (Breeze Rides for Women)

www.letsride.co.uk/breeze

British Cycling's Breeze programme organise guided cycle rides for women from 3 to 30 miles. All ages and abilities are welcome.

Charlotte's Tandems

Contact: Andy and Lynn (North Yorkshire Helpers)

Email: info@charlottestandems.co.uk

www.charlottestandems.weebly.com

A charity that provides free tandem and tag-along bike loans to individuals with disabilities or additional needs who are unable to ride a bike safely on their own. Bikes are typically available to hire for a couple of months at a time, though some people have them for much longer.

Dalby Forest Cycle Hub

Tel: 01751 460585

Email: info@dalbyforestcyclehub.co.uk

www.dalbyforestcyclehub.co.uk

Provides inclusive cycle hire, including adaptive bikes such as e-trikes, tandem trikes, and recumbent cycles, ensuring that cycling is accessible to all. They offer guided rides, skills coaching, and maintenance services, promoting health, wellbeing and inclusion in the heart of Dalby Forest.

Get Cycling

Tel: 01904 636812

Email: hello@getcycling.org.uk

www.getcycling.org.uk

Based in York, they provide inclusive cycle hire, including handcycles, wheelchair tandems and companion cycles. They also offer guided rides and inclusive cycle events for the public and private sector - promoting health, wellbeing, inclusion, community and sustainability.

Cycling

Open Country

Tel: 01423 507227

Email: info@opencountry.org.uk

www.opencountry.org.uk

We run Tandem Clubs in Harrogate, Guisborough, Ripon, Selby, 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 an evening cycle ride in the countryside, with a pub stop for refreshments!

Sustrans

Tel: 0113 245 0006 (Yorkshire & the Humber)

Email: englandnorth@sustrans.org.uk

Sustrans works on practical projects to encourage more people to walk, wheel and cycle. They also maintain and produce information on the National Cycle Network.

The Tandem Club

Tel: 01732 848432

Email: disabilities@tandem-club.org.uk

www.tandem-club.org.uk

The club has a Disabilities Liaison Officer who may be able to help with queries relating to disabled and visually impaired cyclists. They cannot offer tandems for loan but can advise on groups who do. They produce a bi-monthly talking journal for visually impaired members.

York Bike Belles

Tel: 07493 692490

www.yorkbikebelles.community

A community initiative promoting walking, cycling, and outdoor social activities in York. They offer Cycling Without Age Nature Rides on electric trishaws for those with limited mobility, as well as Cake Confidence courses to support new or returning cyclists. Everyone is welcome to join and enjoy greener, healthier travel.

York Sport Inclusive Cycling

Lakeside Way, Heslington, York, YO10 5FG

Tel: 01904 935934

Email: cycling@york-sport.com

www.york-sport.com/cycling

York Sport 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

Scarborough to Whitby Cycle Map

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

Slow Tour of Yorkshire

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 something for everyone, whether you are a family, new to cycling or a regular cyclist.

York Cycle Route Map

York City Council: 07923 222977 (Active Travel)
www.itravelyork.info/cycling

Cycling Events

Bike Week

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.

Let's Ride

www.letsride.co.uk

Details of local led bike rides, routes to explore and community events from British Cycling.

York Cycle Rally

www.yorkrally.org

An annual gathering of cyclists on the Knavesmire in York.

Cycling

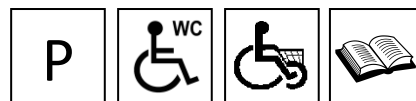
Cycle Routes

The following are some of the enjoyable traffic-free routes that we know of in North Yorkshire; certain sections may also be accessible to wheelchair users. Most routes are part of the National Cycle Network (NCN), maps of which can be viewed at:

www.sustrans.org.uk, or Tel: 0113 245 0006

Dalby Forest

Low Dalby, Pickering, YO18 7LT
Tel: 01751 460295 (Forestry England)
Email: nym@forestry.gsi.gov.uk
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. Parking charges apply to vehicles. See *'Easy Going Walks'* – page 10.

Greenfield Forest

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

A 5-mile linear route which ends where the trail meets the Pennine Way. The surface is tarmac and gravel and can be rough in places. Gradients undulating. Cattle grids.

Knaresborough to Harrogate - NCN Route 636

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 route starts on Abbey Road near St. James Retail Park in Knaresborough. The eastern half from Knaresborough to Bilton is known as the Beryl Burton Cycleway, named after the local cycling legend who won seven world championships and 96 national titles. 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



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.

Cycling

Scarborough to Whitby - NCN Route 1

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. The surface is variable – gravel, but stony and rutted 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

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

www.transpenninetrail.org.uk

Starting from Selby Swing Bridge, a 3-mile off road route meanders past industrial units and along the flood bank to Cliffe, with a partially on-road extension to Howden, a further 8 miles. The route is rutted in places and would not be suitable for wheelchair users, though our Selby disability tandem club have ridden on it and say it is 'passable' on their tandems. Details of the route can be found on the TPT website.



Cycling

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

A 3½ mile route along an old railway track. The start is off East Park Road in Spofforth. Links with the Wetherby to Thorp Arch route; see below. Accessible toilets (RADAR key required) on The Shambles in Wetherby.

Sutton Bank

Sutton Bank National Park Centre, Thirsk, YO7 2EH

Tel: 01845 597426

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

www.hedgehogcycling.co.uk/harland-way-cycle-route.html

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 you can view details from the Hedgehog Cycling website above.

York Riverside - NCN Route 65

www.itravelYork.info/cycling (York Cycle Map)



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 42) 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

www.itravelYork.info/cycling (York Cycle Map)



Begin in York, or park at Askham Bog car park off the A64 (see '*Accessible Wildlife Sites*' – page 42). Alternatively, begin from the car park off a minor road to Stillingfleet, accessed off the A19 south of York, just south of Escrick. 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

www.follifootparkdrg.org.uk

Provides opportunities for people with a wide range of disabilities to enjoy the unique benefits of horse riding and carriage driving, they even have mechanical horses named Stan and Storm!

Kilnsey Trekking & Riding Centre

Conistone, Near Skipton, BD23 5HS

Tel: 01756 752861

Email: info@kilnseyriding.com

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 13 stone (83 kg) cannot be accepted without prior arrangement.

Riding for the Disabled Association

Tel: 01926 492915 (RDA National Office)

Email: info@rda.org.uk

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 wellbeing. There are several centres in the North Yorkshire area offering 'Riding for the Disabled' sessions:

- **Bedale Group** Tel: 01677 470426
- **Brookleigh Group** Tel: 07881 636902
- **Richmond and Catterick Group** Tel: 07796 447237
- **Stockeld Park Group** Tel: 07543 087402
- **York & District Group** Tel: 07531 162639

See www.yorkshireclevelandrda.org.uk for more details.

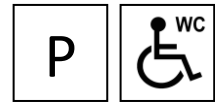


Horse Riding

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
www.catterickbridge.co.uk



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

Ripon Racecourse (Flat racing)

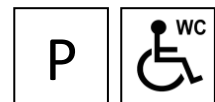
Ripon Race Co Ltd., Boroughbridge Road, Ripon, HG4 1UG
Tel: 01765 530530
Email: info@ripon-races.co.uk
www.ripon-races.co.uk



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)

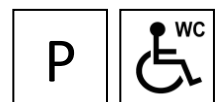
Thirsk Racecourse, Station Road, Thirsk, YO7 1QL
Tel: 01845 522276
Email: info@thirskracecourse.net
www.thirskracecourse.net



Disabled parking near to the 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
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 may enter for free, but will have to complete a form at least 5 days prior to visiting 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
www.bto.org

The BTO have a broad range of surveys for volunteers to participate in, including the 'Garden BirdWatch' and 'Nest Record Scheme'. The surveys are a great way to help wildlife from your home by making an important contribution to the understanding of the UK's birds.

Butterfly Conservation

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

A national charity devoted to saving butterflies, moths and their habitats throughout the UK. 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
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
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

Tel: 01423 507227
Email: info@opencountry.org.uk
www.opencountry.org.uk

The Nature Force and Trailblazers groups work 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.

Our 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, wild flower identification and bird watching.

Wildlife Clubs & Organisations

Royal Society for the Protection of Birds (RSPB)

Tel: 01767 680551

www.rspb.org.uk

The RSPB is a charity for the conservation of birds and nature. You can help out the wildlife in your garden by taking part in their 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

Ryedale Natural History Society

Email: ryenats@gmail.com

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.

Whitby Naturalists' Club

Email: info@whitbynaturalists.uk

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 a 'Less Mobile Group'.

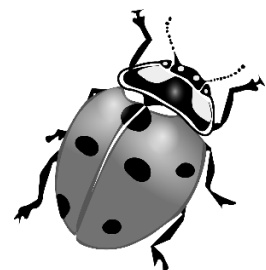
Yorkshire Wildlife Trust

Tel: 01904 659570

Email: info@ywt.org.uk

www.ywt.org.uk

The Trust conserves and promotes the diversity of Yorkshire wildlife and habitats for the benefit and wellbeing 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 accessible sites in which you can enjoy, watch and study wildlife and nature.

This symbol denotes an accessible bird hide is on site:



Askham Bog

Off the A1036, York, YO23 2UB

Tel: 01904 659570 (Yorkshire Wildlife Trust)

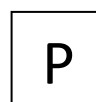
This reserve lies next to the A64 south of York, and is one of the oldest and most prestigious reserves belonging to the Yorkshire Wildlife Trust. It is renowned for its ancient relict fen and bog flora and fauna. A board walk gives a circular walk around the reserve suitable for wheelchair users and 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 8E

Off the A1041 Selby to Snaith road.

Tel: 01904 659570 (Yorkshire Wildlife Trust)



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! 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 level path to the nature reserve, though an 'A' frame motorcycle barrier may prevent larger mobility scooters from entering at this end.

Barmby on the Marsh Wetlands

Barmby on the Marsh, Goole, DN14 7HX

www.ywt.org.uk/barmby-marsh-wetlands



A small wetland nature reserve, located at the meeting point between the River Derwent and River Ouse and at the very southern tip of the Lower Derwent Valley (LDV) National Nature Reserve. The reserve is a Site of Special Scientific Interest (SSSI), designated for its importance for wildfowl and lowland waders. Accessed via the end of the High Street, Barmby on the Marsh. Accessible toilets, picnic tables and Blue Badge bays in the car park and benches along the way. A tarmac path from the car park takes you across the tidal barrage to a fence line with viewing slots, though they may not be easy for wheelchair users to see through. At the time of visiting there were plans to build a new bird viewing screen/hide. Watch this space!

Accessible Wildlife Sites

Bolton-on-Swale Lake Nature Reserve



Accessed from Back Lane off the B6271 near Catterick.
Tel: 01904 659570 (Yorkshire Wildlife Trust)

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 a surfaced path, though the grass has encroached making it narrow in places. When we visited, the access lane was unsigned and very rough, so low floor vehicles should take care. Accessible toilets 6 miles away at The Station, Station Yard, Richmond, DL10 4LD.

Burton Riggs

Off the A64, Near Scarborough, YO11 3YU
Tel: 01904 659570 (Yorkshire Wildlife Trust)

The reserve car park is situated just off the A64, south of Scarborough and close to Seamer village, 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

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.

Farndale Nature Reserve

Car park is at Low Mill, 4 miles north-east of Hutton le Hole.
Tel: 01439 772700 (North York Moors National Park)
www.northyorkmoors.org.uk



In spring you can enjoy the sights of thousands of native wild daffodils along the River Dove and surrounding meadows. The path is suitable for wheelchair users from the car park at Low Mill (though there is a relatively steep slope at the beginning of the path) 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). There is an accessible toilet (RADAR key required) at Low Mill car park and a mobile information point during the daffodil season.

Filey Dams Nature Reserve



Tel: 01904 659570 (Yorkshire Wildlife Trust)

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

Accessible Wildlife Sites

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

Tel: 01748 830045 / 07754 270980

Email: foxglovelnr@btinternet.com

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.

Email: admin@highbatts.org.uk

www.highbatts.org.uk



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.

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

Malham Cove

Tel: 01969 652363 (Access Development Officer)

Email: info@yorkshiredales.org.uk

www.yorkshiredales.org.uk/places/malham_cove



A huge natural limestone cliff, situated to the north of Malham in the Yorkshire Dales National Park. 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. Peregrine falcons have nested at the Cove since 1993 and you may be lucky to spot them during the spring and summer months. Accessible toilets in the car park at Malham National Park Centre (RADAR key required).

Accessible Wildlife Sites

Malham Tarn National Nature Reserve

Tel: 01729 830416 (National Trust Estate Office)

Email: yorkshiredales@nationaltrust.org.uk

www.nationaltrust.org.uk/visit/yorkshire/yorkshire-dales



Nestling at an altitude of 375 metres, this is one of Yorkshire's most attractive sections of open water. Park at the Quarry car park, situated on the road from Malham, about 500m before the turn off to the National Trust Estate Office. Turn right out of the car park and continue down the road for about 100m until you come to a gate on your left. Go through the gate and follow the track (rough in parts) to the start of a 500m section of accessible board walk. The walk runs through Tarn Moss reserve, an area of raised bog and fen and provides an opportunity to spot some rare plants, including sundew, globe flowers, bog bean and marsh orchids. To explore further afield, an off-road 'Tramper' scooter is available for hire from the estate office; please ring ahead to book.

Marfield Nature Reserve



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, turn right down the track opposite Mile House Farm (the sign has a wheelchair symbol on). A small bird hide and screen accessed from the car park overlooks the reserve. There is a small 'lip' into the hide.

Moorlands Nature Reserve

Moor Lane, York, YO32 2RE

Tel: 01904 659570 (Yorkshire Wildlife Trust)

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 required) at Rawcliffe Bar Park and Ride, York, off the A1237. Can be combined with a trip to nearby Rawcliffe Meadows (see page 46).

North Duffield Carrs

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

Tel: 0300 060 3900 (Natural England switchboard)

www.naturalengland.org.uk/lowerderwentvalleynnr



The reserve is part of the Lower Derwent Valley National Nature Reserve and includes an accessible trail taking you alongside flood meadows which supports wintering and breeding wildfowl and waders. There is an accessible bird screen and hide along the trail. Some sections can be prone to flooding in the winter. The nearest accessible toilet is in Bank Island car park, south-east of Wheldrake, on the road to Thorganby.

Accessible Wildlife Sites

Nosterfield Nature Reserve

Off Moor Lane, between West Tanfield and Nosterfield
Tel: 01765 602832
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; the larger one is in the car park and has large glass windows and information about the reserve. A fine, gravel path leads to the Northern Viewing Screen, with plenty of benches to rest on along the way. There is also an accessible pond dipping platform.

East of the reserve on the B6267 is Nosterfield Quarry. At the entrance is a car park and small Information and Education Centre (run by Tarmac), which is open all year round to visitors and has an accessible toilet. In part a working quarry, this is also a restored haven for wildlife. There is a path from the car park leading to the water bodies and reed beds, but it is narrow and not suitable for wheelchairs.

Rawcliffe Meadows

Rawcliffe Bar Park & Ride, Shipton Road, Rawcliffe,
York YO30 5XZ



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 and Ride where there are accessible toilets and plenty of Blue Badge parking.

Ripon City Wetlands

Boroughbridge Road, Ripon, HG4 1UG
Tel: 01904 659570 (Yorkshire Wildlife Trust)
Email: info@ywt.org.uk
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 is formed from former gravel workings and attracts large numbers of wildfowl and waders, including tufted duck, teal, gadwall and shoveler. You have a good chance of seeing a spectacular starling murmuration during the winter months. 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 '*Easy Going Walks*' – page 5), 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,

Accessible Wildlife Sites

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.
www.hdns.org.uk/wildlife-locations/rossett-nature-reserve

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

Off the A171, on the main Guisborough to Whitby road.
www.watersideparksuk.com/park/scaling-dam



A section of the circular walk is accessible for wheelchairs, but the paths can become flooded in the winter. 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 National Nature Reserve

5 miles north of Selby, just south of Skipwith village.
Car parks are off King Rudding Lane.
Email: skipcomfriends@gmail.com
www.friendsofskipwithcommon.org.uk



Accessible Wildlife Sites

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 great 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. Audio information point near to the platform. No toilet facilities on site.

Staveley Nature Reserve

Minskip Road, Staveley, HG5 9LQ

Tel: 01904 659570

Email: info@ywt.org.uk

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. 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. In addition to the car park on Minskip Road, Blue Badge parking is available close to the main hide which is accessed via Main Street, next to the church - you will need a RADAR key for the gate. Nearest accessible toilets in Back Lane car park, Boroughbridge (RADAR key required).

St Nicks

St Nicks Environment Centre, Rawdon Avenue

York, YO10 3FW

Tel: 01904 411821

Email: 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@nationaltrustorg.uk

www.nationaltrust.org.uk/features/fountains-abbey-parkland

Accessible Wildlife Sites

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! (*Also see 'Outings' – page 13*)

Three Hagges Woodmeadow

York Road, Escrick, York, YO19 6EE

Tel: 01904 659570

www.plantlife.org.uk



Managed by Plantlife, Three Hagges Woodmeadow is a 10-hectare reserve that showcases a rich mosaic of habitats, including native woodlands and wildflower meadows. The site supports a diverse array of wildlife, including 34 bee and 26 butterfly species. Visitors can explore various trails that wind through the meadow and woodland areas. While some paths are wheelchair accessible, certain areas may be challenging for wheelchair users (especially in wet weather) as they are on mown grass. There is a Blue Badge parking space at the entrance to the site and a wheelchair accessible compost toilet is located near to the entrance (RADAR key required).

Yorkshire Arboretum

Castle Howard, York, YO60 7BY

Tel: 01653 648598

Email: visit@yorkshirearboretum.org

www.yorkshirearboretum.org



Home to over 7,000 trees from around the world, Yorkshire Arboretum offers a beautiful landscape featuring parkland and a lake. A wheelchair accessible board walk runs through a small red squirrel enclosure. Some paths are rough and uneven in places, but there are others that have smoother gravel and are suitable for wheelchairs. To explore the entire site you can hire an all-terrain mobility tramper – please book on the number above. Blue Badge parking by the Visitor Centre and in the main car park. Entrance fee, but carers are free. Open daily from February to the end of November.

Accessible Wildlife Sites

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
www.rspb.org.uk



This sea cliff bird reserve is home to one of the UK's top wildlife spectacles; half a million seabirds gather here between March and August to raise a family on towering chalk cliffs, including gannets, guillemots, razorbills and puffins. Some cliff edge viewpoints are accessed via a hard-surfaced path and have wheelchair bays. Information centre, tea room, picnic area and accessible toilets on site. Trumper mobility scooters and manual wheelchairs are available to borrow; donations are appreciated, best to book in advance. Admission charge, carers free.

Blacktoft Sands RSPB

Ousefleet, Nr Goole DN14 8HR
Tel: 01405 704665
Email: blacktoft.sands@rspb.org.uk



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

Eccup Reservoir

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

A Yorkshire Water site and 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

Newton Lane, Castleford, WF10 2BH
Tel: 01977 628191
Email: fairburn.ings@rspb.org.uk
www.rspb.org.uk



Accessible Wildlife Sites

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-Deerne,
Barnsley, S73 0YF
Tel: 01226 751593
Email: old.moor@rspb.org.uk
www.rspb.org.uk



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. Mobility scooters are available to hire from the visitor centre for a small fee; booking is advised. 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! There is a height barrier in the car park; if you are in a large vehicle, phone ahead to arrange access or ring the intercom button on the drive before the car park. Admission charge, carers free.

Saltholme RSPB

Seaton Carew Road, Middlesbrough, TS2 1TU
Tel: 01642 546625
Email: saltholme@rspb.org.uk
www.rspb.org.uk



A fantastic reserve near Middlesbrough and a great place to see starling murmurations during the winter months. 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, carers free.

Volunteering Contacts

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

Websites

Community First Yorkshire

www.communityfirstyorkshire.org.uk/volunteering

You can explore volunteering opportunities across Yorkshire through Community First Yorkshire, which connects volunteers with local roles and provides support for community groups.

Harrogate and District Community Action

<https://hadca.org.uk/volunteer/opportunities>

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

Volunteer Centres

Your local Volunteer Centre will have someone on hand to discuss your interests and abilities and help you make the right choices about where and how you would like to volunteer. The centres have up to date contact information about small and local groups as well as national charities:

Coast & Vale Community Action (CaVCA)

12 Lower Clark Street, Scarborough, YO12 7PW

Tel: 01723 362205

Email: admin@cavca.org.uk

www.cavca.org.uk

Hambleton Community Action

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

Tel: 01609 780458

Email: admin@hambletoncommunityaction.org

www.hambletoncommunityaction.org

York CVS

15 Priory Street, York, YO1 6ET

Tel: 01904 621 133

Email: volunteering@yorkcvs.org.uk

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. Contact the following organisations to find out about current opportunities:

Groundwork (North Yorkshire)

Tel: 0300 3033 292 (Yorkshire Head Office)

www.groundwork.org.uk/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

www.nationaltrust.org.uk/volunteer

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

North York Moors National Park

Tel: 01439 772700

Email: volunteers@northyorkmoors.org.uk

www.northyorkmoors.org.uk

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

North Yorkshire Council

Tel: 0300 131 2131

Email: countryside.volunteers@northyorks.gov.uk

North Yorkshire's Countryside Volunteers support the maintenance of over 6,000 km of public rights of way and contribute to the conservation work in the Howardian Hills National Landscape.

Open Country, Harrogate

Tel: 01423 507227

Email: info@opencountry.org.uk

www.opencountry.org.uk

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

Volunteering in the Countryside

Pinewoods Conservation Group

Email: contactus@pinewoodsconservationgroup.org.uk
www.pinewoodsconservationgroup.org.uk/volunteer

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

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
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
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
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

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.

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.

Blue Badge Scheme

www.gov.uk/apply-blue-badge

Blue Badges help people with disabilities or health conditions park closer to their destination. 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 time 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

Aysgarth Falls

Tel: 01969 662910

Bedale

Tel: 01677 424604

Bentham

Tel: 015242 62549

Boroughbridge

Tel: 01423 323373

Easingwold

Tel: 01347 821530

Filey

Tel: 01723 383636

Grassington

Tel: 01756 751690

Great Ayton

Tel: 01642 723268

Harrogate

Tel: 01423 556188

Hawes

Tel: 01969 666210

Ingleton

Tel: 01524 241701

Knaresborough

Tel: 01423 866886

Malham

Tel: 01729 833200

Mashamshire

Tel: 01765 680200

Northallerton

Tel: 01609 776864

Pateley Bridge

Tel: 01748 884059

Richmond

Tel: 01609 532980

Ripon

Tel: 01765 604625

Scarborough

Tel: 01723 383636

Sedbergh

Tel: 01539 620125

Selby

Tel: 01609 534521

Settle

Tel: 01729 825192

Skipton

Tel: 01756 792809

Thirsk

Tel: 01845 522755

Whitby

Tel: 01723 383636

York

Tel: 01904 909487

The Countryside Code



Your guide to enjoying parks and
waterways, coast and countryside

Respect everyone

- 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 in any public waste bin or take it home
- 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

www.countryside-code.org.uk



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 twenty-five 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 disabled 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

Our directories are free but we always welcome donations. You can donate online at 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

www.opencountry.org.uk



Open Country is a Company Limited by Guarantee No: 05155859 (Registered in England and Wales) and a Registered Charity No: 1107331