# Countryside Activities Programme



#### TANDEMS ON TEESSIDE

Our seven tandem clubs are based in Teesside, Harrogate, Ripon, Selby, Wakefield, Wetherby, and York.

Join us every **Tuesday at 6pm** for a Tandem Bike Ride - designed to open up new adventures and build confidence! Our May rides are a gentle introduction, helping our groups gain experience before we work up to the big rides.







We'll be meeting at Margrove Ponds every Tuesday from April to September setting off to explore the Cleveland Hills, local beaches, and other hidden gems. Come ride with us as we get the wheels turning at our new hub!



#### KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire

Expect around 90 minutes of riding, followed by a relaxed social stop - often with a drink and a chat to wind down the session. Need a lift? Just let us know - we're happy to help.

#### **NATURE AND ACCESS CLUB**

Now accepting sign-ups for our Nature and Access Club, every **Thursday from 10-3pm** from 15th May.

This club partners with local organisations on accessibility and conservation projects. Our current partners include:

- · Tees Valley Wildlife Trust
- The Goodlife Community Garden
- Forestry England & Guisborough Branchway

Get involved to protect our natural world and make the outdoors more inclusive for everyone.

#### **OUTINGS**

From 26th May, hop on our 14-seater minibus and join us for fun weekend adventures across the Tees Valley! Here's what we've got planned:

# **Monday 26th May TEES WHEELY BOATING at** THE TEES BARRAGE

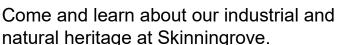


Come aboard wheelchair users and take to the water!

Admission: £5 Trip: £12

Travel: 30 mins

# **Saturday 7th June** KIRKLEATHAM MUSEUM **& OWL CENTRE**



Admission: £10 Trip: £12

Travel: 15 mins

#### Saturday 28th June **IRONSTONE MUSEUM AND** SKINNINGROVE BEACH

Spend the day discovering the rich art & heritage exhibitions, then head over to the Owl Centre to meet some feathery friends.

Admission: £3.50 Trip: £12

Travel: 10 mins



# Saturday 5th July STEAM RAILWAY. **MUSEUM & WHITBY HARBOUR**



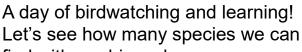


Full steam ahead from Goathland to Whitby!

Admission: £10 Trip: £12

Travel: 20 mins

#### Saturday 19th July BIRDWATCHING at RSPB **SALTHOLME**



find with our binoculars.

Admission: FREE Trip: £12

Travel: 40 mins

#### Saturday 2nd August **MONK PARK FARM**

Accessible fun with friendly animals, open spaces, and gentle farm experiences.

Admission: £12 Trip: £12

Travel: 40 mins



#### **Saturday 16th August** SUMMER PARTY

Join us for a relaxed celebration at Saltburn Woodland Cabin - a special gathering for Open Country volunteers, members, staff and friends!

Admission: FREE Trip: FREE

Travel: 10 minutes

#### **EVENTS**

# 15th, 16th & 17th May ACCESSIBLE WALKS AT GUISBOROUGH WALKING FESTIVAL



Take part in an accessible walk at Guisborough Branchway.

Travel time: 10 mins

5th June WOMEN'S TOUR OF BRITAIN at REDCAR



6th June WOMEN'S TOUR OF BRITAIN at SALTBURN



Come and see us at the finish line of the Women's Tour of Britain! We will have our pimped up tandems and will be riding around throughout the day.

# Saturday 14th & 15thJune KITE FESTIVAL, REDCAR



Join our accessible zone and craft and fly kites with us! We will be joined by members from our Harrogate and Wakefield Hubs.

# Coming soon...

#### **WELLBEING CLUB**

Launching in **August**, our Wellbeing Club will include gentle walks, journaling, and crafting - perfect for connecting with others and discovering what we enjoy. Walks depart from **Margrove Heritage Centre** via our minibus, and we offer pick-ups and drop-offs if needed.

We'll be hiking & exploring beautiful local areas including the Cleveland Hills, Tees Barrage, coastal paths, woodlands, and more!

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

#### **BOOK A PLACE/GET IN TOUCH...**

To book a place, telephone Open Country 07848 257814. Please do let us know if you've booked and then cannot come to a Countryside Activity, so we can give someone else your place.

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

Our address is:

Open Country, Margrove Heritage Centre Boosbeck, Saltburn-by-the-Sea, TS12 3BZ.

Tel: 07848 257814

Email: teesside@opencountry.org.uk www.opencountry.org.uk

Our confidential trustees' email address is opencountrytrustees@gmail.com

Follow us on Facebook, Bluesky, Instagram &YouTube







