**Countryside Activities Programme: July to September 2025**

**WEEKDAY OPPORTUNITIES**

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

**TRAILBLAZERS &**

**HARROGATE NATURE FORCE**

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

**WEEKDAY WALKING**

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

· **WALK ON THE WILD SIDE**

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

· **THURSDAY WALKERS**

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

**ADVENTURE CLUB**

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

**Sunday 27th July**

**PADDLE BOARDING**

A return for watersports at Ellerton Park.

**Cost: £15 Trip: £12 Travel time: 1 hour**

**Saturday 30th August**

**WATER-SKIING**

Our annual go at accessible water ski-ing at *Calmwater Bay* near Knaresborough.

**Cost: Varies Trip: £10 Travel: 20 mins**

**Friday 12th September**

**GOING SWIMMINGLY**

We’ll go to *Starbeck Baths*, with an evening swim and fish and chips to boot!

**Admission: £4 Trip: £5**

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

**Saturday 27th September**

**NARROWBOATING**

Cruising the *Calder & Hebble Navigation*.

**Cost: £7 Trip: £12**

**Travel time: 1¼ hours**

**OUTINGS GROUP**

 Open to anyone with a physical disability or sensory impairment, we visit a wide range of wheelchair accessible locations.

**Saturday 12th July**

**CUSWORTH HALL**

A visit to the beautiful Grade I listed building near Doncaster, set in acres of historic parkland. We can pop into the museum too.

**OUTINGS**

**Sunday 10th August**

**BURNBY HALL**

A trip to these lovely water lily gardens, with a free concert by the *York Railway Institute Golden Rail Band*.

**Admission: £8.50 Trip: £12**

**Travel time: 1¼ hours**

**Saturday 16th August**

**KETTLEWELL SCARECROW FESTIVAL**

100 scarecrows descend on this picture-perfect Dales village. They appear in gardens, open spaces and even rooftops.

**Admission: FREE Trip: £12**

**Travel time: 1¼ hours**

**Sunday 17th August**

**LAND OF IRON**

Visit the Ironstone Museum in the coastal village of Skinningrove. The museum building is fully accessible but manual wheelchairs only for the mine tour.

**Admission: £10, Seniors £7.50, Carers FREE Trip: £12 Travel time: 1½ hours**

**Sunday 7th September**

**AMPLEFORTH ABBEY**

We can explore the historic Abbey, set in 2,000 acres of beautiful grounds, including lakes, orchards and woodlands. Tearoom, shop and visitor centre.

**Admission: Free, donations welcome. Trip: £12 Travel time: 1 hour**

**Saturday 13th September**

**SMOOTH OPERATORS**

Try making fruit smoothies at our allotment. Mmmm!

**Cost: £5 Trip: £10 Travel time: ½ hour**

**Sunday 14th September**

**STEWART PARK**

Attractions galore at this Middlesbrough park, including a pets comer and the *Captain Cook Birthplace Museum*.

**Admission: £4.80, Carers FREE**

**Trip: £12 Travel time: 1¼ hours**

**WILD THINGS**

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

**Saturday 26th July**

**ALL OF A FLUTTER**

A look at butterflies and day-flying moths in some local nature reserves.

**Cost: FREE Trip: £10**

**Travel time: 1 hour**

**Sunday 31st August**

**WHAT BAT IS THAT?**

We’ll go to Killinghall Low Bridge, off the A61, which is a great place to sit, watch and listen for bats. Pub stop afterwards!

**Cost: FREE Trip: £10 Meet from 7pm**

**Travel time: 20 minutes**

**Sunday 21st September**

**NOSTERFIELD NATURE RESERVE**

A bird-watching trip to the former sand and gravel workings north of Ripon.

**Admission: FREE Trip: £10**

**Travel time: ¾ hour**

**TANDEMONIUM!**

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

The cost is £6 per session. Most of our clubs continue until the clocks go back at the end of October.

Look out for our ’35 Tandems’ mass ride on either 22ndJuly or 16th August. Watch this space for further details!

**SPIN CLASS**

**Mondays, throughout the year**

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

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

 **EASY GOING WALKS**

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

**Saturday 5th July**

**OTLEY WALKING FESTIVAL**

A 3-mile walk from Pateley Bridge, calling in at Fishpond Wood on the return leg.

**Admission: FREE Trip: £10**

**Travel time: ½ hour**

**Sunday 24th August**

**BURLEY-IN-WHARFEDALE**

We’ll enjoy the Goit walk as part of the Burley Walkers are Welcome Walking Festival. Anne Dixon MP may join us!

**Admission: FREE Trip: £10**

**Travel time: ¾ hour**

**Saturday 20th September**

**FEWSTON RESERVOIR**

A four-mile walk around part of ‘Yorkshire’s Lakeland’.

**Admission: FREE Trip: £10**

**Travel: ½ hour**

**YORK WALKING GROUP**

We’re helping ambulant disabled York residents to enjoy weekend rambles twice a month. Contact us for further details if you would like to take part. The dates of our forthcoming York walks are:

**Sunday 6th July**

**Bishop Wood, Selby**

**Distance: 5 miles**

**Travel time: ½ hour**

**Sunday 20th July**

**TERRINGTON & THE WOLDS WAY**

**Distance: miles.**

**Travel time: ¾ hour**

**Saturday 23rd August**

**PICKERING**

**Distance: 6 miles**

**Travel time: ¾ hour**

**Sunday 31st August**

**ROBIN HOODS BAY**

We will meet slightly earlier at (9.30am) for this seaside special.

**Distance: 5 miles**

**Travel time: ½ hours**

**Saturday 6th September**

**BARLOW COMMON**

**Distance: 5 miles**

**Travel Time: ½ hour**

**Sunday 21st September**

**PATELEY BRIDGE**

**Distance: 5 miles**

**Travel time: 1¼ hours**

 We’re helping ambulant disabled Selby residents to enjoy weekend rambles once a month. Contact us for further details if you would like to take part.

**Saturday 19th July**

**HORNSEA**

**Distance: 4½ miles**

**Travel time: 1+ hours**

**Saturday 9th August**

**TEMPLE NEWSAM**

**Distance: 6 miles**

**Travel time: ¾ hour**

**Sunday 28th September**

**BOROUGHBRIDGE**

**Distance: 5½ miles**

**Travel time: ¾ hour**

**ALLOTMENT GROUP**

 Our intrepid allotment group loves to live life on the veg. Come on, why not join in the 24-carrot fun! The group is free to attend for the rest of this growing season, which runs until early November. We meet on most Fridays at our allotment off Bilton Hall Drive and enjoy trips out to local garden centres and nature reserves too.

Our address is:

**Open Country, Community House**

**46 East Parade, Harrogate,**

**North Yorkshire, HG1 5LT.**

Tel: **01423 507227**

Email: **info@opencountry.org.uk**

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