

# Countryside Activities programme



## WEEKDAY OPPORTUNITIES

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

## TRAILBLAZERS & HARROGATE NATURE FORCE

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

## WEEKDAY WALKING

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

### • WALK ON THE WILD SIDE

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

### • THURSDAY WALKERS

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

## WEEKEND OPPORTUNITIES

### KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire



We'll be out later than 9pm



## Join Open Country for a Celebration Ceilidh!

**Saturday October 18th**

St Andrew's Church, Starbeck, 7pm-10.30pm

Tickets £5.00 including a light supper



Dancing to English Rebellion Ceilidh Band - with a caller to help us learn the steps!

Licensed bar

Quiet area

Raffle

Inclusive dances for all

Tickets are limited - order yours today  
Email: [info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
Telephone 01423 507227

## ADVENTURE CLUB

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

**Sunday 27<sup>th</sup> July**

**PADDLE BOARDING**

A return for watersports at Ellerton Park.

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



**Saturday 30<sup>th</sup> August**

**WATER-SKIING**

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

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



**Friday 12<sup>th</sup> 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 27<sup>th</sup> 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 12<sup>th</sup> 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.

**Admission: FREE Trip: £12**

**Travel time: 1½ hours**



**Sunday 13<sup>th</sup> July**

**BRITAIN'S GOT**

**TALONS**

Duncombe Park has the 'National Bird of Prey Centre', the largest collection of birds of prey in the north of England.

**Admission: £15, Carers free**

**Trip: £12 Travel time: 1¼ hours**



**Sunday 20<sup>th</sup> July**

**PIER PRESSURE**

More seaside shenanigans amid Saltburn's Victorian splendour.

**Admission: FREE Travel: 1½ hours**





## OUTINGS

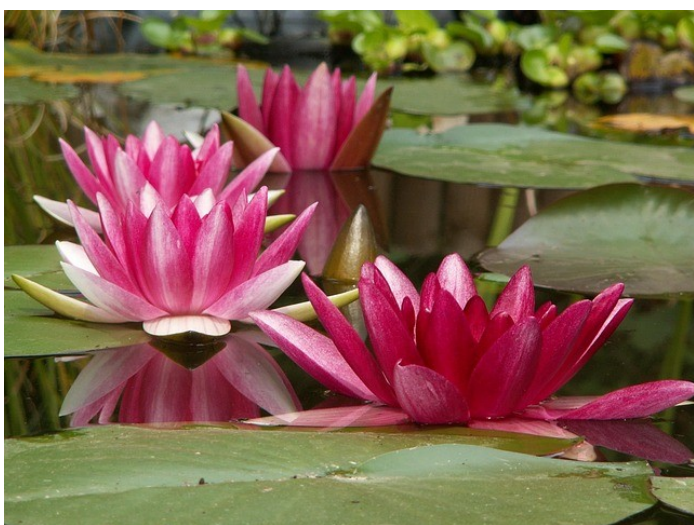
### Sunday 10<sup>th</sup> August BURNBY HALL



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 16<sup>th</sup> 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 17<sup>th</sup> 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 7<sup>th</sup> 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 13<sup>th</sup> September SMOOTH OPERATORS



Try making fruit smoothies at our allotment. Mmmm!

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



### Sunday 14<sup>th</sup> September STEWART PARK



Attractions galore at this Middlesbrough park, including a pets corner 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 26<sup>th</sup> 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 31<sup>st</sup> 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 21<sup>st</sup> 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 22<sup>nd</sup> July or 16<sup>th</sup> 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

## YORK WALKING GROUP

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

**Saturday 5<sup>th</sup> 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 24<sup>th</sup> 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 20<sup>th</sup> September**  
**FEWSTON RESERVOIR**



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

**Admission: FREE Trip: £10**

**Travel: ½ hour**

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 6<sup>th</sup> July**

**BISHOP WOOD, SELBY**



**Distance: 5 miles**

**Travel time: ½ hour**

**Sunday 20<sup>th</sup> July**

**TERRINGTON & THE WOLDS WAY**



**Distance: miles.**

**Travel time: ¾ hour**

**Saturday 23<sup>rd</sup> August**

**PICKERING**



**Distance: 6 miles**

**Travel time: ¾ hour**

**Sunday 31<sup>st</sup> August**

**ROBIN HOODS BAY**



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

**Distance: 5 miles**

**Travel time: ½ hours**

**Saturday 6<sup>th</sup> September**

**BARLOW COMMON**



**Distance: 5 miles**

**Travel Time: ½ hour**

**Sunday 21<sup>st</sup> September**

**PATELEY BRIDGE**



**Distance: 5 miles**

**Travel time: 1¼ hours**

## SELBY WALKING GROUP

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 19<sup>th</sup> July**  
**HORNSEA**

**Distance: 4½ miles**

**Travel time: 1+ hours**



**Saturday 9<sup>th</sup> August**  
**TEMPLE NEWSAM**

**Distance: 6 miles**

**Travel time: ¾ hour**



**Sunday 28<sup>th</sup> 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.



*Please email [info@opencountry.org.uk](mailto:info@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 (01423) 507227. Please do let us know if you've booked and then cannot come to a Countryside Activity, so we can give someone else your place.

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

Our address is:

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

Tel: **01423 507227**

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

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

Our confidential trustees' email address is  
[opencountrytrustees@gmail.com](mailto:opencountrytrustees@gmail.com)

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