

Countryside Activities programme



TANDEMS ON TEESSIDE

Our Tandem Club has quickly become a welcoming group for riders of all abilities. Since April, we've explored the Cleveland Hills, beaches, the Tees Barrage, and hidden gems of Teesside with dozens of people. Riders with visual impairments, MS, brain injuries, and learning difficulties have joined us, creating an **inclusive and supportive community**.



KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire

For details, email

teesside@opencountry.org.uk or call 07848 257814. We'd love to welcome you-whether for the cycling, company, or just the fun.



We meet every **Tuesday** evening from Margrove Heritage Centre, riding 6-9pm at a gentle, **social pace**. Expect about 90 minutes of pedalling with laughs, followed by a relaxed stop for a drink and chat. It's all about enjoying the ride, building confidence, and **discovering new adventures**.

If you'd like to try tandem cycling, join a free taster session at Margrove Park.

NATURE AND ACCESS CLUB

Our Nature and Access Club continues this programme with new opportunities every Thursday from 10am-3pm.

We'll be working with the Tees Valley Wildlife Trust on **nature & access projects**, and we're also in the process of securing our own allotment- a **wellbeing** space for members to learn, grow, and share.

As always, **transport is available with pick-ups and drop-offs provided**. Join us to keep active, make a difference, and enjoy the best of nature-whatever the weather!



NATURE & ACCESS CLUB

This season, we're thrilled to welcome the **Reconnect Project** to the programme. The wonderful Sally Granger will be joining us each week in the woodland guiding us through afternoon sessions designed to help us slow down, unwind, and reconnect with the world around us.

Expect a morning of rewarding outdoor work, followed by gentle woodland activities, complete with tea, cake, and plenty of good company

OUTINGS

There is something for everyone this Autumn-Winter programme! Hop on our **14-seater minibus** and join us for fun weekend adventures across the **Tees Valley**! Here's what we've got planned:

Saturday 6th September RIEVAULX ABBEY & HELMESLEY



Discover the heritage of Rievaulx Abbey followed by a charming afternoon and café stop in Helmsley.

Admission: £12 **Trip:** £12 **Travel:** 30 mins



Saturday 20th September FESTIVAL OF THRIFT

Enjoy arts, crafts, workshops, and creative activities at the Festival of Thrift.

Admission: £FREE **Trip:** £12
Travel: 30 mins



Saturday 4th October BEAMISH MUSEUM



Discover life in the past at Beamish, with historic streets, trams, and traditions.

Admission: £25 **Trip:** £12
Travel: 60 mins

Saturday 18th October STEAM RAILWAY, & WHITBY



Full steam ahead from Goathland to Whitby!

Admission: £10 **Trip:** £12
Travel: 20 mins



Saturday 1st November PRESTON PARK



Step back in time at Preston Park, exploring its gardens, museum, and charming Victorian street

Admission: £FREE **Trip:** £12
Travel: 40 mins

Saturday 15th November SEA LIFE SCARBOROUGH



Exploring ocean wonders, discovering marine life at the Sealife Museum.

Admission: £14 **Trip:** £12
Travel: 50 mins

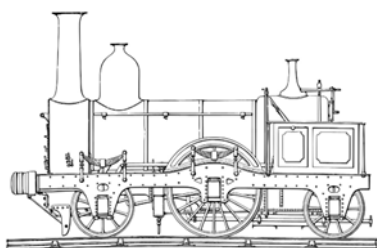
JOIN US ON OUTINGS!

OUTINGS

Saturday 29th November LOCOMOTION RAILWAY MUSEUM



Journey
through
history,
discovering
iconic trains
at



Locomotion Railway Museum

Admission: £FREE **Trip:** £12 **Travel:**
50 minutes

Saturday 13th December CHRISTMAS DINNER & WREATH MAKING @ INGLEBY GREENHOWE



Wreath making workshop followed by a
festive Christmas dinner at the Dudley
Arms.

Admission: £20 (Lunch) **Trip:** £12
Travel: 30 mins



"I've had a fantastic
day. It was lovely
outing. I'd love to go
out again! Thank you
very much for your
organisation!"

-Teesside Member

Image & quote credit: Thomas Shacklady



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. 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.

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



*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.*