**Countryside Activities Programme for Teesside**

**Sept to Dec 2025**

**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.

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.

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.

**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!

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

**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

To book a place on any of these activities, telephone Open Country on 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.

Our address is: Open Country, Margrove Heritage Centre Boosbeck, Saltburn-by-the-Sea, TS12 3BZ. Email: teesside@opencountry.org.uk www.opencountry.org.uk

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