

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

Dates for your diary

Saturday 18th October 2025

35th Anniversary Ceilidh, Starbeck

Tuesday 4th November

Harrogate Advisory Group

Friday 14th November 2025

GAS Awards, Yorkshire Arboretum

Monday 8th December 2025

Annual General Meeting



ADVENTURE CLUB

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

Saturday 25th October CAVING IN



A subterranean adventure in a brilliant purpose-built indoor cave at Yeadon Tarn.

Cost: £14 Trip: £10 Travel time: ½ hour



Sunday 16th November GUN WITH THE WIND



A shot at accessible indoor air rifle shooting near Swinefleet, with a brief walk to blow away the cobwebs.

Cost: £12 Trip: £12 Travel: 1¼ hours

Friday 28th November GOING SWIMMINGLY



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

Admission: £4 Trip: £5

Travel: 20 minutes Meet from: 5.30pm

Saturday 13th December CHRISTMAS CLIMB



More hanging around at *Harrogate Climbing Wall*.

Cost: £15 Trip: £10 Travel: 20 mins

OUTINGS GROUP

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

Saturday 11th October LAND OF IRON



A visit to the Ironstone Museum at Skinningrove. Manual wheelchairs only admitted on the mine tour.

Admission: £10, Carers FREE

Trip: £12 Travel time: 1½ hours

Sunday 12th October CORE, IT'S APPLE DAY!



A visit to Bradford's *Bowling Park Allotments*, to join in with their celebration of the humble apple.

Admission: FREE Trip: £10

Travel time: 1 hour



Saturday 18th October FAIR DO



A trip to the *Scarborough Fair Collection and Vintage Transport Museum*, where classic cars jostle with steam engines, mechanical organs & fairground rides.

Cost: £9.80, Carers FREE, Trip: £12

Travel time: 1¾ hours

OUTINGS

Saturday 8th November AUTUMN WOODS

Explore the autumnal delights of Middleton Woods, the largest ancient woodland in Leeds.

Admission: FREE Trip: £12

Travel time: 1 hour



Sunday 9th November TEMPLE NEWSAM

Enjoy the Jacobean country house and parkland on the edge of Leeds, with a seasonal craft market thrown in too!

Admission: £10, Carers FREE

Trip: £10 Travel time: ¾ hour



Saturday 29th November NOSTELL PRIORY

A winter stroll around the grounds at Nostell, followed by a peruse of the craft market and a warming winter beverage.

Admission: FREE Trip: £12

Travel time: 1 hour

Sunday 7th December SHIPLEY GLEN

A visit to the historic glen on the edge of Bradford. We'll pop into *Bracken Hall Countryside Centre* and, if it is running, have a go on the Victorian tramway (manual wheelchairs only).

Admission: £2.50 Trip: £10

Travel time: 1 hour

Sunday 21st December CHRISTMAS MEAL

A short walk around Yeadon Tarn, before enjoying a scrumptious festive feed at *Hawthorne Farm*, Yeadon.

Cost: Two courses, £16.99 Trip: £10

Travel time: ¾ hour



WILD THINGS

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

Sunday 26th October

BROCK AROUND THE CLOCK



A chance to see badgers, in the company of Ella Dixon.

Cost: FREE Trip: £12 Travel: 1¼ hours
Meet from 5pm, Back late!



Fri 21st - Sun 23rd November

WILD TEESSIDE RESIDENTIAL WEEKEND



Teesside is alive with wildlife, and we'll see loads of it this weekend! We'll visit RSPB Saltholme, see the seals at Greatham Creek and pop into Scorton Lakes. We'll stay at *Watson Scout Camp* in Carlton-in-Cleveland. **Cost: £100**

Sunday 14th December

FOWL PLAY



A trip to *RSPB Old Moor*, near Barnsley, for over-wintering wildfowl and waders.

Admission: £6, Members/Carers FREE
Trip: £12 Travel time: 1¼ hours

TANDEMONIUM!

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

Most of our clubs continue until the clocks go back at the end of October.

Ask your leader for details and also of the date of your tandem club meal.



SPIN CLASSES

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!

Mondays

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



EASY GOING WALKS

YORK WALKING GROUP

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

Friday 24th October FRIGHT NIGHT



Visit historic York for a spooky ghost walk.

Cost: £10 Trip: £12 Travel time: 1 hour

Meet from 6pm



Sunday 2nd November PUMPKIN UP THE VOLUME



A riverside walk to The Strid, along the famous *Bolton Abbey Pumpkin Trail*.

Admission: £3 Trip: £12

Travel time: 1 hour

Saturday 20th December SUTTON BANK



Enjoy 'the finest view in England'.

Admission: FREE Trip: £12

Travel time: 1 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:

Saturday 11th October GOLDEN ACRE PARK



Meet at Wilberforce House.

Distance: 6 miles.

Travel time: ¾ hour

Saturday 15th November HUGGATE, YORKSHIRE WOLDS



Distance: 5½ miles.

Travel time: ¾ hour

Sunday 30th November AMPLEFORTH ABBEY TO YEARSLEY WOODS



Distance: 6 miles.

Travel time: ¾ hour

Sunday 23rd November WETHERBY



Meet at Margate car park

Distance: 6 miles.

Travel time: ½ hour

Sunday 7th December PATELEY BRIDGE



Meet at Margate car park

Distance: 5 miles.

Travel time: 1 hour



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. The dates of our coming Selby walks are:

Sunday 19th October
WELBURN,
HOWARDIAN HILLS



Distance: 6 miles. Travel time: ¾ hour

Saturday 1st November
NEWMILLERDAM &
CHEVET LINE



Distance: 5½ miles. Travel time: ¾ hour

Saturday 6th December
SPOFFORTH CHRISTMAS
TREE WALK



Distance: 5 miles. Travel time: ½ hour

ALLOTMENT GROUP

Our intrepid allotment group lives life on the veg. Why not join the 24-carrot fun!

The allotment group is finishing in mid - November, but we will start up again in March 2026. We meet on Fridays from 10am to 3pm.



Please email 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**

Web: **www.opencountry.org.uk**

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

Like us on Facebook, or
 follow us on Twitter or
 Instagram

