

Countryside Activities programme



WEEKDAY OPPORTUNITIES

Want to improve your overall health and well-being in a friendly and supportive environment? If so, why not try our day services with a difference? Group members are invoiced every two months, and people often pay for it out of their personalised budgets.

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. Work programmes are issued separately.

WEEKDAY WALKING

For regular walking opportunities, don't forget our weekday walking groups. 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.

WANDERERS AND EXPLORERS

We recently set up two new weekday groups - the 'Wanderers' (Wednesdays) and 'Explorers' (Thursdays). They both undertake a wide range of countryside activities including walks, crafts, wildlife watching and countryside trips.

Contact us for details if you would like to try any of these weekday services. Taster sessions can easily be arranged.



WEEKEND OPPORTUNITIES

KEY to features on activities:

T Accessible Toilets	 Café or Restaurant
Tx Non-accessible Toilets	 Braille guide available
X Picnics Only	S Scooter Hire



We'll be out later than 9pm

ADVENTURE CLUB

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

Saturday 10th January BOWLED OVER



A return to *Go Bowling* in Shipley, with a wintry walk to follow in the afternoon.

Cost: £15 for 2 games Trip: £10

Travel time: 1 hour

Sunday 1st March INGLEBOROUGH CAVE



A return to the finest accessible show cave around. Be prepared for a rough ride up to it, though Trammer hire is available.

Admission: £17.50 Trip: £12

Travel time: 1½ hours

Friday 13th March GOING SWIMMINGLY



Visit *Starbeck Baths* for an evening swimming session and fish and chips thrown in. Hope they don't get too soggy!

Admission: £4 Trip: £5

Travel: 15 mins Meet from: 5.30pm

Saturday 28th March



ALL OF A QUIVER

Another go at archery with our friends from *Targeting Archery* in Scholes.

Cost: £25 Trip: £10

Travel time: ¾ hour

OUTINGS GROUP

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

Sunday 11th January



PARTY CENTRAL

Bring a dish to share as we enjoy more fun and games at *Clifton Village Hall*.

Cost: £10 includes hall hire Trip: £10

Travel time: ½ hour

Saturday 31st January



SNOWDROP SATURDAY

A visit to *Beningbrough Hall* to see the displays of winter flowers.

Admission: FREE Trip: £10

Travel time: 1 hour

Sunday 1st February

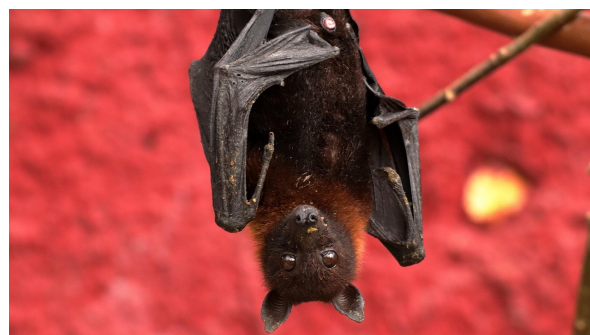


TROPICAL WORLD

A chance to see meerkats, fruit bats and butterflies and keep warm to boot!

Admission: £9, Carers FREE

Trip: £10 Travel time: ¾ hour



OUTINGS

Saturday 7th February COLOUR & LIGHT, YORK



See both *Clifford's Tower* and the *York Castle Museum* lit up by a fully choreographed projection show.

Admission: FREE Trip: £10

Travel time: 1 hour Meet from 4pm

Sunday 8th March BEYOND THE VISUAL



A sculptural exhibition by visually impaired artists at the *Henry Moore Foundation* in Leeds, using touch, sound, smell and movement. Please touch!

Admission: FREE Trip: £10

Travel time: 1 hour

Sunday 22nd February WAKEFIELD RHUBARB FESTIVAL



Explore this great food festival with food and beer, chefs and street entertainers.

Admission: FREE Trip: £12

Travel time: 1 hour

Sunday 15th March BRODSWORTH HALL & GARDENS



Mid-Victorian country house with many of its original furnishings surrounded by impressive formal gardens.

Admission: £17, Eng. Heritage FREE

Trip: £12 Travel time: 1 hour

Saturday 28th February CLIFFE CASTLE MUSEUM



Something for everyone at this Victorian house and gardens near Keighley.

Admission: FREE Trip: £12

Travel time: 1 hour

Sunday 22nd March HESKETH FARM PARK



More chance to meet friendly farm animals at this open farm near Skipton.

Admission: £8.50 Trip: £12

Travel time: ¾ hour



WILD THINGS

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

Saturday 17th January RSPB FAIRBURN INGS



We'll have a walk around this bird reserve near Leeds, staying a little later to try and catch site of a murmuration of starlings.

Admission: FREE Trip: £10

Travel time: 1 hour Meet from 11am

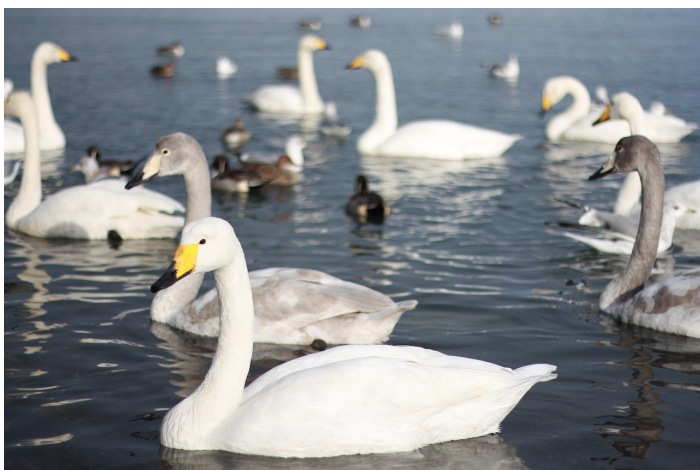
Saturday 21st February SWANNING OFF



See the rare whooper swans being fed at Martin Mere Wetland Centre, Blackpool.

Admission: £18.10, Carers FREE

Trip: £12 Travel time: 2+ hours



Saturday 14th March STUDLEY ROYAL DEER PARK



A chance to see three different types of deer and enjoy the new accessible path through the Valley of the Seven Bridges.

Admission: FREE Trip: £10

Travel time: ½ hour

TANDEMONIUM!

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

Our clubs start back in early April and most of our clubs continue until the clocks go back at the end of October.



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 may be able to 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.

Saturday 24th January
EASBY ABBEY



Walk from Richmond Station to the monastic ruins next to the River Swale.

Admission: FREE Trip: £12

Travel time: 1 hour

Thursday 19th February
RIPON GHOST WALK



A stroll through the haunted history of this ancient city.

Admission: £8 Trip: £10

Travel time: ½ hour Meet from: 5pm

Sunday 29th March
DRUIDS TEMPLE, MASHAM



A chance to try out the new woodland path around this eccentric Victorian folly.

Admission: FREE Trip: £12

Travel time: 1 hour

Date for your Diary:

Friday 17th to Sunday 19th April

SPRING WALKING WEEKEND

A return to *Hope Memorial Camp* near Braithwaite in Lakeland. **Cost: £100**



We help ambulant disabled people in York to enjoy regular weekend rambles. The cost for each walk is £10. The dates of forthcoming York walks are:

Saturday 10th January
PATELEY BRIDGE



Distance: miles.

Travel time: 1 hour

Sunday 18th January
HOTHAM TO NORTH CAVE WETLANDS



Distance: 5½ miles.

Travel time: ¾ hour

Sunday 1st February
FULFORD & HESLINGTON



Distance: 5½ miles.

Travel time: 15 minutes

Saturday 14th February
MARKET WEIGHTON & WILBERFORCE WAY



Distance: 5½ miles.

Travel time: ¾ hour

Sunday 1st March
GOLDEN ACRE PARK



Distance: 5 miles.

Travel time: ¾ hour

Saturday 7th March
THORNTON DALE, PICKERING



Distance: 5 miles.

Travel time: ¾ hour

SELBY WALKING GROUP

We help ambulant disabled people in Selby enjoy monthly weekend rambles. We meet at *Selby Leisure Centre* and the cost for each walk is £10.

Sunday 25th January
RAWCLIFFE MEADOWS
& CLIFTON INGS, YORK



Distance: 5½ miles. Travel: ½ hour

Sunday 15th February
ROUNDHAY PARK



Distance: 5 miles. Travel time: ¾ hour

Saturday 21st March
ALLERTON BYWATER
TO RSPB ST. AIDAN'S



Distance: 6 miles. Travel time: ¾ hour

ALLOTMENT GROUP

Our intrepid allotment group loves living life on the veg. We enjoy a mixture of fruit and vegetable growing, outdoor cooking, arts & crafts projects and trips to see how other growers do it. Come on - join in the 24-carrot fun!

The group restarts in mid-March 2026.



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:

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

Follow us on Facebook, Bluesky, Instagram & YouTube

