

# 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 exciting weekday services. Taster sessions can easily be arranged.**



**WEEKEND OPPORTUNITIES**

**KEY to features on activities:**

-  Accessible Toilets
-  Café or Restaurant
-  Non-accessible Toilets
-  Braille guide available
-  Picnics Only
-  Scooter Hire

**STAY UP LATE** | 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 11<sup>th</sup> April**    
**BOWLED OVER**

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

**Cost: £15 for 2 games Trip: £12**

**Travel time: 1 hour**

**Saturday 16<sup>th</sup> May**    
**STICK YOUR OAR IN**

A chance to paddle your own canoe at Yeadon Tarn near Leeds.

**Cost: 17.50 Trip: £12**

**Travel time: ¾ hour**

**Sunday 14<sup>th</sup> June**    
**INCREDIBLE EDIBLES**

Curious about edible plants? Then join our Wakefield friends and Andrea from 'Pickle and Brew' as we take to Fewston Reservoir for an educational Foraging session for beginners. Tasting optional!

**Cost: £20 Trip: £12 Travel: ½ hour**

**OUTINGS GROUP**

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

**Sunday 12<sup>th</sup> April**    
**THORP PERROW ARBORETUM**

A springtime spectacle at this famous arboretum near Bedale, with a birds of prey centre and wallabies to boot.

**Cost: £14.75, NT & Carers FREE**

**Trip: £12 Travel time: 1 hour**



**Saturday 2<sup>nd</sup> May**    
**EAST RIDDLESDEN HALL**

Historic house with intimate gardens - a hidden oasis on the edge of Keighley.

**Admission: £7.50, Carers FREE**

**Trip: £12 Travel time: 1 hour**

## OUTINGS

Saturday 9<sup>th</sup> May

### THE MOIR'S THE MERRIER

Visit Bradford's Lister Park and Cartwright Hall to see paintings of British wildlife by Jim Moir, aka Vic Reeves. We'll also nip into the nearby Steam Punk festival.

**Admission: FREE Trip: £12**

**Travel time: 1 hour**



Sunday 31<sup>st</sup> May

### THE HENRY MOORE'S THE MERRIER

Enjoy a trip to the Yorkshire Sculpture Park, the largest sculpture park in Europe.

**Admission: £9.50, Carers FREE**

**Travel time: 1 hour Trip: £12**



Saturday 13<sup>th</sup> June

### YOU SNOOZE, YOU CRUISE

A relaxing boat trip along the River Ouse with *York City Cruises*, followed by an afternoon stroll around York's delightful Rowntree Park.

**Cost: £15, Carers FREE Trip: £12**

**Travel time: 1 hour**



Sunday 7<sup>th</sup> June

### WENTWORTH WOODHOUSE GARDENS

Explore the grounds and gardens of this country house estate near Barnsley.

**Admission: £9.50, Carers FREE**

**Trip: £15 Travel time: 1¼ hours**



Sunday 28<sup>th</sup> June

### SHORE THING

Have your knotted hankies at the ready for this paddle-tastic trip to Bridlington.

**Admission: FREE Trip: £15**

**Travel time: 1½ hours**



## WILD THINGS

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

### Saturday 25<sup>th</sup> April IT'S ONLY NATURAL



Leeds City Council is hosting a wonderful nature day at Lotherton Hall. There will be nature-based exhibits, crafts and interactive sessions. Let's go Wild!

**Admission: £11, Carers FREE**

**Trip: £12 Travel time: 1 hour**

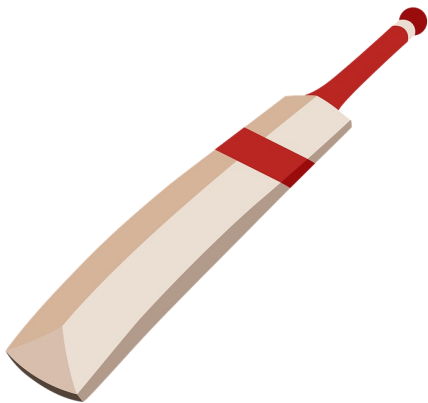
### Sunday 10<sup>th</sup> May TANKS FOR NOTHING



A visit to Foxglove Covert, a fantastic nature reserve in the middle of the largest military camp in Europe!

**Cost: FREE Trip: £12**

**Travel time: 1 hour**



### Saturday 6<sup>th</sup> June DAM BATS!



We'll enjoy a pub tea followed by a dusk stroll around Newmillerdam lake in Wakefield, listening out for our favourite flying mammals with our bat detectors.

**Cost of meal: Variable Trip: £12**

**Travel: 1 hour Back around midnight**

## TANDEMIONIUM!

Our five tandem clubs are based in Harrogate, Ripon, 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.

We charge back riders £7 per session.



## 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)

6.30-7.30pm.



## EASY GOING WALKS

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

### Sunday 26<sup>th</sup> April SKIPTON CANAL AND WOODS



A springtime walk to see the beautiful displays of bluebells.

**Admission: FREE Trip: £12**

**Travel time: 1 hour**

### Saturday 30<sup>th</sup> May MOORLANDS



A return visit to see the wonderful display of rhododendrons and azaleas at this *Yorkshire Wildlife Trust* reserve near York. A Garden centre trip to follow!

**Admission: FREE Trip: £12**

**Travel time: 1 hour**

### Saturday 27<sup>th</sup> June OTLEY WALKING FESTIVAL



A 3-mile walk around Swinsty Reservoir.

**Admission: FREE Trip: £12**

**Travel time: ½ hour**



## WALKING WEEKEND

Friday 17<sup>th</sup> to Sunday 19<sup>th</sup> April

### SPRING WALKING WEEKEND



A return to *Hope*

*Memorial Camp* in the Lake District.

**Cost: £100 Travel time: 2+ hours**

## YORK WALKING GROUP

We help ambulant disabled people in York to enjoy regular weekend rambles.

The cost for each walk is £15. The dates of forthcoming York walks are:

### Sunday 5<sup>th</sup> April MASHAM & MARFIELD WETLANDS



Distance: 5 miles.

Travel time: 1 hour

### Sunday 17<sup>th</sup> May WHARRAM PERCY



Distance: 6 miles.

Travel time: 1+ hours

### Saturday 30<sup>th</sup> May HOOK MOOR WIND FARM & LOTHERTON HALL



Distance: 6 miles.

Travel time: 1 hour

### Sunday 14<sup>th</sup> June HOLE OF HORCUM



Distance: 5½ miles.

Travel time: ¾ hour

### Saturday 20<sup>th</sup> June HOVINGHAM



Distance: 5½ miles

Travel time: ½ 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 £15.

**Saturday 4<sup>th</sup> April**  
**CLUMBER PARK**



Distance: 5½ miles. Travel: 1 hour

**Sunday 3<sup>rd</sup> May**  
**SELBY CANAL & THREE**  
**HAGGES WOODMEADOW**



Distance: 5½ miles. Travel time: 15 min

**Sunday 21<sup>st</sup> June**  
**BRIDLINGTON TO**  
**SEWERBY**



Meet at Selby Leisure Centre at **9.30am**  
Distance: 5 miles. Travel: 1¼ hours

## 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 restarted in March and will run until November.



*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**  
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**North Yorkshire, HG1 5LT.**

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