

# Lancashire Countryside Directory for People with Disabilities

*Third edition*

Whatever your needs, access to and enjoyment of the countryside is rewarding, healthy and great fun. This directory can help you find out what opportunities are available to you in your area. Get yourself outdoors and enjoy all the benefits that come with it...

Foreword written by: Bill Oddie OBE



This directory was designed for people with a disability, though the information included will be useful to everyone.

Lancashire's countryside has much to offer; from the gritstone fells of the Forest of Bowland to the sand dunes of the Sefton Coast. There are some great opportunities to view wildlife too, including red squirrels and marsh harriers. It is more than worth taking that first step and getting yourself involved in your local countryside, regardless of your abilities.

For people interested in wildlife and conservation there is much that can be done from home or a local accessible area. Whatever your chosen form of countryside recreation, whether it's joining a group, doing voluntary work, or getting yourself out into the countryside on your own, we hope you will get as much out of it as we do.

There is still some way to go before we have a properly accessible countryside. By contacting Open Country or another of the organisations listed here, you can help us to encourage better access for all in the future.



This Third Edition published 2026

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“ There are some things that some disabilities make more difficult. The countryside and wildlife should not be among them. What's more, whilst it is generally accepted that nature is an invaluable therapist for all of us, in my experience, the determination and patience needed to overcome a disability are exactly the qualities needed to help nature stay healthy itself. ”

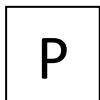
A handwritten signature in black ink that reads "Bill Oddie". The signature is written in a cursive, flowing style. Above the name, there are three small, upward-pointing curved lines, resembling a stylized flourish or a bird's flight path.

Bill Oddie OBE

# Using the Directory

Throughout this Directory you will see the symbols below. These are to help you see what kind of facilities or information is available to you. Please also contact individual places to ask what they can offer people with disabilities.

## Key:



Blue Badge parking is available



A wheelchair accessible toilet is available  
*(Changing Places facilities at venues have also been included, see [www.changing-places.org](http://www.changing-places.org) for a full list)*



Scooters / wheelchairs / trampers are available for loan



Large print leaflets are available



A Braille guide is available



The Directory covers the county of Lancashire, including the cities of Liverpool and Manchester and their surrounding areas, which are within the traditional county boundaries.

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# Walking Clubs & Contacts

## **General Contacts**

### **Disabled Ramblers**

Email: [enquiries@disabledramblers.co.uk](mailto:enquiries@disabledramblers.co.uk)  
[www.disabledramblers.co.uk](http://www.disabledramblers.co.uk)

Working across England and Wales to help make the countryside more accessible to people with limited mobility. They campaign to raise awareness of the needs of people with limited mobility and organise a national programme of rambles for people who use mobility scooters.

### **The Ramblers**

Tel: 020 3961 3232  
Email: [ramblers@ramblers.zendesk.com](mailto:ramblers@ramblers.zendesk.com)  
[www.ramblers.org.uk](http://www.ramblers.org.uk)

Britain's walking charity, working to safeguard the footpaths, the countryside and other places people go walking, and to encourage more people to take up walking. There are several local groups across Lancashire, each has its own walks programme with routes ranging from easy to strenuous. Their website also has a directory of 'Wellbeing Walks'. These are free, short walks designed to help you take the first step towards better health, wellbeing and happiness.

## **Lancashire Area**

### **Access the Dales**

Tel: 07715 964621  
Email: [info.accessthe dales@gmail.com](mailto:info.accessthe dales@gmail.com)  
[www.access-the-dales.com](http://www.access-the-dales.com)

Access the Dales provides a small network of wheelchair and all-terrain mobility hubs across the Forest of Bowland, helping more people enjoy this beautiful landscape. The hubs offer pre-bookable all-terrain wheelchairs and mobility vehicles suitable for forest tracks, rolling hills, and quiet countryside routes. Their website also has details of some accessible walks in the Forest of Bowland.

### **Arnside & Silverdale National Landscape**

Tel: 01524 761034  
Email: [info@arnside-silverdale.org.uk](mailto:info@arnside-silverdale.org.uk)  
[www.arnside-silverdale.org.uk/visit/access](http://www.arnside-silverdale.org.uk/visit/access)

Information about 'Access for All' in the National Landscape, including dementia friendly walks, Tramper routes and accessibility details on their nature reserves.

# Walking Clubs & Contacts

## **Canal and River Trust North West**

[www.canalrivertrust.org.uk/about-us/where-we-work/north-west](http://www.canalrivertrust.org.uk/about-us/where-we-work/north-west)

Walking is one of the nicest ways to explore Lancashire's canals and rivers. From 10-minute strolls to vigorous all-day hikes, by walking along the towpaths you're guaranteed a traffic-free route and relaxing views of the water. You can use their website to search for a walk near you.

## **Community Rail Lancashire**

Accrington Railway Station, Eagle Street, Accrington, BB5 1LJ

Tel: 07399 563599

Email: [communityraillancashire.crl@gmail.com](mailto:communityraillancashire.crl@gmail.com)

<https://communityraillancashire.co.uk>

Promotes active travel and walking for health and has a series of self-guided walks. Some of the shorter ones may be wheelchair accessible. They also detail suggested rail services to get to the start of the walks.

## **Forest of Bowland**

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

[www.forestofbowland.com/access-bowland](http://www.forestofbowland.com/access-bowland)

Information on hiring a Trampler (all terrain electric buggy) and suggested routes suitable for Trampers and wheelchairs.

## **Let's Walk in Pendle**

<https://letswalkinpendle.co.uk>

Free weekly guided walks in and around Pendle led by trained walk leaders, encouraging more people to enjoy the health benefits of walking.

## **Outdoor Town**

<https://outdoortown.uk>

Email: [aturner@blcgroup.co.uk](mailto:aturner@blcgroup.co.uk)

Has details of walks in the Burnley area, including a guided walks programme, walking groups and local walks and trails. All the routes are accessible by public transport and some are suitable for wheelchair users.

## **Pendle Leisure Trust**

Tel: 01282 661166

Email: [plcinfo@pendleleisuretrust.co.uk](mailto:plcinfo@pendleleisuretrust.co.uk)

<https://pendleleisureplus.co.uk>

View their walking guide 'Walking for All in and Around Pendle', aimed at giving people a helping hand if they are just beginning with a gentle stroll or want to progress on to explore the surrounding area.

# Walking Clubs & Contacts

## **Visit Pendle**

Tel: 01282 661661

[www.visitpendle.com/things-to-do/walking](http://www.visitpendle.com/things-to-do/walking)

Has several 'short walks' to download, as well as details about the annual Pendle Walking Festival, which runs guided walks, some of which are graded 'Easy', with gentle slopes and no stiles.

## **Ways Around the Bay**

Tel: 01539 734888

[www.waysaroundthebay.org.uk](http://www.waysaroundthebay.org.uk)

You can hire a mobility vehicle for free and discover some beautiful accessible trails with Morecambe Bay as your stunning backdrop. Hire points in Grange-over-Sands and Sunderland Point. The website also has details of accessible trails in the area.

## **West Lancashire Footpath Group**

Email: [westlancashirefootpathgroup@gmail.com](mailto:westlancashirefootpathgroup@gmail.com)

[www.westlancsfootpathgroup.org.uk](http://www.westlancsfootpathgroup.org.uk)

The group organise a programme of walks including leisurely 'shorter and slower' walks with no stiles. They welcome new members and invite you to come along for two free walks before committing to joining them.

## **Wyre Council**

Tel: 01253 891000

Email: [countrysideservice@wyre.gov.uk](mailto:countrysideservice@wyre.gov.uk)

[www.wyre.gov.uk/walking](http://www.wyre.gov.uk/walking)

Wyre has a huge variety of walking opportunities, from coastal dunes to wild upland moors, riverside trails to quiet country villages. The council has details of guided walks, health walks, Trumper hire and the Garstang Walking Festival.

## **Liverpool Area**

### **Bradbury Walkers**

Tel: 0151 221 0888

Email: [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk)

[www.bradburyfields.org.uk](http://www.bradburyfields.org.uk)

The group meets every 3<sup>rd</sup> Sunday of the month for walks around 4 to 5 miles long. This service is provided on a one-to-one basis by a sighted volunteer accompanying a visually impaired person. Walking boots are recommended and a waterproof coat. You will also need to bring a packed lunch and something to drink.

# Walking Clubs & Contacts

## **Healthiness Ltd**

Tel: 07970 850401

Email: [andy@healthinessltd.co.uk](mailto:andy@healthinessltd.co.uk)

<https://healthinessltd.co.uk>

'Walk and Talk' health walks take place on Thursdays (Sefton Park) and Fridays (Speke & Garston Coastal Reserve). These are self-led walks approximately 3 miles in length and free of charge. Ideal for everyone to improve their health, fitness and wellbeing, and enjoy a bit of social time in a friendly environment.

## **Mencap Liverpool & Sefton**

Tel: 0151 707 8582

Email: [contact@mencapliverpool.org.uk](mailto:contact@mencapliverpool.org.uk)

[www.mencapliverpool.org.uk](http://www.mencapliverpool.org.uk)

Runs a weekly community 'Walk this Way, Talk this Way' walking group for adults with learning disabilities.

## **Sefton Council**

Tel: 0151 934 2824

[www.sefton.gov.uk](http://www.sefton.gov.uk)

Download the 'Walking & Cycling Guide to Sefton's Natural Coast' which details walks and trails around Southport and Sefton, some of which are suitable for wheelchair access. The 'Walking & Cycling Newsletter' has information on health walks in the area.

## **Manchester Area**

### **Lifted Walking Group**

Tel: 07385568990 / 07384784262

Email: [info@liftedcarerscentre.org.uk](mailto:info@liftedcarerscentre.org.uk)

<https://liftedmcr.org.uk>

On Wednesdays, staff, carers and family who attend Lifted meet up for a 2 or 3 mile walk around Wythenshawe Park, with a shorter 1-mile option. They welcome all new walkers regardless of walking ability.

### **Mile Shy Club**

Email: [hello@milesclub.com](mailto:hello@milesclub.com)

[www.milesclub.com](http://www.milesclub.com)

A charity that supports people to get active to help improve their physical and mental health, focusing on supporting people who have never exercised before. They have various locations across Trafford, Salford, Stockport and Manchester.

# Walking Clubs & Contacts

## **Pennine Mencap**

Tel: 0161 627 1025

Email: [enquiries@penninemencap.org](mailto:enquiries@penninemencap.org)

[www.penninemencap.org](http://www.penninemencap.org)

The WOW Club (Walk or Wheel) encourages adults with learning disabilities to be more active and spend more time in nature. The group explores the green spaces of Oldham and the surrounding areas including Alexandra Park, Daisy Nook, and Chadderton Hall Park.

## **Tameside Metropolitan Council**

Tel: 0161 342 2235 (Countryside Service)

[www.tameside.gov.uk/countryside/walksandtrails](http://www.tameside.gov.uk/countryside/walksandtrails)

There are several walks and trails that can be downloaded from the council's website. You can also contact the Countryside Service for details of guided walks and other countryside events.

## **The Longford and Firwood Strollers**

Tel: 0161 865 6030

<https://friendsoflongfordpark.org.uk>

Enjoy the fresh air, company and beautiful surroundings with a gentle stroll around the main paths of Longford Park. Walks are on the last Sunday of the month and last about one hour and are suitable for all abilities; everyone can walk at their own pace.



# Walking Clubs & Contacts

## Long Distance Paths

### **Pennine Bridleway**

[www.nationaltrail.co.uk/pennine-bridleway](http://www.nationaltrail.co.uk/pennine-bridleway)

The Pennine Bridleway offers horse riders, cyclists and walkers the opportunity to explore the Pennines' ancient packhorse routes, drovers' roads and newly created bridleways. The route runs through fantastically diverse countryside, starting in the White Peak area of Derbyshire and finishing on the edge of the Howgill fells in Cumbria (205 miles/330 km). It passes through the moors of Tameside, into Oldham and the moors of Rochdale, and through Wycoller and the Ribble Valley. There is also the 47-mile Mary Towneley Loop in the South Pennines and the 10-mile Settle route in the Yorkshire Dales. There are no stiles, but the terrain will vary; contact the National Trails for more information about accessibility.

### **Trans Pennine Trail**

Tel: 01226 772574

Email: [info@transpenninetrail.org.uk](mailto:info@transpenninetrail.org.uk)

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

The Trans Pennine Trail (TPT) is a route for walkers, cyclists and horse riders, linking the North and Irish seas. The trail between Southport and Hornsea is 215 miles long. A north-south route connecting Leeds and Chesterfield, a spur to York and a spur to Kirkburton means there are approximately 370 miles of the TPT to explore. It is mainly traffic free and is surprisingly level considering the dramatic scenery along the way. Easy gradients and surfaced paths make many sections suitable for wheelchair users, although at certain points motorcycle barriers may make it inaccessible to larger wheelchairs and scooters.



# Easy Going Walks

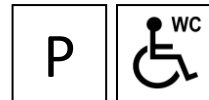
Please note that paths are subject to natural erosion and their quality may vary over time, though maintenance of the paths should be on-going. Please ring your local Access Officer or Open Country if you would like to report or comment on any accessible paths.

## Lancashire Area

### **Conder Green**

Situated 4 miles to the south of Lancaster just off the A588, ½ mile from Glasson. The entrance road to the picnic site is in front of The Stork public house.

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



Conder Green is situated near the historic seaport of Glasson at the beginning of the River Lune Millennium Park. There is a ramp to a picnic table with lovely views over the Conder estuary. You can take a walk on the wheelchair accessible multi-user path at the end of the picnic site. Nearby, on the B5290, next to a layby, there is a bird screen overlooking Conder Pool.

### **Crook O' Lune Picnic Site**

Low Road, Caton, LA2 6PD, off the A683.

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



Situated at a popular beauty spot on a horseshoe bend in the River Lune. The picnic area offers scenic views up the Lune Valley towards Hornby. There are many pleasant paths nearby suitable for wheelchair users, for example exploring Hermitage Field Community Meadow, walking down to the riverside and following the surfaced Way of the Roses cycle route in either direction.

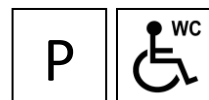
### **Dunsop Bridge**

Clitheroe, BB7 3BB.

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

[www.forestofbowland.com](http://www.forestofbowland.com)



Dunsop Bridge is calculated to be the nearest village to the centre of the British Isles! Starting at the car park next to Puddleducks Tea Rooms, the walk is just over 2 miles (each way) and follows the River Dunsop, through stunning scenery, up to the United Utilities pumping station. It is mostly on a tarmac track with very little traffic, though there are some accessible gates to negotiate. For a shorter alternative, turn left after crossing the bridge and head back to the village. Take care when you reach the end of the track, as you will join the road for a short distance, walking over the bridge which takes you back to the start. The public car park and toilets are 100m from the start of the walk.

# Easy Going Walks

## Gisburn Forest

Stephen Park, Slaidburn, BB7 4TS

Tel: 0300 067 4495

Email: [enquiries.northengland@forestryengland.uk](mailto:enquiries.northengland@forestryengland.uk)

[www.forestryengland.uk/gisburn-forest-and-stocks](http://www.forestryengland.uk/gisburn-forest-and-stocks)



The largest forest in Lancashire and managed by the Forestry Commission. A short accessible track starts from the Gisburn Forest Hub car park to a viewpoint. Trumper hire is available – please book through the Access the Dales website ([www.access-the-dales.com](http://www.access-the-dales.com)). The Birch Hills walk and Trumper trail is an easy path through mixed woodland with views over Stocks Reservoir. It has been adapted to be suitable for some off-road mobility scooters. The trail starts at Stock Reservoir, but there is also a link path from Gisburn Forest Hub. Refreshments are available from a mobile catering van, currently open on Thursdays and at weekends.

## Scorton Picnic Site

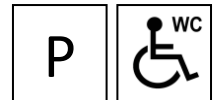
Off Cleveley Bank Lane, near Scorton, PR3 1BU

A square icon containing the letter 'P' for parking.

A lovely mile long circular trail starts and finishes at the picnic site car park and follows the River Wyre through predominantly alder and willow woodland before returning through a flower rich meadow. The path is flat and well surfaced with no gates.

## Scorton Village

Scorton, PR3 1AU

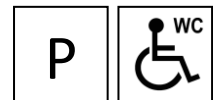


A pleasant linear trail approximately 1.5 miles long (there and back). It starts from Scorton village and follows the Scorton Millennium Way down to Gubberford Bridge. The first section of the walk is on the pavement, with a short section on the road. The route then leaves the road and a surfaced track takes you down to Gubberford Bridge. Wheelchair users may find the pavement too narrow just before the ramp up to the track. An alternative is to park in the Blue Badge layby further down Gubberford Lane and explore the route from here in either direction. There are accessible toilets on Gubberford Lane.

## United Utilities

Tel: 0345 672 3723 (general enquiries)

[www.unitedutilities.com](http://www.unitedutilities.com)



United Utilities maintain over 56,000 hectares of water gathering land in some of the most scenic and environmentally sensitive areas of North West England. Their website has details about all the reservoirs in the area. Some that state they have wheelchair access are listed below, but contact the reservoir for full details about accessibility before you go:

# Easy Going Walks

- **Clowbridge Reservoir**  
Manchester Road, Clowbridge, Burnley, BB11 5PF  
Accessible circular walk around the reservoir.
- **Haslingden Grane**  
Calf Hey Road, Rossendale, BB4 4AU  
Accessible toilets at Clough Head and Calf Hey car parks, some trails are suitable for wheelchair users. Accessible bird hide.
- **Rivington Reservoir**  
Great House, Rivington Lane, Horwich, Bolton, BL6 7SB  
Tel: 01204 691 549  
Accessible toilet, some paths are suitable for wheelchair users.
- **Stocks Reservoir**  
School Lane, Dalehead, Slaidburn, BB7 4TS  
Accessible path from car park to bird hide (see page 46).

## **West Lancashire Borough Council**

Tel: 01695 622794 (Park Ranger Service)  
[www.westlancs.gov.uk/leisure-recreation](http://www.westlancs.gov.uk/leisure-recreation)

The council's website has maps of their country parks with details about facilities and wheelchair friendly paths. In particular, see Abbey Lakes, Beacon Country Park, Fairy Glen, Platts Lane Lake and Ruff Wood.

## **Liverpool Area**

### **Cheshire Lines Path**

[www.westlancs.gov.uk/leisure-recreation](http://www.westlancs.gov.uk/leisure-recreation)

The start point is next to the TPT Seamark on Marine Drive, Southport.  
[www.sefton.gov.uk/media/277109/walking-and-cycling-guide.pdf](http://www.sefton.gov.uk/media/277109/walking-and-cycling-guide.pdf)

This route forms part of the Trans Pennine Trail and largely follows the trackbed of the former Cheshire Lines Railway. This route is accessible from Southport until you reach the Formby bypass (A565).

### **Otterspool Park and Promenade**

Otterspool Drive, Aigburth, Liverpool, L17 5AL  
<https://liverpool.gov.uk/parks-and-greenspaces>

P

Otterspool Promenade is located in Otterspool Park and runs for a distance of about 4 miles along the banks of River Mersey to the Pierhead in the city centre. There are car parks at both ends of Otterspool

# Easy Going Walks

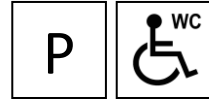
Drive, though wheelchair users may need assistance when returning to the car park as the path slopes down towards the promenade. Accessible toilets located nearby in Sefton Park (see page 45).

## **Queen's Jubilee Nature Trail**

Esplanade, Southport

Tel: 0151 934 2967

[www.visitsouthport.com/things-to-do/queens-jubilee-nature-trail-p267721](http://www.visitsouthport.com/things-to-do/queens-jubilee-nature-trail-p267721)



Access is from the Esplanade at one of two entrances, both of which lead onto circular pathways around the site and which link to paths through Victoria Park to Rotten Row. Many of the paths and viewing platforms are suitable for disabled access. Viewing platforms look out over Southport beach to the Ribble Estuary and Welsh Hills. Accessible toilets on Eastbank Street, near to the junction with Lord Street, and a Changing Places toilet at The Atkinson arts centre on Lord Street. Blue Badge parking at the Esplanade car park.

## **Rimrose Valley Country Park**

Start at Cooksons Bridge, Gorse Lane, Liverpool, L21 0EJ

Email: [coast.countryside@sefton.gov.uk](mailto:coast.countryside@sefton.gov.uk)

[www.sefton.gov.uk/around-sefton/coast-countryside/rimrose-valley](http://www.sefton.gov.uk/around-sefton/coast-countryside/rimrose-valley)

A 1.5-mile circular walk along the Leeds and Liverpool Canal and through Rimrose Valley Country Park. The Ramblers run weekly 'Wellbeing Walks' for anyone wanting to build up their walking gradually. Walks are an hour long at a gentle pace.

## **Rufford Old Hall Circular Walk**

Start at Rufford Old Hall car park (L40 1SG)

Tel: 01704821254

Email: [ruffordoldhall@nationaltrust.org.uk](mailto:ruffordoldhall@nationaltrust.org.uk)

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

A 2-mile picturesque circular walk on the outskirts of Rufford Old Hall. Enjoy the peaceful sights along the Leeds and Liverpool canal. The route is flat and suitable for wheelchairs.

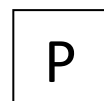
## **Manchester Area**

### **Cheshum Woods**

Milner Avenue, Bury, BL9 6NG

Tel: 0161 253 5353

[www.bury.gov.uk](http://www.bury.gov.uk)



# Easy Going Walks

A local nature reserve on the edge of Bury. There is a car park at the Clarence Park Lido on Milner Avenue, and a path leads from here to the woods. There is a path suitable for wheelchairs that runs through the woods. A map can be downloaded from Bury Council's website.

## **Manchester Green Trail**

Email: [info@gmmoving.co.uk](mailto:info@gmmoving.co.uk)

<https://gmwalking.co.uk/walking-routes/manchesters-green-trail>

A walking circuit made up of 15 routes connecting the city's parks, green spaces, waterways, riverside paths and tree lined streets. Many sections of the trail are wheelchair accessible, but the individual routes do not give specific details. For further information on this route, particularly regarding accessibility and facilities, contact Greater Manchester Walking, on the contact details above.

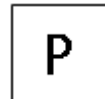
## **Middlewood Way**

Tel: 01625 383700

[www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

Marple near Stockport with Macclesfield. The route is mostly level and wheelchair accessible. A leaflet can be downloaded from the website above which shows the facilities available, as well as easy access points and areas of the route that may be difficult for wheelchairs.

## **Monton and Roe Green Loopline Heritage trail**



Monton Green, Monton, Eccles, Manchester, M30 8AP

[www.est1761.org/trail/monton-and-roe-green-loopline-heritage-trail](http://www.est1761.org/trail/monton-and-roe-green-loopline-heritage-trail)

This 2-mile circular walk follows the 'loopleftine', the old route of the Roe Green railway line, before returning along the towpath of the Bridgewater Canal. The walk is accessible for wheelchair users, but in wet weather the path alongside the canal can become very muddy. A route leaflet is available from the council or can be downloaded from the link above.

There is a Pay & Display car park on Monton Road with Blue Badge bays, or you may be able to park on the streets around Monton Unitarian Church e.g. Stableford Avenue.

## **United Utilities**

Tel: 0345 672 3723 (general enquiries)

[www.unitedutilities.com](http://www.unitedutilities.com)



United Utilities maintain over 56,000 hectares of water gathering land in some of the most scenic and environmentally sensitive areas of North West England. Their website has details about all the reservoirs in the area. Some that state they have wheelchair access are listed below, but contact the reservoir for full details about accessibility before you go:

# Easy Going Walks

- **Dove Stone Reservoir** (see page 41)  
Bank Lane, Greenfield, Oldham, OL3 7NE  
Tel: 01925 463065  
Accessible toilet, some paths suitable for wheelchair users.
- **Jumbles Country Park**  
Bradshaw Road, Bolton, BL2 4JS  
Tel: 01204 856999.  
Accessible toilet, some paths suitable for wheelchair users. Café.
- **Strinesdale**  
Waterworks Rd, Oldham, OL4 2JW.  
Tel: 01706 881049  
Some wheelchair friendly paths.



# Outings

## Lancashire Area

### **Astley Hall**

Off Hall Gate, Chorley, PR7 1XA  
Tel: 07949 164708  
Email: [astleyhall@chorley.gov.uk](mailto:astleyhall@chorley.gov.uk)  
[www.astleypark.co.uk](http://www.astleypark.co.uk)



Astley Hall is a museum and art gallery housed within a Grade I listed historic house. The Hall is set within the beautiful surroundings of Astley Park which include historic woodland, a lake and a fully renovated Victorian walled garden. Only the ground floor of the hall is accessible to wheelchairs. The Coach House is wheelchair accessible and includes a lift to the first floor. Blue Badge holders can drive to the front of the hall via a council depot; advanced notice would be appreciated. The park is largely accessible although paths within the woodland can be unsuitable for wheelchair users. In the Farmhouse, only the ground floor is wheelchair accessible.

### **Blackpool Zoo**

East Park Drive, Blackpool, FY3 8PP  
Tel: 01253 830801  
Email: [info@blackpoolzoo.org.uk](mailto:info@blackpoolzoo.org.uk)  
[www.blackpoolzoo.org.uk](http://www.blackpoolzoo.org.uk)



A 32-acre zoo, providing a home to over 1000 animals from all over the world. Most areas within the grounds and buildings are accessible to wheelchair users, with many of the enclosures having low level viewing windows. Assistance dogs cannot be taken into the park but can be left with the office staff, and sighted guide tours can be arranged for people with visual impairments on certain days if booked in advance. Wheelchairs are available to hire with a refundable deposit; it is advisable to book in advance. Plenty of accessible toilets and a Changing Places toilet by the Lakeside Café.

### **Bowland Wild Boar Park**

Chipping, Preston, PR3 2HB  
Tel: 01995 61075  
[www.wildboarpark.co.uk](http://www.wildboarpark.co.uk)



An animal park set in the heart of the Forest of Bowland. You can see and feed the wildlife which includes deer, llamas, goats, wild boar, Longhorn cattle, meerkats, skunks, wallabies and birds. Most of the park is accessible for wheelchair users, but some areas, particularly the woodland, are uneven and unsuitable. Two mobility scooters are available to hire for a small fee; please book in advance. Seasonal opening.

# Outings

## **Carnforth Station Heritage Centre**

Carnforth Station, Warton Road, Carnforth, LA5 9TR

Tel: 01524 735165

Email: [info@carnforthheritage.co.uk](mailto:info@carnforthheritage.co.uk)

[www.carnforthstation.co.uk](http://www.carnforthstation.co.uk)



This award-winning Heritage Centre is located within a busy working railway station and housed in the beautifully restored historic buildings. There is a range of exhibitions, including the platform where Brief Encounter was filmed. The building is all on one level and is wheelchair accessible. There is a Pay & Display car park opposite the centre and Blue Badge parking bays outside the entrance.

## **Lytham Hall**

Ballam Road, Lytham St Annes, FY8 4JX

Tel: 01253 736652

Email: [lytham.hall@htnw.co.uk](mailto:lytham.hall@htnw.co.uk)

[www.lythamhall.org.uk](http://www.lythamhall.org.uk)



Lytham Hall is a Grade I listed 18th century manor house on the Lancashire coast. The Hall is situated in 80 acres of mature parkland and was built for Thomas Clifton by John Carr of York between 1752-1764, on the site of an earlier manor house and priory settled by Benedictine monks from Durham. Only the lower hall is accessible to wheelchair users (a reduction is given on the entrance fee). Ramps are available to access the hall; ask staff for assistance. There is a disabled parking area at the back of the West Wing Tea Room, follow the signs when driving past the Hall itself.

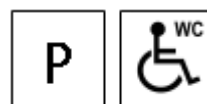
## **Samlesbury Hall**

Preston New Road, Samlesbury, Preston, PR5 0UP

Tel: 01254 812010

Email: [enquiries@samlesburyhall.co.uk](mailto:enquiries@samlesburyhall.co.uk)

[www.samlesburyhall.co.uk](http://www.samlesburyhall.co.uk)



A half-timbered black and white medieval house built in 1325 as a family home. The hall is set within five acres of grounds including formal lawns and borders, herb garden and woodland. Only the ground floor is accessible to wheelchairs, although there is a stair lift to the upstairs for those that are able to transfer. Free admission. Picnics are not allowed on site, but there is a tea room and restaurant. Closed on Saturdays and Mondays.

## **Sawley Abbey**

Sawley, BB7 4NH (5 miles north of Clitheroe, off the A59)

Tel: 0370 333 1181

[www.english-heritage.org.uk/visit/places/sawley-abbey](http://www.english-heritage.org.uk/visit/places/sawley-abbey)

# Outings

The remains of a Cistercian abbey founded in 1148, set on the banks of the Ribble against a backdrop of dramatic hills. The site is mainly level but is on grass, so may become less accessible in wet weather. Free entry. There is no car park, but you can park on the road near to the entrance.

## **SEA LIFE Blackpool**

Promenade, Blackpool, FY1 5AA (opposite the Central Pier)  
Tel: 01253 621258  
Email: Sealifecentre@Merlinentertainments.biz  
www.visitsealife.com/blackpool



Includes a Walkthrough Ocean Tunnel & over 2000 marine creatures including tropical sharks, colourful reef fish, turtles, rays and sea horses. Several accessible toilets are available, and a lift operates from reception to all other floors. There is a hearing induction loop system in place at the reception, gift shop and mini golf desks. There is no onsite parking; but there are Blue Badge spaces in the Pay & Display car park directly behind the centre on Bonny Street.

## **Towneley Hall**

Off Todmorden Road, Burnley, BB11 3RQ  
Tel: 01282 477130  
Email: towneleyhall@burnley.gov.uk  
www.towneley.org.uk



Towneley Hall historic house, art gallery and museum are located in Burnley's largest park. The Hall, which dates back to the 14th century, contains fine period rooms decorated with oil paintings and sculptures. Only the ground floor is wheelchair accessible. Much of the grounds are suitable for wheelchairs and there are mobility scooters available to hire, free of charge, to explore the parkland. Manual wheelchairs are also available to use in the hall; please book in advance. There are accessible toilets in the hall and Park Life Café as well as a Changing Places toilet by the Rotunda Café. The permaculture project 'Offshoots', situated in the walled garden demonstrates the techniques of permaculture and regularly holds workshops and activities.

## **Liverpool Area**

### **Acorn Farm**

Depot Road, Kirkby, Knowsley, L33 3AR  
Tel: 0151 548 1524  
Email: admin@acornfarm.co.uk  
www.acornfarm.co.uk



A family-friendly working farm with a sensory garden and woodland walk and a wide range of animals, many of which you can feed and stroke,

# Outings

including sheep, cows, goats, pigs, horses, chickens, rabbits, guinea pigs and meerkats! The farm runs a day service for people with disabilities and runs weekly Riding for the Disabled lessons. Most paths around the site are level and wheelchair accessible.

## Churchtown Botanic Gardens

Bankfield Lane, Churchtown, Southport, PR9 7NB

Tel: 0345 140 0845

Email: [greensefton@sefton.gov.uk](mailto:greensefton@sefton.gov.uk)

[www.visitsouthport.com/things-to-do/botanic-gardens-p56922](http://www.visitsouthport.com/things-to-do/botanic-gardens-p56922)



Originally opened in 1874, the Victorian gardens are bursting with floral splendour and colourful displays. Winding through the park is the garden's lake and a number of accessible pathways. There is also a Victorian fernery, aviary, gift shop and café. Blue Badge bays at both the Verulam Road and Botanic Road car parks.

## Calderstones Park

Access from Calderstones Road, Allerton Road, Harthill Road and Yew Tree Road.

<https://liverpool.gov.uk/parks-and-greenspaces>

Calderstones is a 94-acre park in South Liverpool with botanical and historical interest. There is a walled garden, a lake and a 1000-year-old oak tree. There are car parks at Yew Tree Road and Calderstones Road entrances. A Changing Places toilet is located at the rear of the mansion.



## Knowsley Safari

Prescot, Merseyside, L34 4AN

Tel: 0151 430 9009

Email: [safari.park@knowsley.com](mailto:safari.park@knowsley.com)

[www.knowsleysafariexperience.co.uk](http://www.knowsleysafariexperience.co.uk)



A 550-acre park on the Earl of Derby's estate offering a unique 5-mile safari drive along roads lined with exotic animals from all over the globe. There are also plenty of areas to view animals from outside of your car. Assistance dogs are allowed access to pedestrian areas but not the animal areas, and are not allowed in the safari drive for safety reasons.

## Speke Hall

The Walk, Speke, Liverpool, L24 1XD

Tel: 0151 427 7231

Email: [spekehall@nationaltrust.org.uk](mailto:spekehall@nationaltrust.org.uk)

[www.nationaltrust.org.uk/speke-hall-garden-and-estate](http://www.nationaltrust.org.uk/speke-hall-garden-and-estate)



Speke Hall is a rare Tudor timber-framed manor house situated on the banks of the River Mersey. Restored and brought back to life in the 19th century, it is a unique mixture of Tudor simplicity and Victorian 'Arts and

# Outings

Crafts' aesthetics. Only the ground floor is accessible to wheelchairs. There is a wheelchair accessible route around the gardens. A mobility scooter and wheelchair are available for hire; please book in advance. A map of accessible routes can be found on the website.

## **Sudley House**

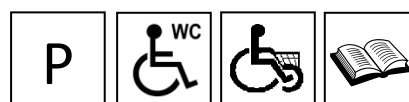
Mossley Hill Road, Aigburth, Liverpool, L18 8BX  
Tel: 0151 478 4016  
[www.liverpoolmuseums.org.uk/sudley](http://www.liverpoolmuseums.org.uk/sudley)



A Victorian merchant's house set in landscaped grounds, with a collection of period furniture and paintings. There is a lift between all floors. Each room has a visual/audio commentary display with BSL and subtitles. There is free entry to the house.

## **World Museum**

William Brown Street, Liverpool, L3 8EN  
Tel: 0151 478 4393  
[www.liverpoolmuseums.org.uk/world-museum](http://www.liverpoolmuseums.org.uk/world-museum)



Home to several treasures from around the world as well as an aquarium, a planetarium, a bug house and the Clore Natural History Centre, where you can get your hands-on fascinating items from the huge natural science collections. All floors are wheelchair accessible. There is a Changing Places toilet on the first floor. Blue Badge parking spaces on William Brown Street, outside the museum. Entry to the museum is free.

## **Manchester Area**

### **Bolton Museum, Art Gallery and Aquarium**

Le Mans Crescent, Bolton, BL1 1SE  
Tel: 01204 332211  
Email: [museum.customerservices@bolton.gov.uk](mailto:museum.customerservices@bolton.gov.uk)  
[www.boltonlams.co.uk/museum](http://www.boltonlams.co.uk/museum)



The museum has collections on art, local history, botany, entomology, Egyptology and geology. There is also an aquarium which contains a wide range of fresh water fish from all over the world. A Changing Places toilet is located the ground floor at the rear of the library. There are Blue Badge parking bays outside the museum entrance. Free admission.

### **Chadkirk Chapel and Country Estate**

Vale Road, Romiley, Stockport, SK6 3LD  
Email: [info@chadkirkchapel.org](mailto:info@chadkirkchapel.org)  
<https://chadkirkchapel.org>



# Outings

A restored 14<sup>th</sup> century chapel set in the heart of Chadkirk Country Estate with legends that link it to 7<sup>th</sup> century missionary, St Chad. Level access into the chapel and a fixed loop hearing system. Free admission.

## **East Lancashire Railway and Bury Transport Museum**

Bury Bolton Street Station, Bury, BL9 0EY

Tel: 0333 320 2830

Email: [enquiries@eastlancsrailway.co.uk](mailto:enquiries@eastlancsrailway.co.uk)

[www.eastlancsrailway.org.uk](http://www.eastlancsrailway.org.uk)



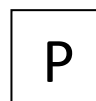
The restored East Lancashire Railway takes you on a 12-mile journey through the Irwell Valley, taking in viaducts, tunnels, bridges, beautiful countryside and historic towns. The passenger service runs from Bury to Ramsbottom, Rawtenstall and Heywood. You can hop on and off the train making it a great way to explore the countryside. Wheelchair access to the train is available at all stations via ramps – ask staff for assistance (please note that the ramps have a weight limit of 250kg so are not suitable for larger motorised scooters). There are specially adapted compartments where you can remain in your wheelchair for the duration of your trip. Accessible toilets located in the Transport Museum. Blue Badge spaces directly across the road, in the car park.

## **Fletcher Moss Park and Botanical Gardens**

Wilmslow Road, Didsbury, M20 2SW

Email: [info@fletcherbossgardens.org.uk](mailto:info@fletcherbossgardens.org.uk)

[www.fletcherbossgardens.org.uk](http://www.fletcherbossgardens.org.uk)



The 21-acre park and house, named The Croft, was acquired as a gift from Alderman Fletcher Moss in 1914. The Croft was the birthplace of the Royal Society for the Protection of Birds (RSPB). The gardens contain many antiquated and unusual plants and flowers and has retained many of its original features, such as the rock and heather gardens and the orchid houses situated in the Parsonage Gardens adjacent to Fletcher Moss. Some paths may be a little challenging for wheelchair users. Accessible toilets can be found in Fletcher Moss Park. Car park with Blue Badge bays off Millgate Lane and on-street parking along Stenner Lane.

## **Heaton Park**

Prestwich, Manchester, M25 2SW

Tel: 0161 773 1085

Email: [heatonpark@manchester.gov.uk](mailto:heatonpark@manchester.gov.uk)

[www.manchester.gov.uk/heatonpark](http://www.manchester.gov.uk/heatonpark)



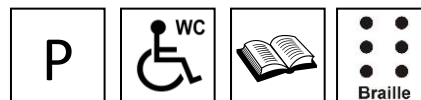
Heaton Park is a huge family park, owned and managed by Manchester City Council and located 4 miles north of the city centre. The park has an 18<sup>th</sup> century country house, Heaton Hall, open parkland, a boating lake and woodland. There is also an animal centre where you can meet a

# Outings

variety of animals including cows, alpacas and goats. There are a number of accessible paths, including a 1-mile loop around the lake and plenty of Blue Badge parking bays in Hall Car Park (off St Margaret's Road) and Lake Car Park (off Sheepfoot Lane).

## Manchester Museum

The University of Manchester,  
Oxford Road, M13 9PL  
Tel: 0161 275 2648  
Email: [museum@manchester.ac.uk](mailto:museum@manchester.ac.uk)  
[www.museum.manchester.ac.uk](http://www.museum.manchester.ac.uk)



The museum has artefacts from the natural world and different cultures including fossils, rocks and minerals, stuffed animals, birds and insects, as well as Egyptian, Roman and Greek archaeological collections. There is also a vivarium and a greenhouse. Lift access to all floors. Audio guides are available from the information desk. Wheelchairs can also be hired. Object handling tables can be found throughout the museum, and a 'Tactile Tour' is available to follow. There is a Changing Places toilet and a limited number of Blue Badge spaces outside the main entrance via Booth Street West and on Coupland Street. Free admission.

## Portland Basin Museum

Portland Place, Ashton-under-Lyne, OL7 0QA  
[www.tameside.gov.uk/portlandbasin](http://www.tameside.gov.uk/portlandbasin)



Housed within the restored 19<sup>th</sup> century Ashton Canal Warehouse and combines a lively modern interior with a peaceful canal side setting. Visitors can explore the area's industrial heritage and discover what life was like down the mines, or on the farm and find out about local crafts, industries and historic machines. The museum is accessible, with a lift to all floors, however, the car park is cobbled, and wheelchair users may require support to transfer to the entrance. Free admission.

## SEA LIFE Manchester

Trafford Palazzo, Trafford Park, Stretford, M17 8AS  
Tel: 0161 749 2875  
[www.visitsealife.com/manchester](http://www.visitsealife.com/manchester)



Over 5,000 creatures including sharks, seahorses, octopus, jellyfish and rays. There is an underwater ocean tunnel, Interactive Rockpool Experience and talks and feeds throughout the day. Mostly accessible for wheelchair users, but in certain areas, there are steps.

# Sports Clubs & Contacts

## **Activity Alliance**

Tel: 0808 175 6991

[www.activityalliance.org.uk](http://www.activityalliance.org.uk)

The national body for disabled people in sport and physical activity throughout England. The charity aims to increase opportunities at all levels of participation.

## **Active Lancashire**

Tel: 07465 759911

Email: [contact@activelancashire.org.uk](mailto:contact@activelancashire.org.uk)

[www.activelancashire.org.uk](http://www.activelancashire.org.uk)

The strategic lead for Sport and Physical Activity in Lancashire. They connect with like-minded local organisations and individuals to help bring about active lifestyles.

## **British Blind Sport**

Tel: 01926 424247

Email: [info@britishblindsport.org.uk](mailto:info@britishblindsport.org.uk)

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

Enables people with visual impairments to have the same opportunities as sighted people and to access and enjoy sport and recreational activities.

## **Every Body Moves**

Tel: 020 3965 4124

Email: [info@everybodymoves.org.uk](mailto:info@everybodymoves.org.uk)

<https://everybodymoves.org.uk>

Every Body Moves powered by Toyota is a fresh campaign to connect disabled people with more opportunities to get active than ever before.

## **Greater Manchester Moving**

Tel: 0161 2231002

Email: [info@gmmoving.co.uk](mailto:info@gmmoving.co.uk)

[www.gmmoving.co.uk](http://www.gmmoving.co.uk)

Dedicated to improving the access to sport and physical activity for all disabled people within Greater Manchester.

## **Greenbank Sports Academy**

Greenbank Lane, Liverpool, L17 1AG

Tel: 0151 280 7757

Email: [sports.academy@greenbank.org.uk](mailto:sports.academy@greenbank.org.uk)

## Sports Clubs & Contacts

The North West's leading sports and leisure facility for disabled people, located in the Sefton Park area of Liverpool. They have a large Boccia team, wheelchair football, adapted cycling and more.

### **Mencap Sport**

Tel: 020 7454 0454

Email: [sport@mencap.org.uk](mailto:sport@mencap.org.uk)

[www.mencap.org.uk](http://www.mencap.org.uk)

Increasing the opportunities people with a learning disability have to take part in sport and physical activities.

### **Merseyside Sports Partnership**

Email: [admin@merseysidesport.com](mailto:admin@merseysidesport.com)

[www.merseysidesport.com](http://www.merseysidesport.com)

Promotes sports events and develops sporting opportunities across Merseyside, and offers advice and support with funding bids. They also organise a year round programme of events for people with a disability.

### **UK Deaf Sport**

[www.ukdeafsport.org.uk](http://www.ukdeafsport.org.uk)

A registered charity which aims to encourage deaf people to participate, to enjoy and to excel at sport.

### **WheelPower**

Tel: 01296 395995

Email: [info@wheelpower.org.uk](mailto:info@wheelpower.org.uk)

[www.wheelpower.org.uk](http://www.wheelpower.org.uk)

Provides, promotes and develops opportunities for people with disabilities to participate in recreational and competitive wheelchair sport.

# Outdoor Pursuits

## Archery

### **Blundellsands Archers**

<https://blundellsandsarchers.uk>

A friendly and popular archery club with a 140-year history. Based in Great Crosby, serving Liverpool, Sefton and the surrounding area.

### **Bowman of Pendle and Samlesbury**

Nab's Head Lane, Samlesbury, Preston, PR5 0UQ

<https://bowmenofpendleandsamlesbury.co.uk>

A long-established target archery club with over 100 members ranging from 8 years old to senior citizens. Both non-disabled and disabled archers are welcome, and help is on hand from their qualified coaches.

### **Chorley Bowman**

Email: [enquiries@chorleybowmen.co.uk](mailto:enquiries@chorleybowmen.co.uk)

[www.chorleybowmen.co.uk](http://www.chorleybowmen.co.uk)

Founded in 1980, they are a friendly club who welcome both non-disabled and disabled archers. Their members are of all ages and abilities, so you will not feel left out.

### **St Helens Archers**

[www.sthelensarchers.co.uk](http://www.sthelensarchers.co.uk)

The club welcomes existing and new members. They pride themselves as being a very open and friendly family club with members of all ages and abilities, non-disabled and disabled.

### **The Bowmen of Bruntwood**

Email: [membership@bowmenofbruntwood.co.uk](mailto:membership@bowmenofbruntwood.co.uk)

[www.bowmenofbruntwood.co.uk](http://www.bowmenofbruntwood.co.uk)

The club has archers of all abilities, and adults, juniors, and disabled people can all compete on equal terms.

## Canal Cruises

### **Canal Boat Cruises of Riley Green**

Riley Green Marina, Bolton Road, Hoghton, Lancashire, PR5 0SP

Tel: 01254 202967

Email: [info@canalboatcruises.co.uk](mailto:info@canalboatcruises.co.uk)

[www.canalboatcruises.co.uk](http://www.canalboatcruises.co.uk)

## Outdoor Pursuits

Canal Boat Cruises offers canal boat holidays, canal trips, restaurant cruises, moorings and marina facilities on the Leeds & Liverpool Canal in the heart of the Lancashire countryside. The 'Romance Restaurant' boat is accessible for disabled and mobility impaired guests.

### **Mags Charitable Trust**

Tel: 01253 206346

Email: [tim@magsct.org](mailto:tim@magsct.org)

[www.magsct.org](http://www.magsct.org)

The 'Margaret Kane' is a wide-beam canal boat managed and run by volunteers whose mission is to provide affordable breaks on the Lancaster Canal for families needing additional support. Fitted with a lift and wide corridor and doorways for easy wheelchair access, the boat can accommodate up to 10 people. Day and residential trips can be arranged to meet individual needs with our volunteers as Skipper and Crew. There is good wheelchair access on the boat including a large stern (rear) deck which can accommodate a wheelchair while cruising. Based at Barton Grange Garden Centre near Garstang, with secure parking very close to the boat.

### **The Stockport Canal Boat Trust**

Marple Wharf, Church St (off Church Lane), Marple, Stockport, SK6 6BW

Tel: 07413 565150 / 07413 550428

Email: [booking@newhorizons.org.uk](mailto:booking@newhorizons.org.uk)

[www.newhorizons.org.uk](http://www.newhorizons.org.uk)

The Trust offers day trips for people with disabilities around the canals of North West England aboard 'New Horizons.' The boat is fully accessible with a boarding ramp and lift. There is wheelchair access throughout the length of the boat and an accessible toilet, as well as a raised open-air viewing deck at the front of the boat and a centrally heated lounge observation cabin.

## **Climbing**

### **Awesome Walls Climbing Centres**

[www.awesomewalls.co.uk](http://www.awesomewalls.co.uk)

There are several options for disabled climbers depending on their level of ability. Contact the centres below for more information:

- **Liverpool:**

St Albans Church, Athol Street, Liverpool, L5 9TN

Tel: 0151 298 2422, Email: [liverpool@awesomewalls.co.uk](mailto:liverpool@awesomewalls.co.uk)

# Outdoor Pursuits

- **Stockport:**

The Engine House, Pear Mill, Lower Bredbury, Stockport, SK6 2BP  
Tel: 0161 494 9949 Email: [stockport@awesomewalls.co.uk](mailto:stockport@awesomewalls.co.uk)

## **Hothersall Lodge Climbing Wall**

Hothersall, Longridge, PR3 2XB

Tel: 01254 878422

Email: [hothersall.lodge@lancashire.gov.uk](mailto:hothersall.lodge@lancashire.gov.uk)

[www.lancashire.gov.uk/outdoorededucation/our-centres/hothersall-lodge](http://www.lancashire.gov.uk/outdoorededucation/our-centres/hothersall-lodge)

The climbing wall is available only to pre-booked groups. It is suitable for all abilities; there is a lift to the first floor which gives access to the top of a 45 degree abseil ramp designed specifically for wheelchair users.

Incorporated into the wall is a very realistic cave system, complete with fossils and stalactites and some wheelchair users can use a trolley to negotiate the lower level.

## **West View Climbing and Leisure Centre**

Ribbleton Lane, Preston, PR1 5EP

Tel: 01772 428860

[www.better.org.uk/leisure-centre/preston/west-view-leisure-centre](http://www.better.org.uk/leisure-centre/preston/west-view-leisure-centre)

The climbing centre offers a variety of different angled walls to cater for climbers of all abilities including a beginner/disability climbing wall.

## **Horse Riding**

### **Riding for the Disabled Association**

Tel: 01926 492915

Email: [info@rda.org.uk](mailto:info@rda.org.uk)

[www.rda.org.uk](http://www.rda.org.uk)

The national charity that provides therapy, achievement and enjoyment on horseback to people with disabilities all over the UK. Their website lists contact details for all local groups in Lancashire, Manchester and Liverpool; you can search for a group near you by entering your postcode.

# Outdoor Pursuits

## Orienteering

### **British Orienteering**

Tel: 01629 583037

Email: [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

You can use the website to search for permanent orienteering courses in your area including wheelchair accessible and Trail-O courses.

### **Greater Manchester Orienteering Activities**

Tel: 0161 426 0301

Email: [enquiries@gmoa.org.uk](mailto:enquiries@gmoa.org.uk)

[www.gmoa.org.uk](http://www.gmoa.org.uk)

The website has details of all the permanent orienteering courses in Manchester, including those suitable for wheelchairs.

## Outdoor Centres

### **Debdale Outdoor Centre**

1073 Hyde Road, Manchester, M18 7LJ

Tel: 0161 223 5182

Email: [debdale@gll.org](mailto:debdale@gll.org)

[www.better.org.uk/leisure-centre/manchester/debdale-outdoor-centre](http://www.better.org.uk/leisure-centre/manchester/debdale-outdoor-centre)

A modern purpose-built outdoor centre owned and operated by Manchester City Council. Activities include dinghy sailing, windsurfing, canoeing and kayaking, powerboating, rock climbing, abseiling, hill walking, gorge scrambling, orienteering, camping, navigation, multi-activity and team-building activities. The centre has specialised equipment available, and staff are experienced in working with groups with a variety of different needs.

### **Rock and River Outdoor Pursuits**

Wood Lane, Mawdesley, L40 2RL

Tel: 01704 822644

Email: [info@rockandriver.co.uk](mailto:info@rockandriver.co.uk)

[www.rockandriver.co.uk](http://www.rockandriver.co.uk)

Rock and River run outdoor activities for schools, colleges, youth and corporate groups and scouts and guides, and are open to the public during the summer months. They run activities for all ages and abilities including archery, watersports, rock climbing, orienteering and hill walks.

# Outdoor Pursuits

## **Waddow Hall**

Waddow Hall, Waddington Road, Waddington, Clitheroe, BB7 3LD

Tel: 01200 324009

Email: [info@waddowhall.com](mailto:info@waddowhall.com)

<https://waddowhall.com>

Waddow Hall offers a range of adventurous activities primarily for children, but also welcoming adult, community, and charity groups. They provide accommodation and equipment and training for all, including those with disabilities, in several activities including, archery, climbing, grass sledging and canoeing.

## **Whitehough Outdoor Centre**

Barley New Road, Barley, Burnley, BB12 9LF

Tel: 01282 615688

Email: [whitehough@burnleyfc.com](mailto:whitehough@burnleyfc.com)

<https://whitehough.org>

The centre has over 60 years' experience in providing excellent, safe instruction for outdoor activities at all levels. Programmes are tailor-made to the group's requirements, and visitors include schools, youth and community groups.

## **Watersports**

### **Salford Watersports Centre**

15 The Quays, Salford, M50 3SQ

Tel: 0161 778 0109

Email: [watersportscentre@scll.co.uk](mailto:watersportscentre@scll.co.uk)

[www.salfordcommunityleisure.co.uk/watersports-centre](http://www.salfordcommunityleisure.co.uk/watersports-centre)

The centre is fully accessible and provides watersports and outdoor activities that are accessible to people with disabilities, together with their friends and families. Activities include sailing, windsurfing, kayaking, open canoeing, rafted canoeing, stand up paddle boarding, bellboating, indoor climbing and abseiling.

### **Hollingworth Lake Adventure & Water Activity Centre**

Lakebank, Hollingworth Lake, Littleborough, OL15 0DQ

Tel: 01706 370499

[holwac@yourtrustrochdale.co.uk](mailto:holwac@yourtrustrochdale.co.uk)

[www.link4life.org/centres/hollingworth-lake-water-activity-centre](http://www.link4life.org/centres/hollingworth-lake-water-activity-centre)

Since 1989 the centre has offered tuition in outdoor activities to schools, youth groups and the public, including sailing, kayaking, canoeing,

# Outdoor Pursuits

powerboating and windsurfing, as well as outdoor activities including rock climbing and mountain biking. The staff regularly support people with disabilities and are keen to invite them to their facilities. The centre has a hoist to transfer people from their wheelchairs and specialist seats for assisting people to sit up on the activities.

## **Royal Yachting Association (RYA) Sailability**

Tel: 02380 604100

Email: [sailability@rya.org.uk](mailto:sailability@rya.org.uk)

[www.rya.org.uk](http://www.rya.org.uk)

RYA Sailability gives everyone the chance to sail. All of their sites have trained and friendly volunteers and the choice of boats to suit your needs. You can search online or contact them to find your local Sailability centre.

## **Whitworth Water Ski Centre**

Cown Reservoir, Tong Lane, Whitworth, Rochdale, OL12 8BE

Tel: 01706 852151

Email: [info@thewaterskiacademy.co.uk](mailto:info@thewaterskiacademy.co.uk)

[www.thewaterskiacademy.co.uk](http://www.thewaterskiacademy.co.uk)

Set in beautiful countryside on the edge of Cowm Reservoir, the centre specialises in water skiing and wakeboarding. They cater for everyone, whether you are a competent skier, a total beginner or are disabled. The clubhouse is fully accessible and non-members are welcome.



## **Clubs & Contacts**

### **Bikeability**

Tel: 01223 606027

Email: [contactus@bikeability.org.uk](mailto:contactus@bikeability.org.uk)

[www.bikeability.org.uk](http://www.bikeability.org.uk)

Bikeability is 'cycling proficiency' for the 21<sup>st</sup> century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. Search their website to find a Bikeability Cycle Trainer near to you.

### **British Cycling - Let's Ride**

[www.letsride.co.uk](http://www.letsride.co.uk)

Discover the joy of cycling with free routes, led rides, community groups and much more!

### **Bury Tandem Club for the Visually Impaired**

[www.bury-tandem-club.org](http://www.bury-tandem-club.org)

A friendly club and charity of about 30 people who enjoy cycling. All of their rear riders have a visual impairment and range from very experienced club cyclists who have lost their sight, to younger people who have discovered the joys of cycling through the club. They ride every Sunday, setting off from Tottington at 9.15am. Rides vary from between 40 and 60 miles, with a lunch stop at a cafe.

### **Cycling Without Age**

<https://cyclingwithoutage.org.uk>

Volunteer pilots take passengers on trishaw cycle rides, giving them a chance to feel the wind in their hair, share stories, and reconnect with their community. The trishaws are three-wheeled cycles with a passenger cab at the front and electric assist, making the rides smooth and accessible for all. There are projects in:

- **Rochdale:** Tel: 01706 508140  
Email: [rochdale@cyclingwithoutage.org.uk](mailto:rochdale@cyclingwithoutage.org.uk)
- **South Manchester:** Tel: 07561737985  
Email: [southmanchestercwa@gmail.com](mailto:southmanchestercwa@gmail.com)

### **Go Velo**

6 Cromwell Terrace, Barrowford, BB9 8PT

Tel: 01282 696866

[www.govelo.co.uk](http://www.govelo.co.uk)

# Cycling

Go Velo offers a diverse, inclusive range of cycle activities and instructor training throughout the North West.

## **Liverpool NHS Community Cycle Club**

Email: [sustainability@liverpoolft.nhs.uk](mailto:sustainability@liverpoolft.nhs.uk)  
[www.facebook.com/LivNHSCCC](http://www.facebook.com/LivNHSCCC)

Providing friendly and fun cycle rides supporting staff and the local community.

## **Local Authority Cycle Contacts**

It is worth contacting your local council to find out about cycle routes and events in your area. See below for contact details:

- **Burnley Borough Council**  
Tel: 01282 425011
- **Bolton Council**  
Email: [highways@bolton.gov.uk](mailto:highways@bolton.gov.uk)  
[www.bolton.gov.uk/transport-travel/cycling](http://www.bolton.gov.uk/transport-travel/cycling)
- **Lancashire County Council**  
Tel: 01772 530201 (Sustainable Travel Team)  
Email: [sustainabletravel@lancashire.gov.uk](mailto:sustainabletravel@lancashire.gov.uk)  
[www.lancashire.gov.uk/leisure-and-culture/cycling](http://www.lancashire.gov.uk/leisure-and-culture/cycling)
- **Liverpool City Council**  
<https://liverpool.gov.uk/parking-roads-and-travel/getting-around-liverpool/cycling>
- **Manchester City Council**  
[https://secure.manchester.gov.uk/info/500356/cycling\\_and\\_walking/6850/cycling](https://secure.manchester.gov.uk/info/500356/cycling_and_walking/6850/cycling)
- **West Lancashire Council**  
[www.westlancs.gov.uk/more/your-community/roads-and-travel/cycling.aspx](http://www.westlancs.gov.uk/more/your-community/roads-and-travel/cycling.aspx)

## **Forest of Bowland National Landscape**

[www.forestofbowland.com/cycling](http://www.forestofbowland.com/cycling)

Information on cycle routes and bike hire in the Forest of Bowland.

## **Love your Bike**

Email: [gmloveyourbike@gmail.com](mailto:gmloveyourbike@gmail.com)  
[www.manchesterfoe.org.uk/loveyourbike](http://www.manchesterfoe.org.uk/loveyourbike)

# Cycling

Based in Greater Manchester. The campaign aims to promote cycling and to help make it an attractive, accessible and a fun way to get around. You can join the monthly led 'Bike Friday' rides; a set of led commuter rides into Manchester from various starting places at a moderate pace.

## **National Cycling Centre**

Stuart Street, Manchester, M11 4DQ

Tel: 0161 223 2244

Email: [cyclingcentre@gll.org](mailto:cyclingcentre@gll.org)

[www.nationalcyclingcentre.com](http://www.nationalcyclingcentre.com)

Manchester Velodrome runs taster sessions on the back of a track tandem that cater for disabled or visual impaired riders. They also have specific disability sessions on some Thursdays.

## **Outdoor Town**

<https://outdoortown.uk>

Email: [aturner@blcgroup.co.uk](mailto:aturner@blcgroup.co.uk)

Discover a world of cycling opportunities in Burnley, from group rides and cycling clubs to workshops and community events.

## **Rochdale Cycling Club**

43 Molyneux Street, Spotland, Rochdale, OL12 6QA

Tel: 01706 644944

The club caters for the underprivileged, physically disabled riders and cyclists with learning difficulties, as well as adults just starting or returning to cycling. They have a wide range of bicycles and specialised equipment which are loaned free of charge. Rides take place every Saturday leaving at 9.00am from the Clubhouse at 43 Molyneux Street.

## **SAVI Northwest Tandem Club**

[www.cyclinguk.org/group/savi-northwest](http://www.cyclinguk.org/group/savi-northwest)

A Cycling UK affiliated group, and part of SAVI Northwest (Sports & Activities for the Visually Impaired). They have two Sunday club rides a month - one in Liverpool (starting at Bradbury Fields) and one in Wirral (starting at Moreton Shore). Tandems are provided by the club. The rides vary from easy to challenging, but there's always a stop at a good café! Most rides are around 25 - 30 miles.

## **Sefton Council**

Tel: 0151 934 2824

[www.sefton.gov.uk](http://www.sefton.gov.uk)

# Cycling

You can download the 'Walking & Cycling Guide to Sefton's Natural Coast' which details walks and trails around Southport and Sefton, some of which are suitable for wheelchair access.

## **Simply Cycling**

Tel: 07871 621778

[www.simply-cycling.org](http://www.simply-cycling.org)

A charitable organisation that offers cycling to disabled people around Manchester. They host track-based cycling sessions as well as group rides and have a fleet of adapted bikes. Activities take place at three locations:

- **Boggart Hole Clough Athletics Track**  
Charlestown Road, Moston, Manchester, M9 7DH
- **Longford Park Athletics Stadium**  
Ryebank Road, Stretford, M21 9TA
- **Wythenshawe Park & Athletics Track**  
Wythenshawe Road, M23 OAB

## **Transport for Greater Manchester**

Tel: 0161 244 1000

Email: [hello@beenetwork.com](mailto:hello@beenetwork.com)

<https://beeactive.tfgm.com/cycling>

You'll find everything you need to know about cycling in your area of Greater Manchester, from maps and route planning to local events.

## **Walk Wheel Cycle Trust**

Tel: 0117 926 8893 (Head Office)

Email: [enquiries@walkwheelcycletrust.org.uk](mailto:enquiries@walkwheelcycletrust.org.uk)

[www.walkwheelcycletrust.org.uk](http://www.walkwheelcycletrust.org.uk)

Walk Wheel Cycle Trust works on practical projects to encourage more people to walk and cycle. They also produce information on the National Cycle Network and have many maps and cycle routes available to download or purchase.

## **Wheels for All**

Tel: 01925 575628

Email: [hello@wheelsforall.org.uk](mailto:hello@wheelsforall.org.uk)

[www.cycling.org.uk](http://www.cycling.org.uk)

# Cycling

The 'Wheels for All' initiative is a nationally recognised programme that encourages all children and adults with disabilities to engage in a quality cycling activity. There are centres across England and Wales, many in Lancashire and the surrounding area. All centres are equipped with specially adapted cycles and 'Wheels for All' trained leaders.

## **Wyre Wheels Fleetwood**

Email: [community@wyre.gov.uk](mailto:community@wyre.gov.uk)  
[www.wyre.gov.uk](http://www.wyre.gov.uk)

Wyre Wheels offers a wide selection of adapted bicycles including trikes, side-by-sides, hand bikes, quad and wheelchair bikes. Sessions begin at Memorial Park, Fleetwood, FY7 7AQ. Anyone is welcome to attend the sessions, whether you are disabled, have limited mobility, recovering from illness or injury, elderly, or just want to get back on a bike.

## **Events**

### **Ride the Lights**

[www.visitblackpool.com/things-to-do/events/ride-the-lights](http://www.visitblackpool.com/things-to-do/events/ride-the-lights)

An annual event that closes off Blackpool Promenade to all traffic except bikes! It is held a few days before the Big Illumination switch on. You can cycle the illuminations to and from any point along Blackpool Promenade from Starr Gate in the South to Red Bank Road, some 10 kilometres north. There are marshals, first aid, bike doctors and support vehicles along the route, should you need any assistance. All bikes must have working lights on the front and back, and helmets are strongly advised.

## **Cycle Routes**

### **Blackpool to Fleetwood Coastal Route**

[www.walkwheelcycletrust.org.uk](http://www.walkwheelcycletrust.org.uk)

9 miles (one way). Starting at Blackpool's North Pier the route is clearly signed all the way to Fleetwood along flat, traffic-free promenades.

### **Cheshire Lines Path**

[www.westlancs.gov.uk](http://www.westlancs.gov.uk)

A 14.5-mile route from Southport to Merseyside along the old trackbed of the former Cheshire Lines Railway. The start point is next to the TPT Seamark on Marine Drive, Southport.

## **Cycling for All – Lancaster, Morecambe & The Lune Valley**

[www.visitlancashire.com/dbimgs/Cycling%20for%20All.pdf](http://www.visitlancashire.com/dbimgs/Cycling%20for%20All.pdf)

The cycling guide includes six short routes, mostly on traffic-free or quiet roads. The rides start from Millennium Bridge in Lancaster, LA1 1AY.

### **Dunsop Bridge**

Clitheroe, BB7 3BB

Dunsop Bridge is calculated to be the nearest village to the centre of the British Isles! Starting at the car park next to Puddleducks Tea Rooms, the cycle ride is just over 2 miles (each way) and follows the River Dunsop, through stunning scenery, up to the United Utilities pumping station. It is mostly on a tarmac track with very little traffic. For a shorter alternative, turn left after crossing the bridge and head back to the village. The public car park and toilets are 100m from the start of the walk.

### **Fallowfield Loop Cycle Path (Manchester)**

Tel: 0117 926 8893 (Head Office)

Email: [enquiries@walkwheelcycletrust.org.uk](mailto:enquiries@walkwheelcycletrust.org.uk)

[www.walkwheelcycletrust.org.uk/find-a-route-on-the-national-cycle-network/fallowfield-loop/](http://www.walkwheelcycletrust.org.uk/find-a-route-on-the-national-cycle-network/fallowfield-loop/)

An attractive, largely traffic-free walking and cycling route which follows a former railway line. The 5.4-mile route is a classic urban railway path, ideal for families and new cyclists who need to build up their confidence away from road traffic. It forms a green corridor linking parks and open spaces. The route begins at St Werburgh's Metrolink Stop in Chorlton-cum-Hardy before travelling through the Levenshulme, past Debdale Park and Gorton reservoirs and ending up at Fairfield station.

### **Gisburn Forest**

Stephen Park, Slaidburn, BB7 4TS

Tel: 0300 067 4495

Email: [enquiries.northengland@forestryengland.uk](mailto:enquiries.northengland@forestryengland.uk)

[www.forestryengland.uk/gisburn-forest-and-stocks](http://www.forestryengland.uk/gisburn-forest-and-stocks)

Gisburn Forest offers a network of mountain biking trails. Starting from the Hub, the Bottom Beck (Blue) mountain bike route follows the course of an old railway used in the construction of Stocks Reservoir. The Gisburn Forest Hub has a car park, skills park, viewpoint, walking trails, toilets and a refreshment kiosk. There are numerous other forest tracks if the mountain bike routes prove too challenging.

# Cycling



## **Leeds Liverpool Canal**

Reedley Marina, Barden Lane, Burnley, BB12 0DX  
<https://canalrivertrust.org.uk>

9.3 miles along the towpath from Reedley Marina to Pendle Heritage Centre. Set off from Reedley Marina and cycle through Brierfield and Nelson. At the halfway point, take the cycle path towards Pendle Heritage Centre, a great place to stop for a break.

## **Liverpool Loopline**

[www.walkwheelcycletrust.org.uk](http://www.walkwheelcycletrust.org.uk)

The 10.8-mile Loop Line is a popular traffic free, wildlife route running from Halewood to Aintree and on to Southport on the Cheshire Lines Path. It follows the old railway line and provides a flat, well surfaced green corridor through the urban environment of east Liverpool.

## **Morecambe to Hest Bank**

[www.walkwheelcycletrust.org.uk](http://www.walkwheelcycletrust.org.uk)

National Route 69 runs traffic-free from Morecambe Stone Jetty to Hest Bank on a traffic-free path alongside the Promenade and then the coastal road. 3 miles each way.

## **Middlewood Way**

[www.stockport.gov.uk/cycle-routes](http://www.stockport.gov.uk/cycle-routes)

A 10-mile traffic-free route for walkers, cyclists and horse riders linking Marple near Stockport with Macclesfield. The Middlewood Way is mostly level and wheelchair accessible. The leaflet has a map showing easy access points and areas of the route that may be difficult for wheelchairs.

## **Southport Coastal Route**

[www.sefton.gov.uk](http://www.sefton.gov.uk)

You can cycle out from Southport along the coast to Banks, past Marshside RSPB reserve (see page 43) on a traffic free path. Southport Promenade is open to cyclists. You can continue into Liverpool along the Cheshire Lines Path or the Sefton Coast Route.

## **The Saddleworth Rail Trail**

Wool Road, Dobcross, Oldham, OL3 5PB

Tel: 0161 770 5888

[www.visitmanchester.com/listing/the-saddleworth-rail-trail/22462101](http://www.visitmanchester.com/listing/the-saddleworth-rail-trail/22462101)

A ride along two flat, off-road bike routes, which were former railway lines, linked by one steep climb along a quiet country lane. The Delph Donkey Trail (named after the white horse which first pulled the carriages) and Saddleworth Linear, part of the Pennine Bridleway, link the charming villages of Delph, Dobcross and Greenfield either side of the Limekiln Café. The route is approximately 6 miles - Delph Donkey 2 miles, Saddleworth Linear 4 miles.

## **Trans Pennine Trail (TPT)**

c/o Barnsley Council, PO Box 597, Barnsley, S70 9EW

Tel: 01226 772574

Email: [info@transpenninetrail.org.uk](mailto:info@transpenninetrail.org.uk)

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

A 215-mile multi-user coast to coast route between Liverpool and Hull, with extensions to the seaside towns of Southport and Hornsea. Much of the trail has level, surfaced, traffic-free paths. The route passes through the south of Manchester, Liverpool and west Lancashire and is covered by three maps which can be downloaded from the website.

# Wildlife Clubs & Organisations

## **Amphibian & Reptile Group of Lancashire**

Email: [argsl@btinternet.com](mailto:argsl@btinternet.com)

[www.groups.arguk.org/argl](http://www.groups.arguk.org/argl)

ARGL was established in 2004 to promote the conservation of amphibians and reptiles in the South Lancashire and Greater Manchester areas. The website has information on amphibian and reptile species, how to get involved in pond surveys and how to submit your records.



## **Bat Conservation Trust**

Tel: 0345 1300 228

Email: [enquiries@bats.org.uk](mailto:enquiries@bats.org.uk)

[www.bats.org.uk](http://www.bats.org.uk)

A national organisation devoted to the conservation of bats and the landscapes on which they rely. Their website gives lots of information on bat species and conservation. You can search for your local bat group and find out about how to get involved in bat walks and surveys in your area.

## **British Trust for Ornithology (BTO)**

Tel: 01842 750050

Email: [info@bto.org](mailto:info@bto.org)

[www.bto.org](http://www.bto.org)

The BTO have a broad range of surveys for volunteers to participate in, including the 'Garden BirdWatch' and 'Nest Record Scheme'. The surveys

# Wildlife Clubs & Organisations

are a great way to help wildlife from your home by making an important contribution to the understanding of the UK's birds.

## **Friends of Bowland**

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk) or [friendsofbowland@gmail.com](mailto:friendsofbowland@gmail.com)

[www.forestofbowland.com/friends-bowland](http://www.forestofbowland.com/friends-bowland)

Contact the Friends group if you are interested in conserving and learning about the Forest of Bowland National Landscape and its wildlife and flora.

## **Lancashire and Cheshire Fauna Society**

Email: [sec@lacfs.org.uk](mailto:sec@lacfs.org.uk)

[www.lacfs.org.uk](http://www.lacfs.org.uk)

An organisation that records and publishes data on Lancashire's wildlife including birds, butterflies, mammals and freshwater fish.

## **Lancashire Moths**

[www.lancashiremoths.co.uk](http://www.lancashiremoths.co.uk)

The group provides a great starting point for those wanting to learn more about moths. They stage regular moth counts throughout the spring and summer along with other events. You can also submit sightings yourself.

## **Lancashire Badger Group**

Tel: 08448 707908

Email: [enquiries@lancashirebadgergroup.org.uk](mailto:enquiries@lancashirebadgergroup.org.uk)

[www.lancashirebadgergroup.org.uk](http://www.lancashirebadgergroup.org.uk)

A conservation group dedicated to studying and protecting badgers in northern England. They provide information, talks and training to the public regarding the natural history and needs of badgers, raising awareness of the persecution and other issues that they face.

## **Lancashire Branch of Butterfly Conservation**

[www.butterfly-conservation.org/in-your-area/lancashire-branch](http://www.butterfly-conservation.org/in-your-area/lancashire-branch)

Butterfly Conservation is dedicated to the conservation of butterflies and moths. The Lancashire branch covers the counties of Lancashire, Northern Greater Manchester and Liverpool. Within these areas there is a great variety of moths and butterflies, including a number of national rarities. Details of forthcoming events and field trips are listed, as are the contents of the Branch Library. You can take part in the nationwide annual Big Butterfly Count in July and August in your garden or local area.

# Wildlife Clubs & Organisations

## **The Wildlife Trust for Lancashire, Manchester & North Merseyside**

[www.lancswt.org.uk](http://www.lancswt.org.uk)

A local wildlife conservation charity working to protect wildlife and wild places across Lancashire, Manchester and North Merseyside: in towns and cities, in the countryside, in our rivers and at sea.

## **Liverpool Botanical Society**

Tel: 0151 478 4216

Email: [livbotsoc@outlook.com](mailto:livbotsoc@outlook.com)

[www.livbotsoc.org](http://www.livbotsoc.org)

Founded in 1906, the Society runs a programme of events and indoor meetings at the World Museum, Liverpool, during the winter months and field meetings around the region during spring, summer and autumn.

## **Merseyside Naturalists' Association**

Email: [president@mnapage.info](mailto:president@mnapage.info)

[www.mnapage.info](http://www.mnapage.info)

Founded in 1938 with the aim of educating the public about natural history, protecting fauna and flora and preserving important wildlife habitats for the benefit of the public. They arrange regular indoor and outdoor meetings, act jointly with other organisations having similar charitable purposes and collect and collate natural history records.

## **North West Fungus Group**

[www.northwestfungusgroup.com](http://www.northwestfungusgroup.com)

Aims to promote an interest in fungi across the counties of Cheshire, Cumbria, Greater Manchester, Lancashire and Merseyside, and the vice-counties of Denbighshire and Flintshire. The group organises a programme of forays, workshops and related events and maintains databases of fungi distribution across the north-west.

## **The Preston Society: Birdwatching and Natural History**

Tel: 07565 497065

Email: [prestonwildlife@gmail.com](mailto:prestonwildlife@gmail.com)

[www.prestonsociety.co.uk](http://www.prestonsociety.co.uk)

A group of friendly people who have wide-ranging interests in different fields of the natural world around us. The Society enjoys regular meetings during the autumn, winter and spring season, supplemented by a series of summer walks, coach trips and holidays.

# Wildlife Clubs & Organisations

## **Ribble Rivers Trust**

Tel: 01200 444452

Email: [info@ribbletrust.com](mailto:info@ribbletrust.com)

[www.ribbletrust.org.uk](http://www.ribbletrust.org.uk)

A Lancashire based charity working to improve the River Ribble and all its tributaries for both people and wildlife. For over 25 years they have been working with the people who live in this area as well as dozens of partner organisations to deliver river improvements across the entire Ribble catchment.

## **Royal Society for the Protection of Birds (RSPB)**

[www.rspb.org.uk](http://www.rspb.org.uk)

A national charity working to secure a healthy environment for birds and other wildlife. You can help out the wildlife in your garden by taking part in the annual 'Big Garden Birdwatch', the world's largest wildlife survey. Their website also has advice for disabled bird watchers.

- **Local Groups:** The RSPB has local groups throughout Lancashire, Manchester and Merseyside. They are a great way to meet friendly, like-minded people in your area, while learning more about birds and wildlife. Have a look on their website to find a group near you:

[www.rspb.org.uk/localgroups](http://www.rspb.org.uk/localgroups)

## **The Wildlife Trust for Lancashire, Manchester & North Merseyside**

Tel: 01772 324129

Email: [info@lancswt.org.uk](mailto:info@lancswt.org.uk)

[www.lancswt.org.uk](http://www.lancswt.org.uk)

Part of the national Wildlife Trusts movement. Their website details all of their nature reserves, including some details on accessibility. See the next page for full details of the Trust's Brockholes Nature Reserve.



# Accessible Wildlife Sites

Wildlife watching is an enjoyable and peaceful past time where you can develop your skills in your own time. Below are some accessible sites in which you can enjoy, watch and study wildlife and nature.

This symbol denotes an accessible bird hide is on site:



## Ainsdale Sand Dunes National Nature Reserve

Tel: 01704 578774

Email: [enquiries@naturalengland.org.uk](mailto:enquiries@naturalengland.org.uk)

[www.gov.uk/government/publications/merseysides-national-nature-reserves](http://www.gov.uk/government/publications/merseysides-national-nature-reserves)

The site was established in 1965 to protect the finest example of lime-rich sand dunes on the North West coast. It is important for a wide variety of wildlife including wading birds, natterjack toads and northern dune tiger beetles. There are no public car parks on the reserve, although a limited number of Blue Badge spaces are available; call the reserve office for more information on disabled parking and accessibility.



## Brockholes Nature Reserve

Preston, PR5 0AG

(just off junction 31 of the M6)

Tel: 01772 872000

Email: [brockholes@lancswt.org.uk](mailto:brockholes@lancswt.org.uk)

[www.lancswt.org.uk/nature-reserves/brockholes-nature-reserve](http://www.lancswt.org.uk/nature-reserves/brockholes-nature-reserve)

Brockholes has been transformed from an old quarry site, by the Lancashire Wildlife Trust. There are lots of habitats to explore and wildlife to see; in particular it is good for breeding waders. The reserve has an impressive floating Visitor Village with shops, a restaurant and visitor centre and great views across the lake. There is a selection of walking trails that are suitable for pushchairs, wheelchair users and those with limited mobility. The kissing gates are accessible for smaller wheelchairs. There is a vehicle access gate next to all kissing gates on surfaced paths - if you use a large mobility vehicle or pushchair you can obtain a key to these gates. There is a large wheelchair accessible bird hide with floor to ceiling glass, overlooking 'Number 1 Pit', as well as two smaller hides around the lake.



## Cross Hill Quarry Local Nature Reserve

Access from West Bradford Rd or via Brungerley Park, Clitheroe, BB7 4QF

Tel: 07841 996722

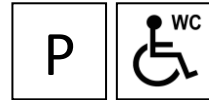
Email: [kcoverdale@lancswt.org.uk](mailto:kcoverdale@lancswt.org.uk)

# Accessible Wildlife Sites

A mosaic of woodland and small meadows providing an exceptional refuge for wildlife, including its limestone flora, birds, butterflies and bats. Most of the footpaths are wheelchair friendly.

## Crosby Beach

The car park is at the end of Hall Road West, L23 8SY  
[www.visitsouthport.com](http://www.visitsouthport.com)



Home to Anthony Gormley's 'Another Place'; 100 cast-iron, life-size figures situated across the beach. At low tide you can see a variety of wading birds; the area is an important feeding ground for various nationally and internationally rare species. You can also take a wander north along the nearby Sefton Coastal Path which has a tarmac surface.

## Dove Stone Reservoir

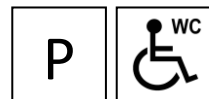
Bank Lane, Greenfield, OL3 7NE (off the A635)  
Tel: 01457 819880  
[www.rspb.org.uk/reserves-and-events/reserves-a-z/dove-stone](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/dove-stone)



Managed by the RSPB and United Utilities. There is a 2.5-mile trail around the reservoir. The path is part tarmac, part gravel and is steep and rough in places, so some manual wheelchair users may need assistance. RADAR keys are required to access stock gates. You have a good chance of seeing mountain hares from the tarmac road up to Chew Reservoir. Accessible toilets at the main car park - RADAR key required.

## Fairhaven Lake & Gardens

Off the Inner Promenade, Lytham St. Annes, FY8 1BD  
[www.discoverfylde.co.uk/fairhaven-lake](http://www.discoverfylde.co.uk/fairhaven-lake)



The lake is the gateway to the north side of the Ribble Estuary - which attracts over 270,000 birds each year. The route around Fairhaven Lake is smooth tarmac suitable for wheelchair users. The estuary can easily be seen from the sea wall on the far side of the lake. Café by the lakeside.

## Formby (National Trust Reserve)

Victoria Road, near Formby, Liverpool, L37 1LJ  
Tel: 01704 878591



Email: [formby@nationaltrust.org.uk](mailto:formby@nationaltrust.org.uk)  
[www.nationaltrust.org.uk/visit/liverpool-lancashire/formby](http://www.nationaltrust.org.uk/visit/liverpool-lancashire/formby)

The pine woodlands at Formby are home to a population of red squirrels, making it one of the few places in the UK where you can catch a glimpse of these shy creatures. Some woodland paths and the squirrel viewing areas are accessible to wheelchairs, although others are steep in places.

# Accessible Wildlife Sites

## Formby Point

Lifeboat Road, Formby, L37 2EB

Tel: 01704 878591

Email: [formby@nationaltrust.org.uk](mailto:formby@nationaltrust.org.uk)

[www.nationaltrust.org.uk/visit/liverpool-lancashire/formby](http://www.nationaltrust.org.uk/visit/liverpool-lancashire/formby)



The area has a wide sandy beach, high dunes and furrowed grassland, backed by pinewoods. There is a wheelchair accessible boardwalk which takes you across the sand dunes to the beach. The path leading up to the boardwalk is slightly undulating. The variety of birdlife includes stonechat, linnet, whitethroat, yellowhammer and sky lark and many other small migrants in spring and autumn. Nearer the beach, migrant wading birds such as knot, bar-tailed godwit, oystercatcher, sanderling and dunlin may be seen. Four sand wheelchairs are available for loan, free of charge, from the Lifeboat Road car park; it is best to book one in advance.

## Foxhill Bank Local Nature Reserve

Mill Hill (off Union Road), Oswaldtwistle, Accrington, BB5 3LX

Tel: 07841 996722

[www.lancswt.org.uk](http://www.lancswt.org.uk)

A hidden oasis with a variety of habitats. The wetland, woodland and dense scrub provide cover, food and a place to breed for birds, including great-spotted woodpecker, siskin, reed bunting, blackcap, kingfisher, heron and dipper. A highlight of the woodland is the avenue of lime trees that would have led up to the former mill owner's house. A small car park is located at the entrance to the reserve. Paths are mostly level and some are suitable for wheelchair users, though there are some steep steps on circular routes. There is a Changing Places toilet at Hyndburn Leisure Centre, a mile away.

## Hest Bank at Morecambe Bay (RSPB)

Hest Bank, LA2 6HN, 2 miles north-east of Morecambe. The car park is accessed from Hest Bank level crossing off the A5105.

Tel: 01524 701601

Email: [leighton.moss@rspb.org.uk](mailto:leighton.moss@rspb.org.uk)

[www.rspb.org.uk/days-out/reserves/hest-bank-at-morecambe-bay](http://www.rspb.org.uk/days-out/reserves/hest-bank-at-morecambe-bay)

The sandflats and saltmarshes of Morecambe Bay are vital feeding grounds for a quarter of a million wading birds, ducks and geese. During the hour before high tide, spectacular flocks of waders gather to roost at Hest Bank. Viewing is best from the local authority car park; the paths along the coast from the car park are not suitable for wheelchairs as they have an uneven surface.

# Accessible Wildlife Sites

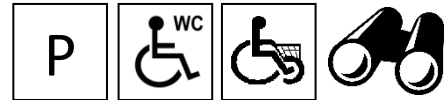
## Leighton Moss Nature Reserve (RSPB)

Storrs Lane, Carnforth, LA5 0SW

Tel: 01524 701601

Email: [leighton.moss@rspb.org.uk](mailto:leighton.moss@rspb.org.uk)

[www.rspb.org.uk/days-out/reserves/leighton-moss](http://www.rspb.org.uk/days-out/reserves/leighton-moss)



The largest reed bed in the north-west and home to some really special birds such as breeding bitterns, bearded tits and marsh harriers. Also, a good place to see starling murmurations in the winter. There is a visitor centre, shop and café on site, as well as a sensory garden and a selection of trails and hides, most of which are suitable for wheelchair users.

Drop-off point and Blue Badge spaces in the accessible car park next to the visitor centre. Tramper all-terrain mobility scooters are available to hire for people with limited mobility; please book in advance as they are very popular. Admission charge; carers and RSPB members free.

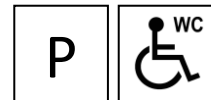
## Longton Brickcroft Nature Reserve

Liverpool Road, Longton, Preston, PR4 5YY

Tel: 01772 625625

Email: [parcs@southribble.gov.uk](mailto:parcs@southribble.gov.uk)

<https://southribble.gov.uk>



Designated as a Local Nature Reserve in 1998. The site has three large ponds formed by the excavation of clay for brick making, with a number of smaller dipping ponds. A great place for spotting a variety of woodland and wetland birds and other wildlife. A path loops around the South Pond, and over the road there is a path along one side of Middle and North ponds. The paths are mostly level with a good surface suitable for wheelchairs. There are some accessible gates at the access points. A visitor centre at the entrance has information about the wildlife and history of the site and an accessible toilet.

## Marshside Nature Reserve (RSPB)

Marine Drive, Southport, PR9 9PJ (car park is situated at the junction between Marine Drive and Marshside Road)

Tel: 01704 211690

Email: [ribble.reserves@rspb.org.uk](mailto:ribble.reserves@rspb.org.uk)

[www.rspb.org.uk/days-out/reserves/marshside](http://www.rspb.org.uk/days-out/reserves/marshside)



A coastal reserve known for its large number of over-wintering and breeding wildfowl, including pink-footed geese and golden plovers. In the summer you may spot avocets and lapwings. There are wheelchair accessible paths, hides and viewing screens, as well as an information centre with an accessible portable toilet by the entrance.

# Accessible Wildlife Sites

## Martin Mere Wetland Centre

Fish Lane, Burscough, L40 0TA

Tel: 01704 895181

Email: [info.martinmere@wwt.org.uk](mailto:info.martinmere@wwt.org.uk)

[www.wwt.org.uk/wetland-centres/martin-mere](http://www.wwt.org.uk/wetland-centres/martin-mere)



A Wildfowl and Wetlands Trust site, home to almost 100 species of rare and endangered ducks, geese, swans, cranes and flamingos, as well as otters and beavers. In winter the reserve attracts huge flocks of geese and swans. There are hard-surfaced paths with tarmac on the main routes (and compacted gravel on minor paths). Most bird hides are wheelchair accessible, although there are some steep ramps leading to two of them. There is a hearing induction loop in reception. During summer there is a boat safari which can accommodate two manual wheelchairs. Admission charge; carers free.



## Mere Sands Wood Nature Reserve

Holmeswood Road, Rufford, Ormskirk, L40 1TG

Tel: 01704 821809

Email: [info@lancswt.org.uk](mailto:info@lancswt.org.uk)

[www.lancswt.org.uk/nature-reserves/mere-sands-wood-nature-reserve](http://www.lancswt.org.uk/nature-reserves/mere-sands-wood-nature-reserve)



# Accessible Wildlife Sites

Mere Sands Wood is a wildlife-rich haven in the heart of agricultural west Lancashire, comprising lakes, mature broadleaved and conifer woodland, sandy, wet meadows and heaths. Three circular trails, leading from the car park through the main areas of the reserve, are accessible to most wheelchair users, with the white trail suitable for most motorised wheelchairs. Bird hides, a viewing platform and the well-equipped visitor centre with picnic area, are also accessible.

## Pennington Flash Country Park

St Helens Road, Leigh, Manchester, WN7 3PA  
(the main entrance is opposite Leigh Fire Station)  
Tel: 01942 489848



[www.wigan.gov.uk/resident/leisure/greenheart/pennington-flash.aspx](http://www.wigan.gov.uk/resident/leisure/greenheart/pennington-flash.aspx)

The lake and surrounding marshland are a magnet for rare birds and wildlife. The site is recognised nationally for its importance, with over 230 bird species having been recorded, including the black-faced bunting, nightingale, cattle egret, whiskered tern and Leach's petrel. Most paths are suitable for wheelchair users especially the main nature reserve circuit. Bird hides have level or ramped access and inclusive viewing slots.

## Sefton Park

Aigburth, Liverpool (There are several access points and car parks around the park), L17 1AP  
<https://liverpool.gov.uk/parks-and-greenspaces>



The streams, ponds and lake in Sefton Park are home to a variety of water birds including great crested and little grebe, heron and cormorant. Winter visitors include fieldfare and redwing. Ring neck parakeets can be seen around the feeding station at the back of the Palm House. Liverpool RSPB regularly hold events such as the RSPB's 'Big Garden Birdwatch' and 'Feed the Birds' days. The Palm House hosts an extensive tropical plant collection. Good accessible paths throughout the park, however some of the side paths have steps.

## Spring Wood

Accrington Road, ½ mile east of Whalley, off the A671



A semi-natural, ancient woodland once owned by the monks of Whalley Abbey. It was originally called Oxheywoode and was part of a much larger deer park. The wildlife is very varied, with 24 different species of tree, a variety of birdlife and 20 plant species, including great displays of bluebells and wild garlic in the spring. Facilities include an information centre, a refreshment kiosk, wheelchair accessible picnic tables and an 'Access for All Trail'.

# Accessible Wildlife Sites

## St James' Church, Dalehead

Hole House Lane, Dalehead, Slaidburn, signposted off the B6478

Tel: 01200 871254

[www.achurchnearyou.com/church/6867](http://www.achurchnearyou.com/church/6867)

The churchyard is designated a Biological Heritage Site of county importance in Lancashire, because of its rich herb flora and diverse range of plant communities. There are over 130 species of wild plants including grasses, sedges and herbs, some of which are now uncommon throughout Lancashire. The churchyard has level access but there are steps up to the church entrance. The best time to visit is between May and August. Stocks Reservoir is nearby - see below.

## Stocks Reservoir

Car park at the bottom of School Lane, Dale Head, Slaidburn

[www.unitedutilities.com](http://www.unitedutilities.com)



A United Utilities reservoir on the edge of Gisburn Forest. The site is best known for its wildfowl and waders with two bird hides near to the car park; the nearest one being wheelchair accessible, though the path leading to it is rough in parts. The car park is fairly spacious but there are no designated Blue Badge parking bays. A picnic site is situated near to the car park and the remains of the old Dalehead Church can be seen. Accessible toilets can be found at the nearby Guisburn Forest Hub. See also St James' churchyard above.

## Wyre Estuary Country Park

River Road, Stanah, Thornton Cleveleys, FY5 5LR

Tel: 01253 891000

Email: [countryside@wyre.gov.uk](mailto:countryside@wyre.gov.uk)

[www.wyre.gov.uk/wyreestuarycountrypark](http://www.wyre.gov.uk/wyreestuarycountrypark)



Situated on the banks of the River Wyre, the country park has estuary and riverside views, and a wide range of habitats and wildlife, including excellent bird watching opportunities. There is a network of level surfaced paths which are suitable for wheelchair users. There is also a specially adapted trail for people with a visual impairment. Café and picnic spots on site, and weekly guided health walks take place.

## Visitor Centres

Most of the centres below have Blue Badge bays and accessible toilets.

### **Bowland Visitor Centre**

Beacon Fell Country Park, Goosnargh, Preston, PR3 2NL  
Tel: 01995 640557. Café on site. Trumper available to hire.

### **Clifton Country Park**

Clifton House Road, Clifton, Salford, M27 6NG  
Tel: 0161 793 4219. Café on site. Accessible paths around lakes and bird watching areas.

### **Cuerden Valley Park**

Visitor Centre, Berkeley Drive, Bamber Bridge, Preston, PR5 6BY  
Tel: 01772 324436. Café on site.

### **Jumbles Country Park**

Bradshaw Road, Bolton, BL2 4JS.  
Tel: 01204 856999. Café on site.

### **Pennington Flash Nature Reserve**

St Helen's Road, Leigh, WN7 3PA  
Tel: 01942 489848. Visitor Information Point and café on site.

### **The Rivington Visitor Centre**

Rivington Country Park, Rivington Lane, Bolton, BL6 7SB  
Tel: 01204 691549. Café on site.

### **Witton Country Park**

Preston Old Road, Blackburn, BB2 2TP  
Tel: 01254 585585. Access trails. Café on site.

### **Wycoller Country Park**

Wycoller Road, Colne BB8 8SY  
[www.lancashire.gov.uk/leisure-and-culture/countryside](http://www.lancashire.gov.uk/leisure-and-culture/countryside)

### **Wyre Estuary Country Park**

River Road, Stanah, Thornton Cleveleys, FY5 5LR  
Tel: 01253 891000. Café on site. Trumper available to hire.

### **Yarrow Valley Country Park**

Birkacre Road, Chorley, PR7 3QL. Café on site.

# Volunteer Centres

## Lancashire Area

### **Blackpool, Wyre & Fylde Volunteer Centre**

95 Abingdon Street, Blackpool, FY1 1PP  
Tel: 01253 301004  
<https://volunteercentrebwf.org.uk>

### **Burnley, Pendle & Rossendale CVS**

62-64 Yorkshire Street, Burnley, BB11 3BT  
Tel: 01282 433740  
Email: [info@bprcvs.co.uk](mailto:info@bprcvs.co.uk)  
[www.bprcvs.co.uk](http://www.bprcvs.co.uk)

### **Community CVS**

45 Railway Road, Blackburn, BB1 1EZ  
Tel: 01254 583957  
Email: [office@communitycvs.org.uk](mailto:office@communitycvs.org.uk)  
[www.communitycvs.org.uk](http://www.communitycvs.org.uk)

### **Hyndburn & Ribble Valley CVS**

Suite 5, The Chambers, Town Hall Square, Great Harwood, BB6 7DD  
Tel: 01254 888614  
Email: [Dorothy.parsons@hrv-cvs.org.uk](mailto:Dorothy.parsons@hrv-cvs.org.uk)  
[www.hrvcvs.org](http://www.hrvcvs.org)

### **Lancaster District Volunteer Centre**

The Cornerstone, Sulyard Street, Lancaster, LA1 1PX  
Tel: 01524 555900  
Email: [hello@lancastercvs.org.uk](mailto:hello@lancastercvs.org.uk)  
<https://lancastercvs.org.uk>

### **West Lancashire Volunteer Centre**

The Ecumenical Centre, Northway, Skelmersdale, WN8 6LU  
Tel: 01695 733737  
Email: [enquiries@wlcvs.org](mailto:enquiries@wlcvs.org)  
[www.wlcvs.org](http://www.wlcvs.org)

## Liverpool Area

### **One Knowsley Volunteer Hub**

Court Hey Park Courtyard, Roby Road, Huyton, Liverpool, L16 3NA  
Tel: 0151 489 1222  
<https://volunteering.oneknowsley.org>

# Volunteer Centres

## **Liverpool Volunteer Centre**

151 Dale Street, Liverpool, L2 2AH  
Tel: 0151 227 5177  
Email: [info@lcvs.org.uk](mailto:info@lcvs.org.uk)  
[www.lcvs.org.uk](http://www.lcvs.org.uk)

## **Sefton Volunteer Centre**

Email: [info@volunteersefton.org.uk](mailto:info@volunteersefton.org.uk)  
[www.volunteeringsefton.org.uk](http://www.volunteeringsefton.org.uk)  
Tel: 0151 920 0726

## **Volunteer Centre Halton & St Helens**

Halton & St. Helens Voluntary & Community Action St Maries, Lugsdale Road, Widnes, WA8 6DB  
Tel: 01744 457100  
<https://volunteering.haltonsthelensvca.org.uk>

## **Manchester Area**

### **Bolton Volunteer Centre**

The Bolton Hub, Bold Street, Bolton, BL1 1LS  
Tel: 01204 546010  
Email: [info@boltoncvs.org.uk](mailto:info@boltoncvs.org.uk)  
[www.boltoncvs.org.uk](http://www.boltoncvs.org.uk)

### **Manchester Volunteer Centre**

Tel: 0161 830 4770  
Email: [info@volunteercentremanchester.co.uk](mailto:info@volunteercentremanchester.co.uk)  
<https://manchestercommunitycentral.org>

### **Action Together (Oldham, Rochdale & Tameside)**

Tel: 0161 339 2345  
Email: [info@actiontogether.org.uk](mailto:info@actiontogether.org.uk)  
[www.actiontogether.org.uk](http://www.actiontogether.org.uk)

### **Salford Volunteer Centre**

The Old Town Hall, 5 Irwell Place, Eccles, Salford, M30 0FN  
Tel: 0161 787 7795  
Email: [volunteer@salfordcvs.co.uk](mailto:volunteer@salfordcvs.co.uk)  
[www.salfordcvs.co.uk/volunteer-centre](http://www.salfordcvs.co.uk/volunteer-centre)

# Volunteering in the Countryside

## **Ainsdale Sand Dunes National Nature Reserve**

Tel: 01704 578774

Email: [enquiries@naturalengland.org.uk](mailto:enquiries@naturalengland.org.uk)

[www.naturalengland.org.uk](http://www.naturalengland.org.uk)

There are opportunities for people to help with practical work outdoors, wildlife monitoring, education and events, and visitor management. No previous experience is required.

## **Arnside and Silverdale National Landscape**

Tel: 01524 761034

Email: [info@arnside-silverdale.org.uk](mailto:info@arnside-silverdale.org.uk)

[www.arnside-silverdale.org.uk/volunteering](http://www.arnside-silverdale.org.uk/volunteering)

You can get involved in lots of different ways, including habitat and access management tasks, assisting with the wildflower nursery, litter picks and helping out at events.

## **Canal and River Trust**

Tel: 0303 040 4040

Email: [volunteer@canalrivertrust.org.uk](mailto:volunteer@canalrivertrust.org.uk)

[www.canalrivertrust.org.uk/volunteer](http://www.canalrivertrust.org.uk/volunteer)

Whether you want to become a volunteer lock keeper, help wildlife, learn more about canal heritage or take on more of an office-based role, there's a range of opportunities at the Canal & River Trust.

## **Forest of Bowland National Landscape**

Tel: 01200 448000

Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

[www.forestofbowland.com/volunteering](http://www.forestofbowland.com/volunteering)

The website lists volunteering opportunities with their partner organisations. You can also join the Friends of Bowland who organise practical tasks and events.

## **Groundwork**

[www.groundwork.org.uk](http://www.groundwork.org.uk)

A charity that helps people and organisations make changes in order to create better neighbourhoods, to build skills and job prospects, and to live and work in a greener way. They offer occasional, informal volunteer opportunities helping out on their projects, as well as more formal work experience placements. Please contact your local office:

- **Cheshire, Lancashire and Merseyside**

Tel: 01942 821 444

Email: [clm@groundwork.org.uk](mailto:clm@groundwork.org.uk)

# Volunteering in the Countryside

- **Greater Manchester**  
Tel: 0161 220 1000  
Email: [greatermanchester@groundwork.org.uk](mailto:greatermanchester@groundwork.org.uk)

## **Lancashire Badger Group**

Tel: 08448 707908  
Email: [enquiries@lancashirebadgergroup.org.uk](mailto:enquiries@lancashirebadgergroup.org.uk)  
[www.lancashirebadgergroup.org.uk](http://www.lancashirebadgergroup.org.uk)

A group dedicated to studying and protecting badgers in northern England. Volunteer roles include helping with the day to day running of the group or a more practical hands-on approach out in the field.

## **Lancashire Environment Record Network (LERN)**

Email: [lern@lancashire.gov.uk](mailto:lern@lancashire.gov.uk)  
[www.lancashire.gov.uk/lern](http://www.lancashire.gov.uk/lern)

A collection, storage and access hub for environmental data in the county. You can volunteer from the comfort of your own home and input biodiversity data onto spreadsheets or submit your own wildlife records.

## **Local Authorities**

Most local councils will have a volunteer department, or will be able to let you know about volunteering vacancies in your local park or countryside:

- **Blackpool City Council**  
Tel: 01253 478358 (Ranger Service)  
Email: [parks@blackpool.gov.uk](mailto:parks@blackpool.gov.uk)
- **Bury Council**  
Tel: 0161 253 5353 (Parks and Countryside Service)
- **Chorley Council**  
Tel: 01257 279538 (Ranger Service)
- **Hyndburn Borough Council**  
Tel: 01254 388111  
Email: [enquiries@hyndburnbc.gov.uk](mailto:enquiries@hyndburnbc.gov.uk)
- **Lancashire County Council**  
Email: [countryside@lancashire.gov.uk](mailto:countryside@lancashire.gov.uk)  
[www.lancashire.gov.uk/jobs/volunteering](http://www.lancashire.gov.uk/jobs/volunteering)
- **Lancaster City Council**  
Tel: 01524 582000
- **Liverpool City Council**  
<https://liverpool.gov.uk/parks-and-greenspaces>
- **Manchester City Council**  
Email: [parks@manchester.gov.uk](mailto:parks@manchester.gov.uk)

# Volunteering in the Countryside

- **Oldham Council**  
Tel: 0161 770 4056 (Parks and Countryside Service)  
Email: env.rangers@oldham.gov.uk
- **Pendle Borough Council**  
Tel: 01282 661661  
Email: parks@pendle.gov.uk
- **Preston Council**  
Tel: 01772 906471 (Parks Service)  
Email: parks@preston.gov.uk
- **Ribble Valley Council**  
Tel: 01200 425111
- **Rochdale Borough Council**  
Tel: 01706 922131
- **Salford City Council**  
Tel: 0161 793 4219
- **Sefton Council**  
Email: greensefton@sefton.gov.uk
- **Stockport Council**  
www.stockport.gov.uk
- **Tameside Metropolitan Borough Council**  
Tel: 0161 342 3055
- **West Lancashire Council**  
Tel: 01695 622794
- **Wyre Council**  
Tel: 01253 887504  
Email: volunteering@wyre.gov.uk

## **The Mersey Forest**

Email: mail@merseyforest.org.uk  
www.merseyforest.org.uk

There are many community groups within the Mersey Forest who get involved in practical task days to care for their woodlands, organising events and learning new skills.

## **Ribble Rivers Trust**

Tel: 01200 444452  
Email: info@ribbletrust.com  
www.ribbletrust.org.uk/volunteer

Volunteers help to protect local rivers and streams through habitat management and invertebrate, river and fish surveys. Contact the Rivers Trust to receive notifications of upcoming volunteer events.

# Volunteering in the Countryside

## **Royal Society for the Protection of Birds (RSPB)**

[www.rspb.org.uk](http://www.rspb.org.uk)

The RSPB offer a range of volunteering roles. You can search online or contact the RSPB reserves directly to find out about the voluntary opportunities they offer:

- **Hesketh Out Marsh**, Hesketh Bank Tel: 01704 211690
- **Leighton Moss**, near Carnforth Tel: 01524 701601
- **Marshside**, Southport Tel: 01704 211690

## **The Conservation Volunteers (TCV)**

[www.tcv.org.uk/north](http://www.tcv.org.uk/north)

A community volunteering charity that connects people together to protect and restore nature. Conservation tasks are varied and offer people a chance to get practically involved in environmental protection along with making new friends, seeing new sites and working as part of a team to achieve something for both people and wildlife.

- **TCV Manchester**, Tel: 0161 962 9409
- **TCV Merseyside and Cheshire**, Tel: 0151 423 4433

## **The National Trust**

[www.nationaltrust.org.uk/support-us/volunteer](http://www.nationaltrust.org.uk/support-us/volunteer)

From properties to gardens, countryside to coastline, volunteers gain new skills, enjoy new challenges and experiences and meet new friends.

## **The Wildlife Trust for Lancashire, Manchester & North Merseyside**

Tel: 01772 318374 (Volunteer Coordinator)

Email: [info@lancswt.org.uk](mailto:info@lancswt.org.uk)

[www.lancswt.org.uk/volunteer](http://www.lancswt.org.uk/volunteer)

Whether you're keen to get stuck in and get your hands dirty with practical conservation tasks, or help out in the office, the Trust will find the right volunteering opportunity for you.

## **WWT Martin Mere**

Fish Lane, Burscough, L40 0TA

Tel: 01704 895181

Email: [info.martinmere@wwt.org.uk](mailto:info.martinmere@wwt.org.uk)

[www.wwt.org.uk/join-and-support/volunteering](http://www.wwt.org.uk/join-and-support/volunteering)

The Wildfowl and Wetlands Trust is a national organisation which works to conserve wetlands for both wildlife and people. Volunteer opportunities at Martin Mere include teaching school groups, staffing the information desk, greeting visitors, being a 'guide in the hide', patrol wardening, grounds maintenance, gardening or being part of the seasonal canoe team!

# RADAR Key & Blue Badge Parking

## **Disability Rights UK**

Tel: 0330 995 0400

Email: [enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

Disability Rights UK works to create a society where everyone with lived experience of disability or health conditions can participate equally as full citizens. Disability Rights UK is led, run and controlled by disabled people.

The RADAR National Key Scheme (NKS) ensures that one key will open wheelchair accessible toilets throughout the country. RADAR padlocks are also increasingly used on many nature reserves and cycle paths. Keys are available directly from Disability Rights UK.

## **Blue Badge Scheme**

[www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)

The Blue Badge scheme is for people with disabilities or health conditions. It allows Blue Badge holders to park close to where they need to go. The scheme operates throughout the UK and is managed by local authorities, who deal with applications and issue Blue Badges.

Blue Badge holders may:

- Park as long as they wish in a disc parking zone provided that the Blue Badge is displayed.
- Park on a single or double yellow line for up to three hours provided that the Blue Badge and time disc is displayed and the vehicle causes no obstruction.
- Always check individual car parks to see if you are required to pay or not as practice differs widely.



## The Countryside Code



Your guide to enjoying parks and waterways, coast and countryside

### Respect everyone

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- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

### Protect the environment

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- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it in any public waste bin or take it home
- care for nature - do not cause damage or disturbance

### Enjoy the outdoors

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- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory



[www.countryside-code.org.uk](http://www.countryside-code.org.uk)

# Authors

**Open Country began in 1990 as a temporary project set up to enable adults with a disability to access and enjoy the countryside. Since then, we have developed into a small charity with huge aims! On an average week we run up to twenty-five countryside activities, catering for a range of abilities. Over the years we have been recognised by many awards including the Queen's Award for Voluntary Service.**

We lead a wide variety of countryside activities including hiking, wheelchair accessible walks, cycling, conservation projects, nature study and outdoor pursuits. In addition, we offer high quality information, training and advice to organisations wanting to provide better access to their countryside sites and events, as well as individuals and their families wishing to access the countryside independently.

The Open Country activities staff have joined the charity from a countryside background of work and personal interest. This Directory is just one of the ways in which we try to let disabled people know about what is available to them in their area and how they can get involved.

There are also directories available for East Yorkshire, North Yorkshire, South Yorkshire, West Yorkshire, County Durham and Teesside. They can be downloaded from:

[www.opencountry.org.uk/countryside-access-directories](http://www.opencountry.org.uk/countryside-access-directories)

Our directories are free, but we always welcome donations. You can donate online at [www.opencountry.org.uk/donate](http://www.opencountry.org.uk/donate). Thank you very much.



The authors of this Directory have made every effort to ensure that the information included was correct at the time of going to print. However, we cannot accept any responsibility for any errors or omissions, or any loss or damage arising from the use of this information. We advise Directory users to ensure the suitability of all services described for their individual needs.



We hope to update this Directory in the future. If you have any comments or suggestions, please get in touch:

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