

Countryside Activities programme



WEEKDAY OPPORTUNITIES

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

TRAILBLAZERS & HARROGATE NATURE FORCE

We 'work for wildlife' on nature conservation projects on Tuesdays (Trailblazers) and Fridays (Nature Force). Both groups meet at Community House and we can usually drop people home afterwards. Tools, training, PPE and transport are provided. Work programmes are issued separately.

WEEKDAY WALKING

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

- **WALK ON THE WILD SIDE**

Our Wednesday group combines shorter walks of up to 6 miles with nature study.

- **THURSDAY WALKERS**

The Thursday group covers around 7 - 8 miles each day and is a great way to improve your health and fitness.

WANDERERS AND EXPLORERS

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

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



WEEKEND OPPORTUNITIES

KEY to features on activities:

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

STAY UP LATE | We'll be out later than 9pm

ADVENTURE CLUB

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

Sunday 26th July

PADDLE BOARDING

A return visit for more Stand Up Paddle-Boarding at *Ellerton Lake*.

Cost: £22 Trip: £12 Travel time: 1 hour



Saturday 29th August

ILKLEY LIDO

A chance to swim outdoors in this wonderful 1930s swimming pool.

Cost: £12.30 Trip: £12

Travel time: ¾ hour



Saturday 5th September

WATER SKI-ING

Experience accessible water-skiing at Knarborough's *Calmwater Bay*.

Cost: 1 ski £28, 2 skis £40, 3 skis £45

Trip: £12 Travel time: ½ hour



OUTINGS GROUP

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

Sunday 12th July

TROLLEY

HOCKEYSTICKS!

A trip to Sandtoft to the World's largest collection of historic trolleybuses, with a one-off display of old *Atkinson* lorries.

Admission: £9.50 Trip: £15

Travel time: 1 hour



Saturday 25th July

GODDARDS GARDEN,

YORK

Five acres of formal garden once home to the Terry family, it has garden rooms with scented borders and mature trees.

Admission: £9, Carers FREE

Trip: £12 Travel time: 1 hour



Sunday 29th August

ALLOT OF FUN

A short riverside walk in Knarborough, followed by a scrumptious summer cream tea at the Open Country allotment.

Cost: FREE Trip: £12

Travel time: 20 minutes



OUTINGS

Sunday 9th August HEATHER & THITHER

Enjoy the heather moors on an accessible walk around the Cawthorn Roman Army Camps near Pickering.

Admission: FREE Trip: £15

Travel time: 1½ hours



Heritage Open Days 2026 will take place from **September 13th to September 22nd**, offering FREE access to historic sites and cultural events across England.

It is England's largest festival of history and culture, celebrating the nation's rich heritage through thousands of events organised by volunteers and local organisations. During this ten-day festival, visitors can explore historic buildings, monuments, museums, gardens, and other cultural sites, many of which are not usually open to the public. The festival emphasises free access, community engagement, and the preservation of local history.

Saturday 12th September ORMESBY HALL

A visit to this *National Trust* country house near Middlesbrough. Entry is free, as part of Heritage Weekends 2026.

Admission: FREE Trip: £15

Travel time: 1¼ hours



Open Country will be taking in some of the exciting events, but if you want to see some of them under your own steam, look up what is on offer on www.heritageopendays.org.uk.

Saturday 26th September LOOKING SHEEPISH

Ewe'll love a visit to *Masham Sheep Fair* for a celebration of all things woolly

Admission: FREE (baa-gain!)

Trip: £12 Travel time: 1 hour




heritage open days



WILD THINGS

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

Saturday 11th July FLOWER POWER



A botanical trip to see the lovely wild flowers that flourish on two of Ripon's finest nature reserves.

Admission: FREE Trip: £12

Travel time: ½ hour

Friday 24th July THREE CHURRS!



An evening trip up to Timble Ings to hear the elusive nightjar, formerly known as the 'goatsucker'. Assistance dogs welcome - assistance goats at owner's discretion.

Admission: FREE Trip: £12

Travel time: ½ hour

Saturday 8th August ALL OF A FLUTTER



Take part in 'The Big Butterfly Count', a national survey of our colourful friends at *Golden Acre Park* in Leeds.

Admission: FREE Trip: £12

Travel time: ½ hour

Sunday 27th September FUNGI FRIENDS



Visit Newmillerdam for some Mushroom Magic and other seasonal wildlife treats.

Admission: FREE

Trip: £12

Travel time: 1 hour



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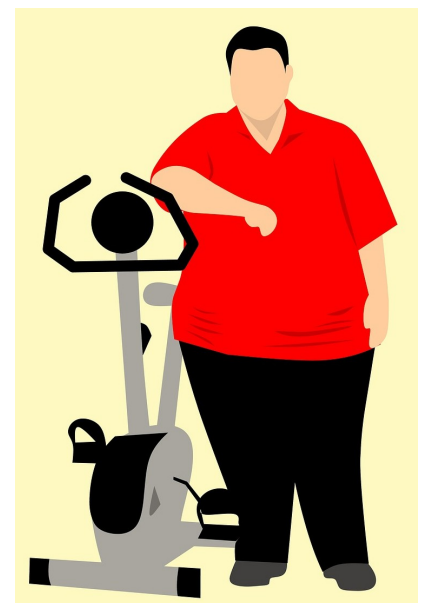
Our five tandem clubs are based in Harrogate, Ripon, Wakefield, Wetherby and York. We ride between 6 and 9pm, usually with a pub stop in the middle. Most of our clubs continue until the clocks go back at the end of October.



SPIN CLASSES

We have a FREE Zoom-based spin session on offer each week. Please join in the fun - contact us for details. Don't forget, we may be able to lend you an exercise bike or a tablet if that helps!

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



EASY GOING WALKS

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

Sunday 5th July BRASSED OFF

A wildflower walk from Spofforth to Wetherby, where we can relax with an ice cream and listen to the Skelmanthorpe Brass Band. (They also have a cornet).

Admission: FREE Trip: £12

Travel time: ½ hour



Sunday 30th August SCAR HOUSE RESERVOIR

A 4-mile moorland walk around wild Upper Nidderdale, with a 3 mile there-and-back option on tarmac.

Admission: FREE Trip: £12

Travel time: 1 hour



Sunday 13th September RIPON CANAL

A walk along Ripon Canal and Ripon City Wetlands, calling in for a free peek at the *Ripon and District Light Railway* as part of Heritage Weekends 2026.

Admission: FREE Trip: £12

Travel time: ½ hour



YORK WALKING GROUP

We help ambulant disabled people in York to enjoy regular weekend rambles. The cost for each walk is £15. The dates of forthcoming York walks are:

Sunday 19th July SICKLINGHALL & WOOD HALL

Distance: 5½ miles

Travel time: ½ hour



Sunday 23rd August SEASIDE SPECTACULAR

Distance: 5 miles

Travel time: 1½ hours



Saturday 12th September MASHAM RIVERSIDE

Distance: 5½ miles

Travel time: 1 hour



SELBY WALKING GROUP

We help ambulant disabled people in Selby enjoy monthly weekend rambles. We meet at *Selby Leisure Centre* and the cost for each walk is £15.

**Saturday 4th July
HOOK MOOR &
LOTHERTON**

Distance: 6 miles
Travel time: ½ hour



**Sunday 30th August
SKIPWITH COMMON**

Distance: 5½ miles
Travel time: ¼ hour



**Sunday 6th September
WELBURN &
HOWARDIAN HILLS**

Distance: 6 miles Travel time: ¾ hour



ALLOTMENT GROUP

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

The group will run until the end of September 2026.



Please email info@opencountry.org.uk if you would prefer to receive our newsletter electronically or if you want to be taken off our mailing list.

BOOK A PLACE/GET IN TOUCH...

To book a place, telephone Open Country (01423) 507227. Please do let us know if you've booked and then cannot come to a Countryside Activity, so we can give someone else your place.

Late cancellation or non-attendance on activities is time-consuming, costly and above all prevents other members from enjoying the countryside. Please only book on to the activities if you really want to come out with us. If you must cancel, do so as early as possible, so that we can give someone else your place. Cancellation less than 48 hours in advance may result in you being liable for any costs - you have been warned!

Our address is:

**Open Country, Community House
46 East Parade, Harrogate,
North Yorkshire, HG1 5LT.**

Tel: **01423 507227**

Email: **info@opencountry.org.uk**

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

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

Follow us on Facebook, Bluesky, Instagram & YouTube

