

# Countryside Activities programme



## KEY to features on activities:



## ADAPTED CYCLING

Our Wednesday evening tandem cycling rides run from April until the end of October.

On Monday evenings we also run the On 'Yer Bike Zoom class. It's free and we can loan you the exercise bike.

## NATURE FORCE GROUP

Every Tuesday we carry out important nature tasks around the district including tree planting, pond making, wildflower meadow cut backs and more!

## WILD WALKERS

Every Thursday, we walk between 4-7 miles on average, with lots of stops for nature study.

## WILD THINGS

Every Friday we spend time down at our polytunnel gardening or go to local nature reserves.

All of the above groups run between 10am-4.15pm and are chargeable day services. At present only the Wild Walkers group has spaces, but ring to add your name to the waiting list.

## VOLUNTEER SIGHTED GUIDE TRAINING COURSE

Tuesday 4<sup>th</sup> August, 5.30pm - 8.30pm  
Thornes Park Nursery, Wakefield

Please join us for this short training session, run by our friends at the *Guide Dogs Association*. We will learn more about sight loss conditions and have a practical session on guiding.



## WEEKEND OUTINGS

Open first to anyone with a physical disability or sensory impairment, there are a range of wheelchair accessible locations. The fully accessible bus costs £12 or £15.

### HORNSEA

Saturday 4<sup>th</sup> July

Admission: FREE

Trip: £15 Travel time: 2 hour

Another beach time adventure and fish and chip supper - for anyone in living in the Five Towns.



### TEASPOON WATCHING

Sunday 5<sup>th</sup> July

Admission: FREE

Trip: £12 Travel time:  $\frac{1}{2}$  hour

Join us at RSPB Fairburn Ings for some Spoonbill spotting (their babies are called teaspoons!) and pond dipping afterwards.



### BIG BUTTERFLY COUNT

Saturday 18<sup>th</sup> July

Admission: FREE

Trip: £12 Travel time: 1 hour

Take part in this national survey of our colourful friends at Golden Acre Park in Leeds.



### SAFE ANCHOR TRUST

Thursday 13<sup>th</sup> August

Admission: Suggested donation of £8 per person

Trip: £12 Travel time:  $\frac{1}{2}$  hour

Canal capers on this accessible cruise.



### YORKSHIRE

#### SCULPTURE PARK

Saturday 22<sup>nd</sup> August

Admission: FREE

Trip: £12 Travel time:  $\frac{1}{2}$  hour

A gentle amble around Yorkshire Sculpture Park to admire the sculptures in this glorious countryside setting.



### SNOUT THERE

#### TOGETHER!

Sunday 13<sup>th</sup> September

Admission: £9.95 Trip: £12

Travel time: 1 hour

A summer visit to the site filmed for *Spring on the Farm*, Cannon Hall Farm.



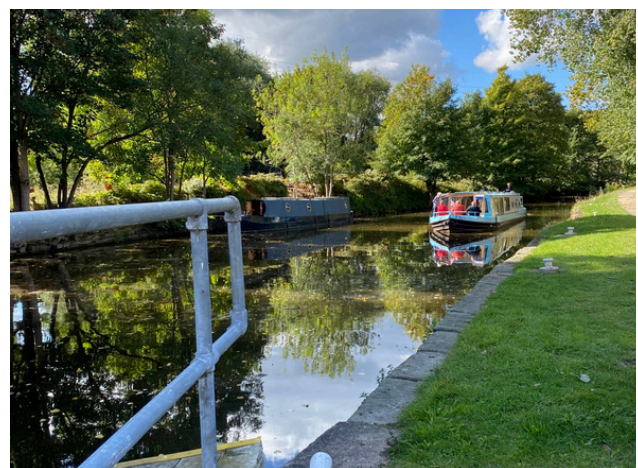
### HISTORIC HULL

Saturday 19<sup>th</sup> September

Admission: FREE Trip: £15

Travel time: 2 hours

A step back in time as we journey to Hull to learn the history behind the Humber Bridge at the Hull History Centre and then Humber Bridge Country Park for a short amble.



## BRIDLINGTON

Saturday 26th September



Admission: FREE

Trip: £15 Travel time: 2 hours

Seaside magic at Bridlington.

## FUNGI FRIENDS

Sunday 27<sup>th</sup> September



Admission: FREE

Trip: £12

Travel time:  $\frac{1}{2}$  hour

A great time to visit Newmillerdam for the mushroom magic and other seasonal wildlife.

## ADVENTURE CLUB

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## SURF'S UP

Sunday 2<sup>nd</sup> August



Admission: £54 per person

Trip: £15

Travel time: 2 hour

Back to the Wave Project in Scarborough to try our hand at this water-based sport. They have a range of equipment to suit those with different needs and abilities. We might have room in the bus for those wanting to enjoy the seaside but not take part in the surfing.

## DOVEDALE HIKE

Sunday 30th August



Admission: FREE

Trip: £15 Travel time:  $1\frac{1}{2}$  hour

Join us for a longer hike in the stunning Peak District National Park. The circular route is 7 miles in total and has several hills. Sorry this is not wheelchair accessible.



## AQUA PARK

Sunday 20<sup>th</sup> September



Admission: £26

Trip: £12 Travel time: 1 hour

A trip to Rother Valley Country Park to make a few splashes on their inflatable course, followed by a short amble round the lakeside. Please ring to discuss access in the water.

For bookings;

Tel: 01423 507227

Email: [wakefield@opencountry.org.uk](mailto:wakefield@opencountry.org.uk)








# Women Only Taster Sessions with Open Country

 **01423 507227**

**All sessions are free  
Booking Essential**






## Walking and Wheeling Tasters




-  Sunday 19<sup>th</sup> July, 1-4pm, Pontefract Park
-  Wednesday 22<sup>nd</sup> July, 1-4pm, Thornes Park
-  Wednesday 12<sup>th</sup> August, 1-4pm, Anglers Country Park



## Adapted Cycling Tasters

-  Saturday 15<sup>th</sup> August, 10am - 1pm, Thornes Park Stadium
-  Sunday 23<sup>rd</sup> August, 1pm - 4pm, Pontefract Park
-  Saturday 29<sup>th</sup> August, 1pm - 4pm, Anglers Country Park

Our sessions are open to any female adult (18+) who wants to try walking, wheeling or tandem bike riding with Open Country. We can offer free local pick-ups and drop-offs in our fully accessible minibus and have a range of adapted equipment to use, plus support from volunteers guides.

-  Have fun exploring the natural world
-  Try accessible activities
-  Meet local like-minded friends

Kindly funded by:

