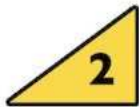
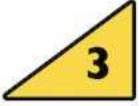
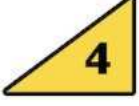
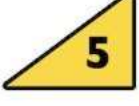


Each card has a letter & number (for example **A3**) in the top right hand corner. It describes the **surface** and **slope** of the **most difficult** parts of the main route. With the map and text, this will help you to decide whether to do the whole route or just the easier sections. The bicycle symbol indicates all or part of the route is suitable for cycling.

Surface Quality (in dry weather)

- A** - Smooth (tarmac, paving, concrete, etc.)
- B** - Quite Smooth (short grass, compacted earth/stone, etc.)
- C** - Uneven (worn grass, loose stone, some ruts, tree roots, etc.)
- D** - Rough (long grass, soft earth, sand, gravel, severe ruts, roots, etc.)

-  **1** - Gentle (up to 1:20)
-  **2** - Quite Gentle (up to 1:16)
-  **3** - Fairly Steep (up to 1:12)
-  **4** - Steep (up to 1:8)
-  **5** - Very Steep (over 1:8)

Whilst information in this pack is considered accurate as of 2026, we cannot take responsibility for any errors or omissions. This pack is free. If you would like to support Open Country in helping people to access and enjoy the countryside, please visit **opencountry.org.uk**



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is a partnership providing information for people who have difficulty getting out into the Countryside.

Countryside for All



Countryside for All

Accessible Trails on Teesside



Accessible Trails on Teesside



TRAIL CARD & MAP KEY

	Suggested Route		Viewpoint
	Alternative Route		Motorcycle Barrier
	Slope/Hill (Level)		Speed Humps
	Linked Trail		Steps (and how many)
	Suitable for Cycling		Café
	Trail Start Point		Public House
	Parking		Bench/Seat
	Information Board		Picnic Area
	Bus Stop		Playground
	Accessible Toilet		Cattle Grid
	Accessible Gate (Manual Wheelchairs & Scooters)		Trees/Wood
	Gate not Accessible to Wheelchairs		Lake/Pond
	Caution		Landmark Building



1	Greatham Creek	7	Coatham Marsh Nature Reserve
2	RSPB Saltholme	8	Redcar Seafront
3	Wynyard Woodland Country Park	9	Saltburn Valley Country Park
4	Tees Barrage & Infinity Bridge	10	Ormesby Hall Gardens
5	Bowesfield Marsh Nature Reserve	11	Margrove Ponds Nature Reserve
6	Albert Park	12	Guisborough Forest Walkway



**YOU'VE
GOT
THIS.**





Helping people with disabilities to
access and enjoy the countryside.

Registered Charity No. 1107331

Our Breakfree Packs

Barnsley District
Burley-in-Wharfedale
Harrogate District
Leeds North & West
Leeds South & East

Nidderdale National Landscape
Teesside
Wakefield District
Wharfedale
York Blue Space
York District



Activity Groups

From walking, wheeling and tandem cycling to abseiling and kayaking, Open Country offer a variety of accessible activities to help people living with disabilities get **#OutThereTogether**.

Conservation

Our Allotment, Nature Force, and Trailblazer groups give people living with disabilities and mental health issues the chance to go wild and do their bit for nature.



Countryside Advice

It is our mission to make the countryside accessible to all. Our audio walks, directories and advice service are just some of the ways we help you to access the places you love.

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What our members say about getting #OutThereTogether



Walking Group Member

'I've been coming out with the Open Country walking group for over 10 years. I have also been away on weekend trips and I am a member of one of the Tandem Clubs. I enjoy being out in the fresh air and I like getting the exercise. It's also really great to see

my friends and explore new places which I wouldn't otherwise have visited. As a non-sighted walker I need to be guided the whole time but the Open Country staff and volunteers are really helpful so this is never a problem. My trips out with Open Country are a challenge, but in a good way. It means I can get out there!'

Our walking groups offer walks between 4 and 8 miles through beautiful countryside locations.

Trailblazers Group Member

'The group has given me a purpose to my week. It's actually the highlight of the week! I really enjoy going out to places I wouldn't be able to get to on public transport. I love my local area. It reminds me of my childhood.'

Trailblazers is a conservation group for people with learning disabilities and mental health issues.





Brief Description: Greatham Creek offers up to 2 miles (3.2 km) of accessible paths alongside a tidal estuary. Here you can see seals and a plethora of wading birds at low tide. With two accessible, sculpted viewing platforms and accessible hides, it is a great place to encounter some of the unique wildlife of The Tees.



Access and Facilities: 2 Blue Badge Parking Bays, Nearest Accessible Toilets are located at RSPB Saltholme, 1.5 miles (2.4 km) from the start of the route. (Entry fee applies, see card 2). **What3Words:** down.cares.falls.



Features of Interest: Benches, Information Boards, Seals, Tidal Estuary, Viewing Platforms, Wading Birds, Wetland Habitat, Wildlife Hides.



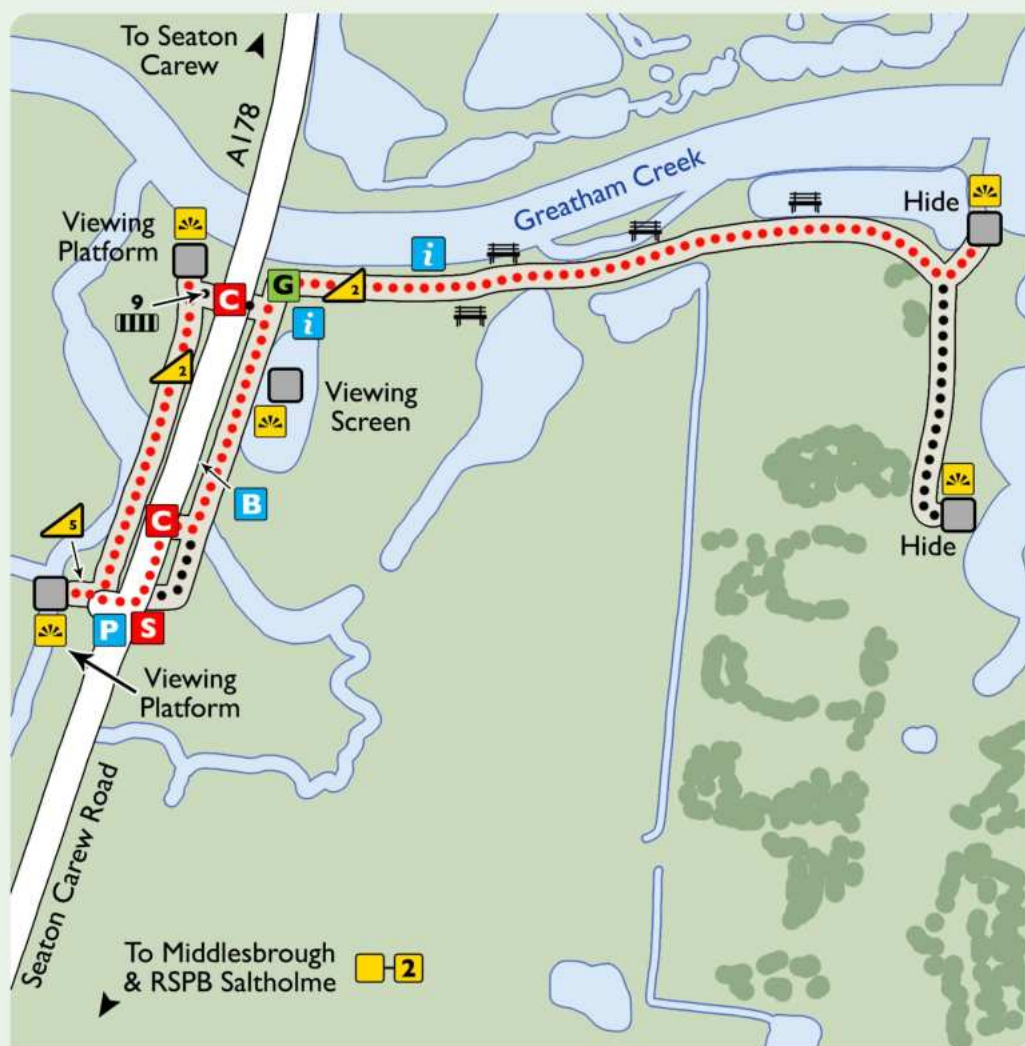
Location: Seal Sands Car Park, A178 (Seaton Carew Road), Stockton-on-Tees, Middlesbrough, TS25 2HE.
What3Words: talent.tapes.grow.



Public Transport: Bus No. 1 between Middlesbrough and Thorston Grange stops a short distance from the car park.



Route Details: Paths are made of tarmac and crushed stone (B). Mainly level throughout, there are some short inclines (up to 5). Caution must be taken when crossing Seaton Carew Road. Alternative routes can get narrow in places. The path to the far hide is on grass paths and can get boggy during or after wet weather.





Location: RSPB Saltholme, A178, Seaton Carew Road, Stockton-on-Tees, Billingham, TS23 4EX.

What3Words: down.cares.falls



Public Transport: Bus No. 1 between Middlesbrough and Thorston Grange stops at the entrance to the reserve on Seaton Carew Road.



Route Details: Paths on accessible routes are made of crushed stone (B). Although mainly flat, there are some inclines on the route and ramps to access some hides (up to 4). There are a number of gates on the site, however these are automated and fully accessible. There are plenty of benches to pause and take in the wildlife. The Wilderness Trail is on grass paths (D) and can get boggy, especially during autumn and winter months. There are also some stiles on this route. The Wildflower Walk is steep in places (up to 5) and includes some steps.



2

RSPB Saltholme

B4



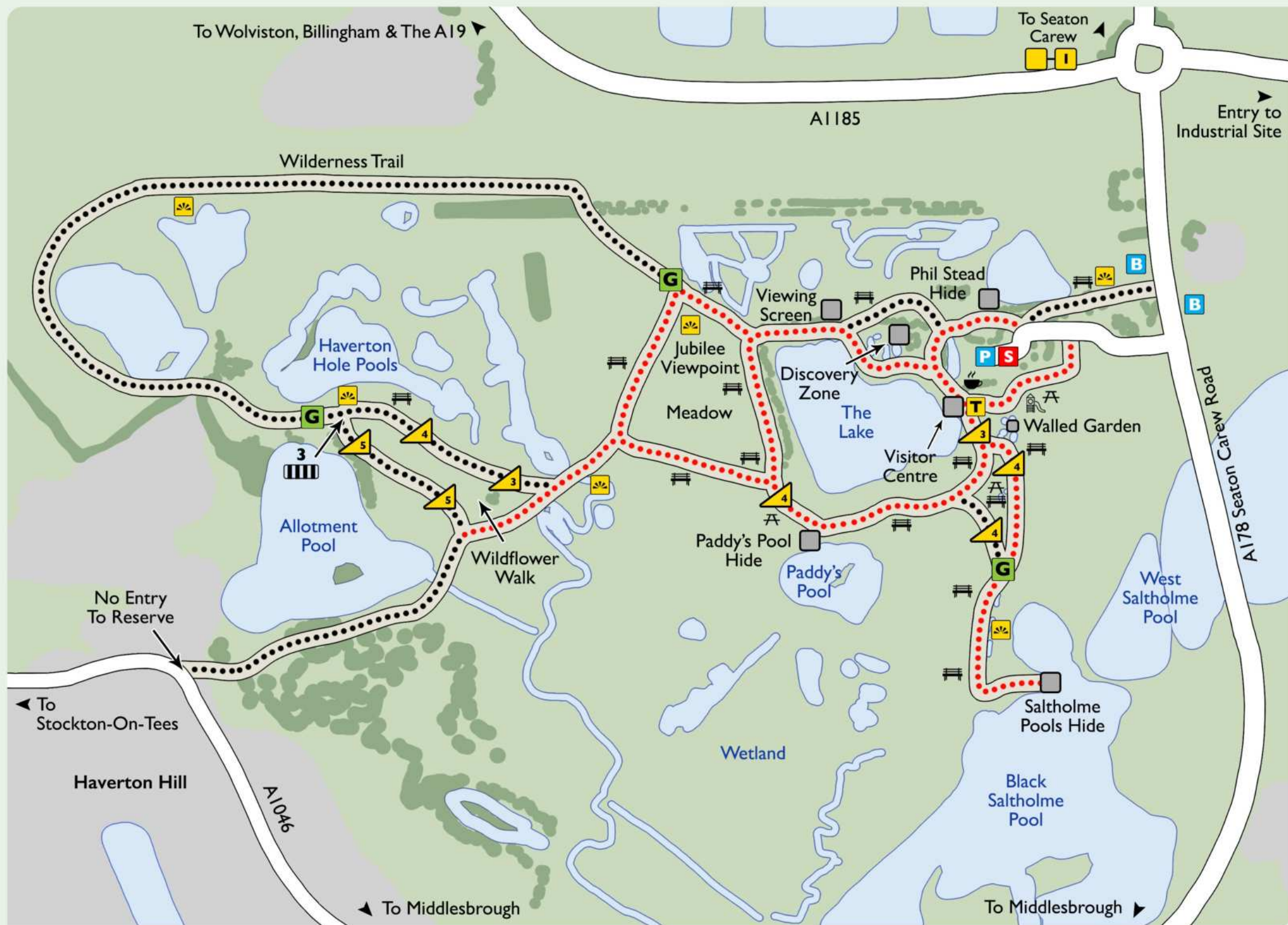
Brief Description: RSPB Saltholme is home to a wide variety of wildlife. Enjoy up to 2 miles (1.6 km) of accessible paths and meander through beautiful wetland and grassland habitats. From bitterns booming to hares boxing, there is plenty of action to be enjoyed. The Visitor Centre provides information, a shop and a café, with lake views.



Access and Facilities: 7 Blue Badge Parking Bays, Accessible Toilet and Changing Places Toilet in the Visitor Centre. All-terrain scooter hire is available at a cost of £3 per day. There is an entry charge to access the reserve. RSPB members and carers are free. Please check rspb.org.uk/days-out/reserves/saltholme for opening times.



Features of Interest: Accessible Nature Trails, Benches, Birds, Butterflies, Café, Children's Play Area, Discovery Zone, Dragonflies, Gift Shop, Hides, Information Boards, Picnic Areas, Viewing Areas, Visitor Centre, Walled Garden.





Location: Main Car Park is at Station House Visitor Centre, Thorpe Thewles, Stockton-on-Tees, TS21 3JG.

What3Words: assume.stuff.cared

The Tilery Trail is situated at Hartlepool Road, Wynyard, Billingham, TS22 5NW. **What3Words:** blogs.writers.harsh.



Public Transport: The X22 Bus between Peterlee, Stockton and Middlesbrough stops in Thorpe Thewles village, 0.8 miles (1.3 km) from the Visitor Centre and Car Park. The UTCG Bus between Aycliffe Industrial Estate and Hartburn also stops adjacent to the Hartlepool Road entrance to the northern site.



Route Details: The Tilery Loop is 1.3 miles (2.1 km) on woodland tracks and paths made of crushed stone and compacted earth (C). There are some slight undulations (up to 2). This route can be joined with the Castle Eden Walkway, linking Wynyard to Thorpe Thewles and Wynyard Country Park Visitor Centre. This route is 2.7 miles (4.3 km) or 5.4 miles (8.6 km) out and back. Paths on this route are made of crushed stone (B). Puddles can form during or after wet weather. This route is flat throughout. There are a number of benches along the path. Caution must be taken as this is a popular cycling route.



3

Wynyard Woodland Country Park

C2



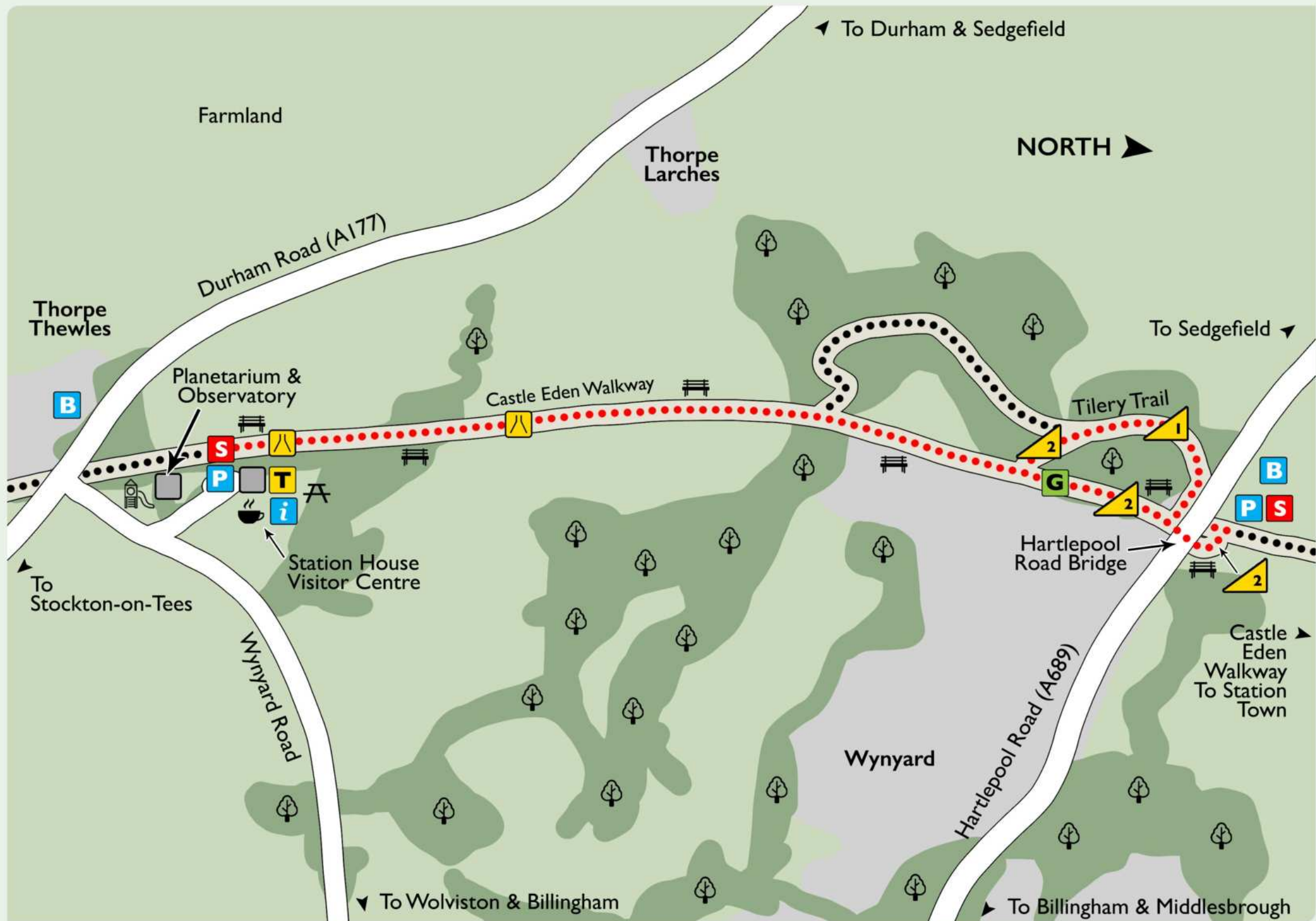
Brief Description: Wynyard Woodland Country Park is dissected by the Castle Eden Walkway, an old railway line path. With a shorter, accessible loop on the Tilery Trail or a longer route along the Walkway, it is great for walkers and cyclists alike. The woods are home to a variety of flora and fauna, including amazing fungi. With an observatory on site, it is also a great place to stargaze after dark.



Access and Facilities: 4 Blue Badge Parking Bays, Accessible Toilet (RADAR Key) and Changing Places Toilet at the southern end of the park. Parking for the Tilery Trail is available adjacent to Hartlepool Road.



Features of Interest: Arboretum Trail, Benches, Birds, Café, Celestial Kitchen Sculpture, Children's Play Area, Cycle Parking, Deer, EV Charging, Fungi, Information Boards, Observatory, Picnic Areas, Ponds, Railway Heritage, Station House Visitor Centre, Wildflowers, Wildlife, Woodland.





i **Brief Description:** This route follows the River Tees from the water sports centre at the Tees Barrage to the Infinity Bridge on the outskirts of Stockton-On-Tees. With the opportunity to see seals, otters and other wetland wildlife, this is a perfect place to catch all the action on up to 2.2 miles (3.5 km) of accessible paths.



Access and Facilities: Free Car Parking, Nearest Accessible Toilets are available at Tees Barrage International White Water Centre, during café opening hours.

What3Words: invoices.lights.fire.



Features of Interest: Benches, Cafés, Children's Play Area, Infinity Bridge, Information Boards, Picnic Area, Pond Dipping, Pub, Seals, Tees Barrage White Water Sports Course, View Points, Wetland Birds.



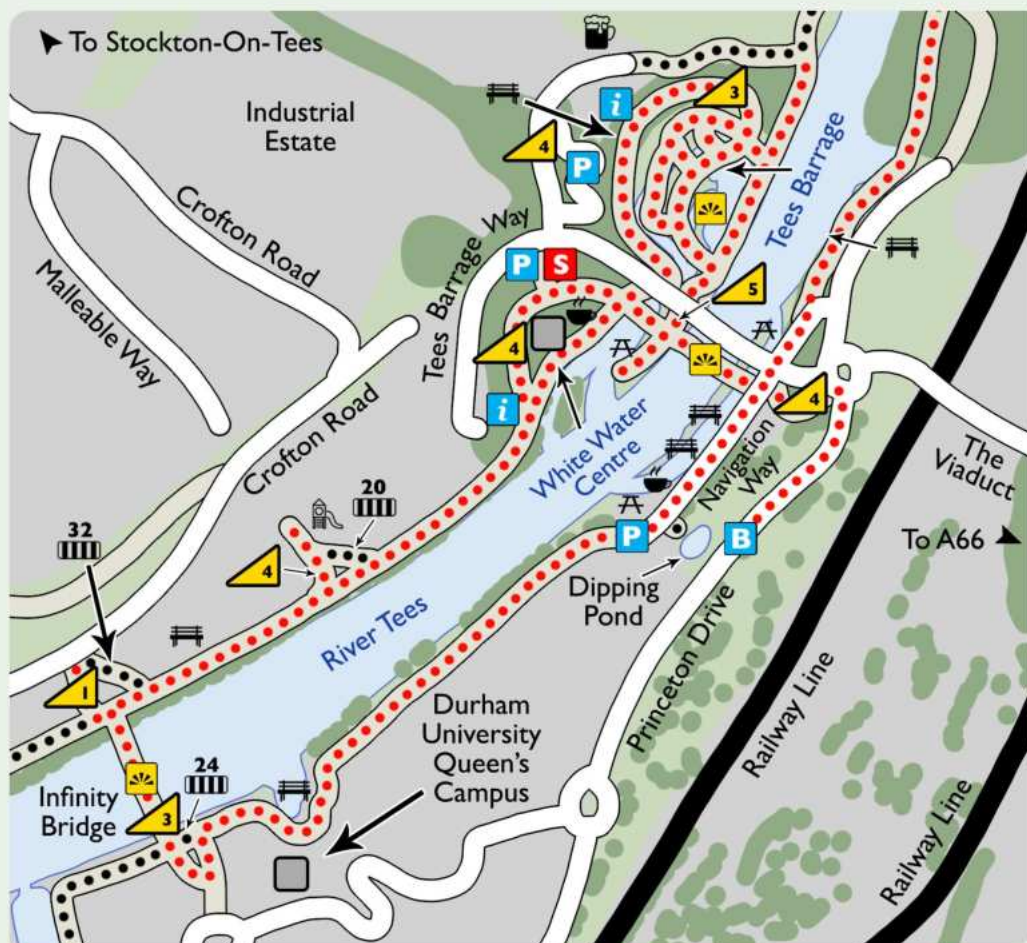
Location: Tees Barrage, Tees Barrage Way, Stockton-on-Tees TS18 2QW. **What3Words:** standards.salads.victor. Parking also on Navigation Way **What3Words:** joystick.cricket.dips.



Public Transport: Buses X10 between Middlesbrough and Newcastle and X12 between Middlesbrough and Durham both stop on Princeton Drive, 0.3 miles (0.5 km) from the route start point.



Route Details: Paths are made of tarmac and concrete slabs (A). Although mainly flat throughout, there are some short inclines (up to 5). Access to the dipping pond is on a grass path. The route can be extended to Stockton-On-Tees and towards Middlesbrough by continuing on the riverside paths.





i **Brief Description:** Bowesfield Marsh provides a 0.6 mile (1 km) route around a pond at the centre of a meander on the River Tees. In this beautiful, peaceful spot you can explore the marshland habitat and enjoy the plethora of wildlife that call this corner of Teesside home, from waders to grassland birds.



Access and Facilities: Nearest Accessible Toilets are located at Preston Park Museum & Grounds 1.5 miles (2.4 km) from the start of the route.

What3Words: servicing.tradition.teaches.



Features of Interest: Bench, Information Board, Iron Sculpture, Grassland, Marshland, Reedbeds, Teesdale Way Link, Wading Birds, Wetland.



Location: Free car parking at the end of Kingfisher Way, Stockton-on-Tees, TS18 3EX.

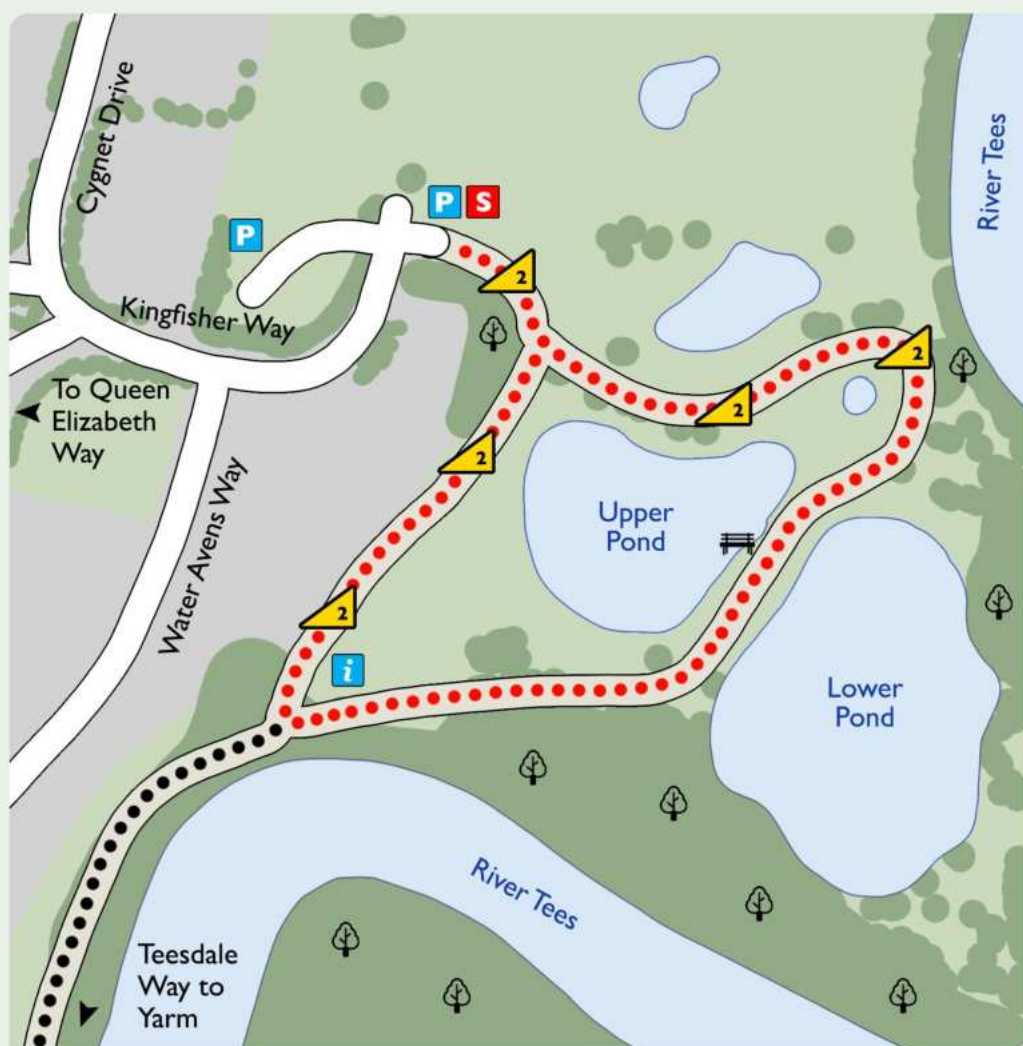
What3Words: multiples.park.strutting.



Public Transport: Bus No. 6 between Stockton-on-Tees and Darlington stops on Queen Elizabeth Way, 0.3 miles (0.5 km) from the start of the route.



Route Details: Paths are made of compacted gravel (B), and can get narrow in places (down to 0.6 m). There are some slight inclines (up to 2), otherwise the site is level. Paths can get boggy in places and overgrown during the summer months.





i **Brief Description:** Albert Park, is situated on the outskirts of Middlesbrough town centre. It offers visitors up to 3.5 miles (5.6km) of accessible paths around open parkland. It is a great place to watch water birds and the nearby Dorman Museum has a substantial natural history display.

♿ **Access and Facilities:** Accessible Car Park with 6 Blue Badge Parking Bays off Park Road South. Accessible Toilet (RADAR Key) and Changing Places Facility in Albert Park Visitor Centre and at The Dorman Museum. Alternative free parking is available in Park Vale Road car parks.

🔍 **Features of Interest:** Benches, Brian Clough Statue, Cenotaph, Children's Play Areas, Dorman Museum, Family Trails, Fountain, Lower Lake, Picnic Benches, Rollerskate Rink, Tennis Courts, Visitor Centre, Wildfowl, Woodland.

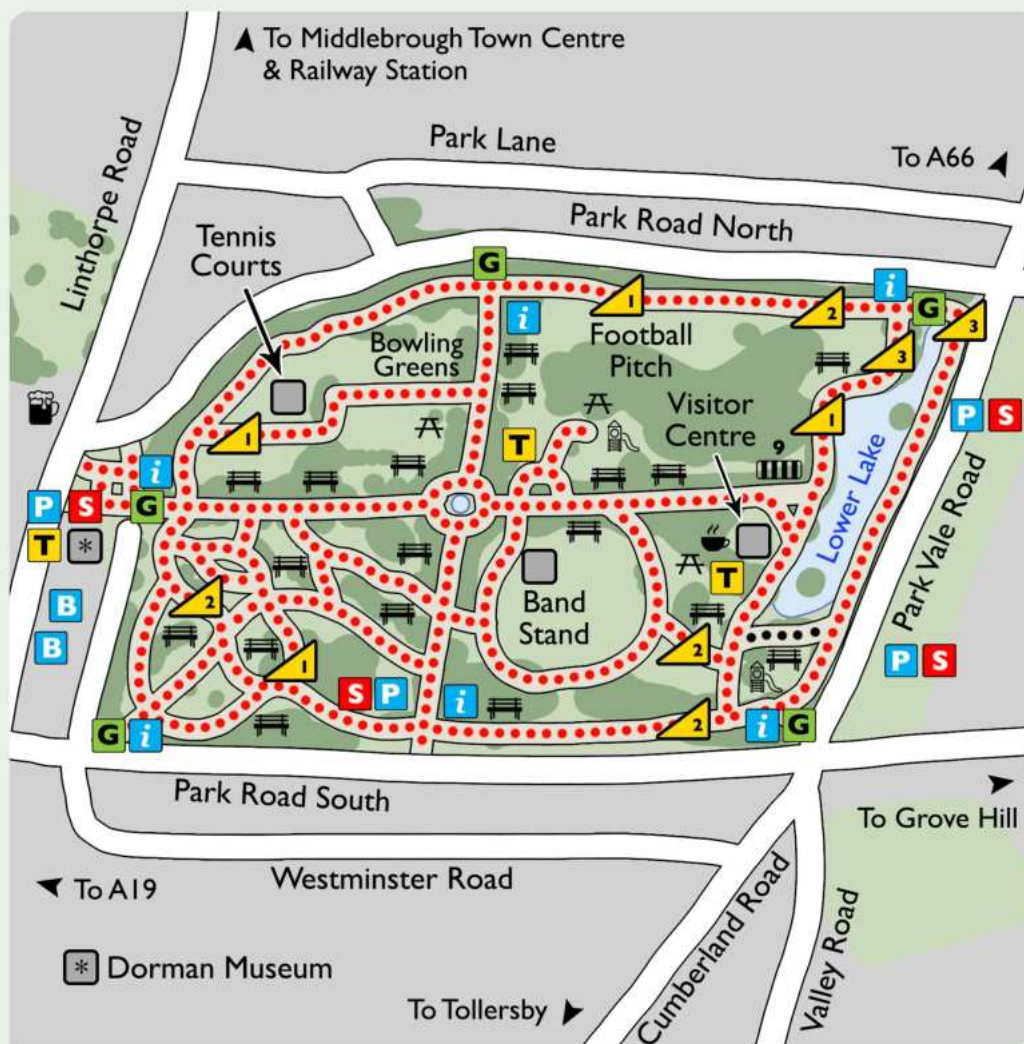
📍 **Location:** Albert Park Accessible Car Park, Park Road South, Middlesbrough, TS5 6LE. **What3Words:** smart.vast.longer.



Public Transport: Local buses 12, 13, 17A, 17B, 29 & 63 all stop outside the entrance to the park adjacent to the Dorman Museum on Linthorpe Road. Middlesbrough Railway Station is 1.1 miles (1.7 km) from the park entrance.



Route Details: Paths are mainly made of tarmac. Some paths are made of concrete slabs and crushed stone. Paths are level throughout, with some short inclines (up to 2).





i **Brief Description:** Coatham Marsh offers 0.3 miles (0.5 km) of accessible paths through a wild oasis at the heart of Teesside's industrial heritage. The route can be extended for ambulant pedestrians and all terrain chair users, up to 2.1 miles (3.3 km). With two accessible viewpoints overlooking the reedbeds, it is a wonderful spot for bird watching.

♿ **Access and Facilities:** Nearest Accessible Toilets are located at Majuba Road Car Park, Redcar.

What3Words: goat.uses.front.

🔍 **Features of Interest:** Benches, Brass Rubbing Trail, Grassland, Information Boards, Insects, Meadow, Reedbeds, Viewpoints, Wetland & Wading Birds.

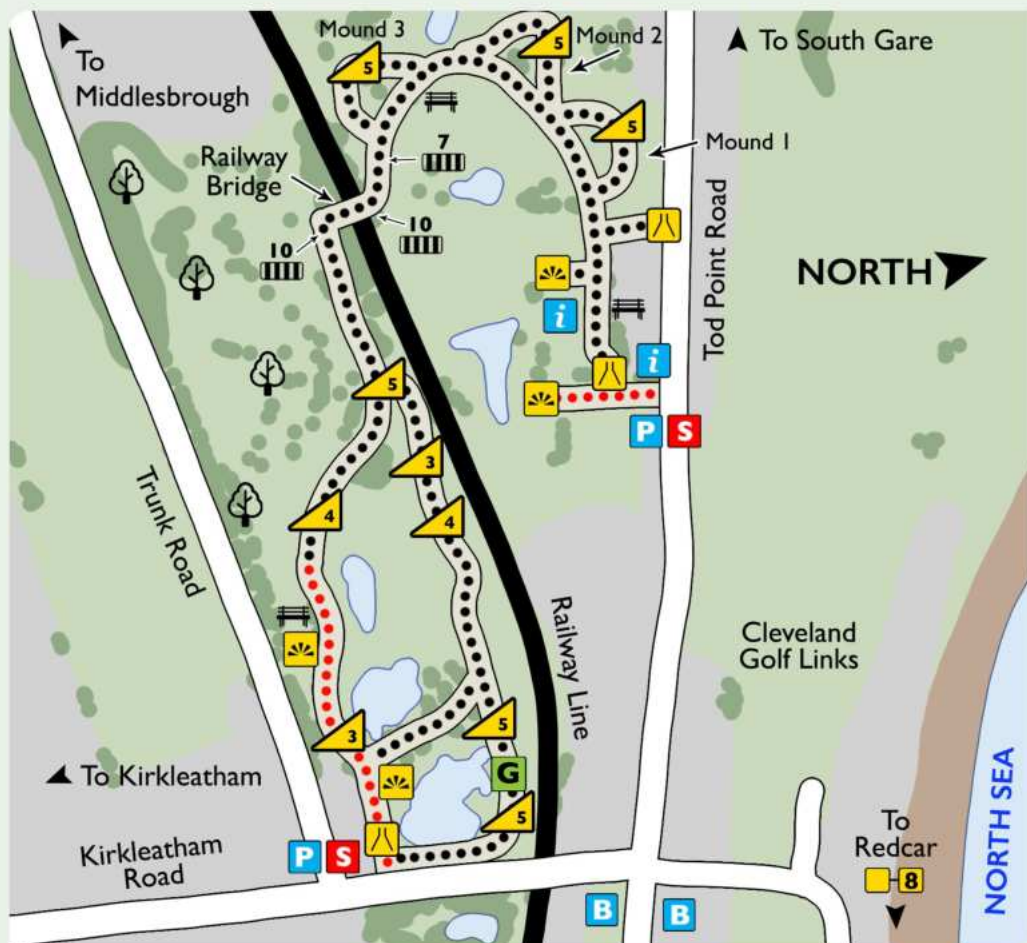
📍 **Location:** Coatham Marsh Car Park, Tod Point Road, Redcar, TS10 5BN. **What3Words:** years.caves.farms. Limited Alternative Parking on Kirkleatham Road
What3Words: often.jazz.ranged.



Public Transport: Buses X3 between Lingdale and Dormanstown and X4 between Middlesbrough and Whitby stop near to Coatham Roundabout, 0.4 miles (0.5 km) from the reserve entrance. Redcar Central Railway Station is 1.4 miles (2.3 km) away.



Route Details: Accessible paths are made of crushed stone (B), some of which are narrow in places. They are generally flat throughout with some short inclines (up to 3). Alternative routes are narrow and heavily rutted in places. There are some steep inclines and steps (D5).





i **Brief Description:** Redcar seafront offers a 1.4 mile (2.25 km) route along the promenade. With open views across the North Sea, there is opportunity to spot seals and a variety of seabirds. Redcar town also offers a range of shops, cafés, pubs and restaurants.



Access and Facilities: 12 Blue Badge Parking Bays at Majuba Road Car Park, Accessible Toilets in the car park and at Moore Street (RADAR Key).

What3Words: moved.turns.timing.



Features of Interest: Adventure Play Park, Band Stand, Bars, Beach, Benches, Boating Lake, Cafes, Cinema, Crazy Golf, E-Charging, Fishing Boats, Lifeboat Museum, Mariner's Memorial, Promenade, Redcar Beach Base, Redcar Beacon, Restaurants, Sculptures, Seabirds, Seals, Sea Views, Shelters.



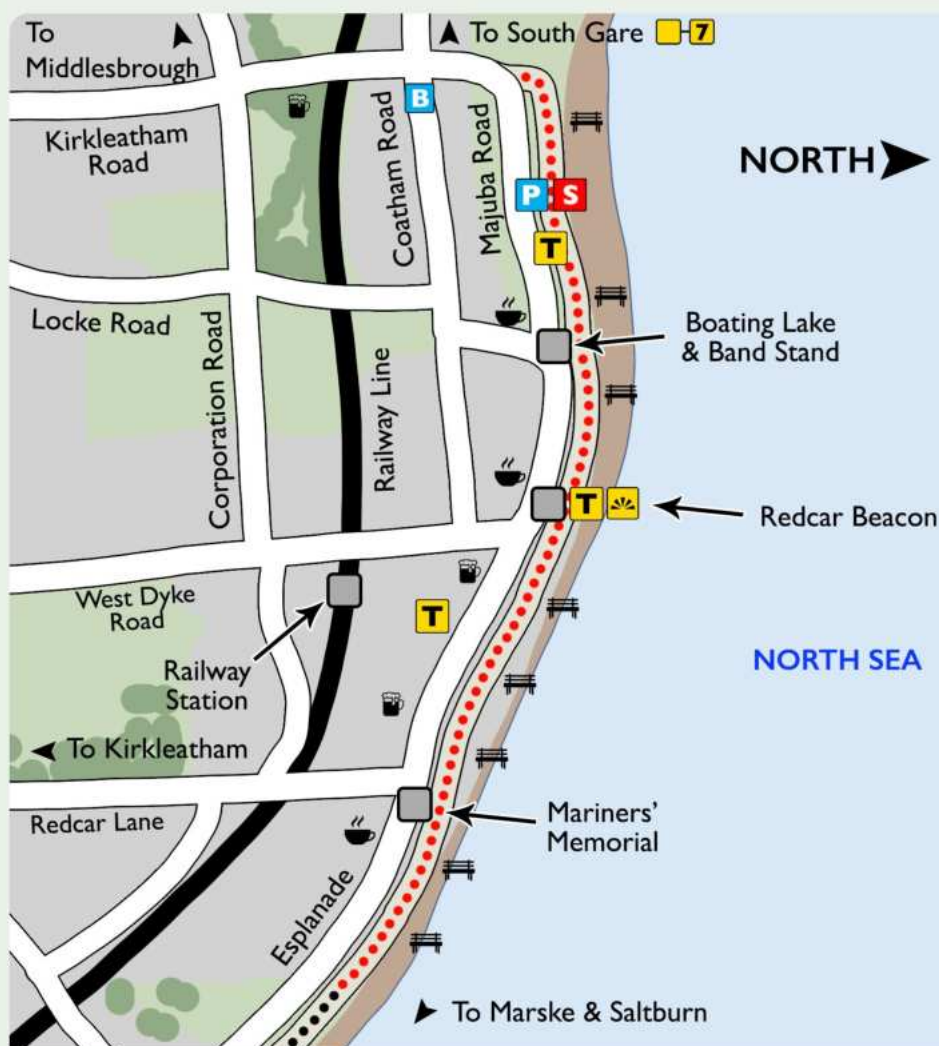
Location: Majuba Road Car Park, 1 Majuba Road, Redcar, TS10 5BJ. **What3Words:** only.sting.unwanted.



Public Transport: Buses X3 between Lingdale and Dormanstown and X4 between Middlesbrough and Whitby both stop near to Coatham Roundabout, at the end of Majuba Road, 0.3 miles (0.5 km) from the route start point. Redcar Railway Station is 0.4 mile (0.6 km) from the route.



Route Details: Paths are made from a combination of tarmac and concrete paving. There are some stepped sections, which can be avoided. The route is mainly flat throughout with some gentle inclines (1).





i **Brief Description:** Following Skelton Beck down to the sea, Saltburn Valley Country Park offers visitors 0.8 miles (1.3 km) of accessible paths through woodland. Enjoy sea views, ornamental gardens and a miniature railway amongst an array of wildlife. The route can be extended by 0.5 miles (0.8 km) to take in the seafront and pier.



Access and Facilities: 10 Blue Badge Parking Bays, Accessible Toilet & Changing Places Facility in Cat Nab Car Park (RADAR Key). See location information for What3Words.



Features of Interest: Benches, Cafés, Information Boards, Italian Gardens, Miniature Railway, Pier, Promenade, Pubs, Sea Views, Skelton Railway Viaduct, Wildlife, Woodland Woodland Centre.



Location: Cat Nab Car Park, Saltburn Bank, Saltburn-by-the-Sea, TS12 1NY.

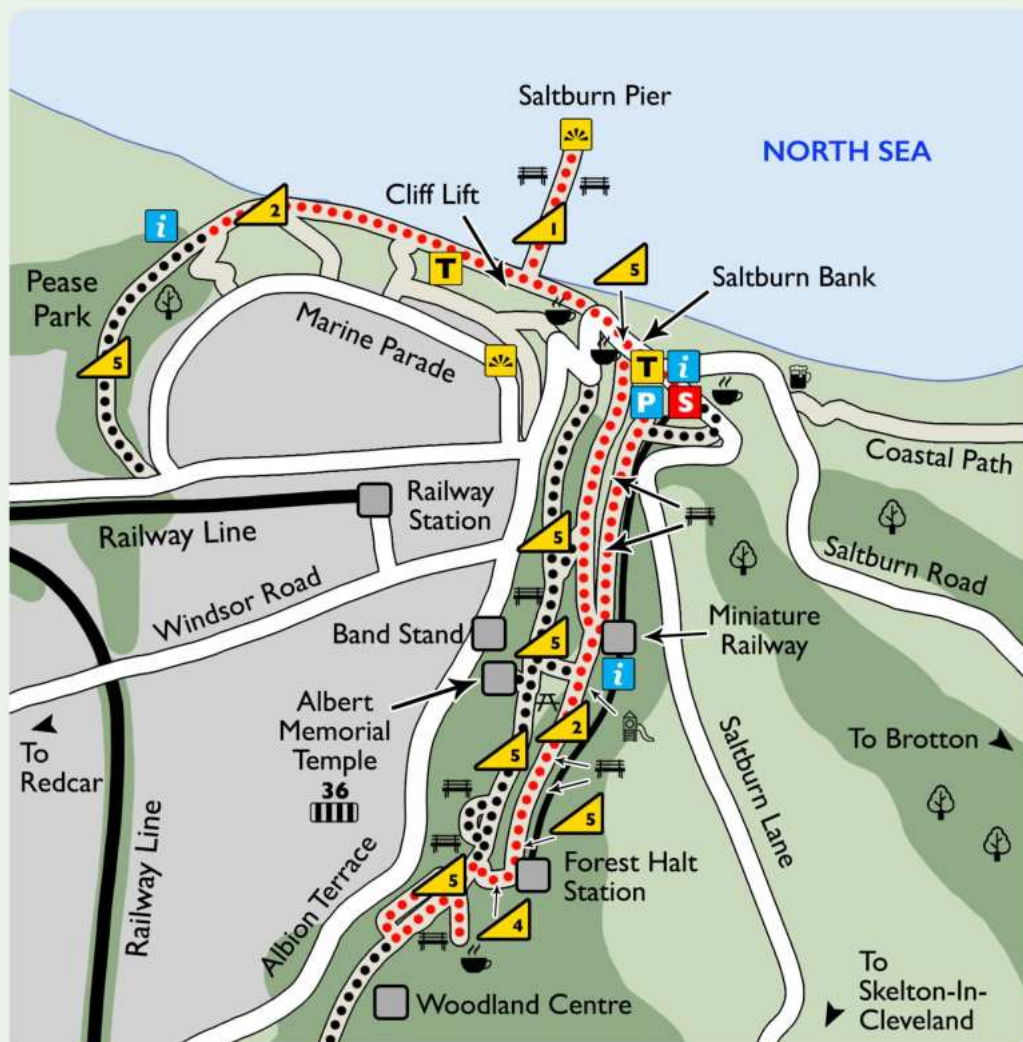
What3Words: prevented.curious.clinked.



Public Transport: Bus Nos. X4 and X4A between Middlesbrough and Whitby via Loftus stop on Saltburn Bank, a short distance from the route start point. Saltburn Railway Station is 0.5 miles (0.8 km) from the start of the route via a steep gradient.



Route Details: Paths on the accessible route are made of tarmac and crushed stone (B) with some steep slopes (up to 5). Alternative routes can get very steep with steps.





Location: Ormesby Hall, Ladgate Lane, Middlesbrough, North Yorkshire, TS3 0SR. **What3Words:** duke.swift.spout.



Public Transport: Bus No. 63 between Middlesbrough and Redcar stops on Ladgate Lane, a short distance from the entrance to Ormesby Hall Estate. Marton Railway Station is 0.2 miles (0.3 km) from the site entrance.



Route Details: Paths are made from a combination of tarmac, compacted gravel, earth and grass. The accessible route shown on the map is made from compacted gravel throughout (B). There are some short inclines on the route (up to 3). Alternative routes can get boggy, especially during or after wet weather. The alternative route through the wood is uneven due to tree roots. It is advised that these paths are avoided by wheelchair users. Please be aware of vehicles using the access road to the hall and car park.



10

Ormesby Hall Gardens

B2



Brief Description: Owned by the National Trust, Ormesby Hall is a stately home with a history dating back over 400 years. The gardens offer a 1.5 mile (2.4 km) accessible trail through open parkland, woodland and ornamental gardens. The site offers numerous wildlife encounters as well as historical features and places for children to play.



Access and Facilities: Blue Badge Parking Area, Accessible Toilet and Changing Places Toilet in the Visitor Centre. There is an entry charge to access the site. Please check nationaltrust.org.uk/visit/north-east/ormesby-hall for opening times and entry prices.



Features of Interest: Benches, Events Field, Farm, Fernery, Information Boards, Meadow, Natural Play Area, Orchard, Ormesby Hall, Parkland, Pond, Stables, St. Cuthbert's Church, Wildlife, Woodland.





Brief Description: Margrove Ponds Nature Reserve can be accessed via a section of the Guisborough Branchway, a former railway line. This 2 mile (3.2 km) out and back route can be extended into a loop via Margrove Road. The reserve is home to a variety of wetland birds, dragonflies and other invertebrates.



Access and Facilities: Nearest Accessible Toilet is located at Morrisons Supermarket in Guisborough, 3.8 miles (6.1 km) from the route start point.

What3Words: excuse.swordfish.bonkers.



Features of Interest: Benches, Cycle Path, Pond, Pond Dipping, Wetland, Wildlife.



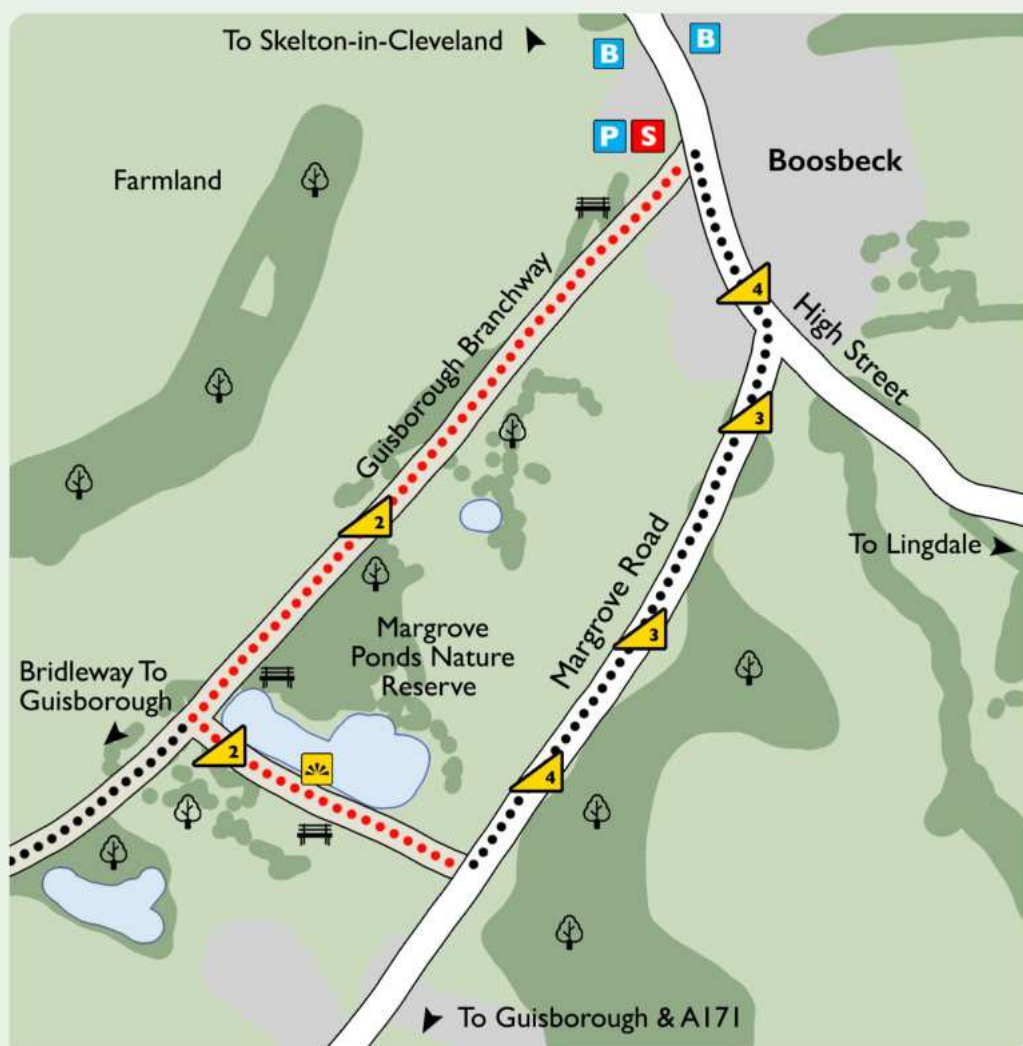
Location: Parking off High Street, Boosbeck, TS12 3AF.
What3Words: gadget.lighter.neckline.



Public Transport: Bus Nos. 3 and X3 between Middlesbrough, Lingdale and Dormanstown stop at the route start point.



Route Details: Paths are made of crushed stone, cinder and tarmac. The route is mainly flat throughout, apart from a few short inclines (up to 2). The route can be extended via the railway line path towards Guisborough or turned into a loop via Margrove Road (A4).





i **Brief Description:** Guisborough Forest Walkway offers a beautiful, circular woodland trail through a picturesque country park in the shadow of the Cleveland Hills. Experience woodland wildlife and child friendly trails. The route can also be extended to explore further sections of the Guisborough Branchway.



Access and Facilities: 3 Blue Badge Parking Bays, Accessible Toilet (RADAR Key), Changing Places Facility at the Visitor Centre.



Features of Interest: Accessible Picnic Bench, Adventure Playground, Benches, Bird Watching Screens, Café, Cycle Trails, E-Charging, Information Boards, Picnic Benches, Pond Dipping, Railway Carriage, Sculptures, Visitor Centre, Woodland Wildlife.



Location: Guisborough Forest and Walkway, Old Station Cottages, Pinchinthorpe, Guisborough TS14 8HD.

What3Words: petition.bend.enlighten.



Public Transport: Bus No. 13 between Guisborough and Stokesley stops at the entrance to the car park on the A173.



Route Details: Paths are made of crushed stone and gravel (B) and are undulating throughout (up to 5). The main branchway path is flat (1). Alternative routes are made from crushed stone (C) and are very steep in places (5). Please be aware that cycling is only permitted on the branchway path, not on woodland paths.

