

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 monthly, 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.

Saturday 17th October BARGING ABOUT



Fun and frolics on the Calder and Hebble Navigation with the *Safe Anchor Trust*.

Cost: £7 Trip: £15 Travel: 1¼ hours

Saturday 7th November BUSHCRAFT



Learn how to live off the land and your wits with campfire cooking and foraging at *Little Deer Wood*, near Mirfield.

Cost: £15 Trip: £15 Travel: 1¼ hours

Friday 4th December GOING SWIMMINGLY



An evening return to *Starbeck Baths*, with the added delight of fish and chips and a quick look at the ancient and historic 'Storr Bekkr'.

**Cost: £4.50 Trip: £5 Meet from 5pm
Travel time: 15 minutes**

OUTINGS GROUP

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

Sunday 11th October CANNON HALL FARM



Award-winning farm featuring loads of farm animals, with a magical pumpkin patch thrown in as a seasonal treat!

Admission: £12.95, Carers FREE

Trip: £15 Travel time: 1 hour



Sunday 25th October PRESTON PARK



Stockton's best-kept secret!

You can step back in time on the Victorian Street, enjoy the riverside walkways and peruse the museum galleries.

Admission: £8, Carers FREE

Trip: £15 Travel time: 1 hour



OUTINGS

Sunday 8th November HOPETOWN



Visit Darlington's award-winning railway themed attraction, where it celebrates its status as the birthplace of the railway.

Admission: FREE to most exhibits

Trip: £15 Travel time: 1¼ hours

Sunday 13th December SKIPTON



CHRISTMAS MARKET

After parking at the Leisure Centre, we'll enjoy a 30 minute canal-side walk to the festive market, where you can then shop until you drop!

Admission: FREE Trip: £12

Travel time: 1 hour



Sunday 20th December CHRISTMAS MEAL



A Christmas cracker of a day, with a walk around the 'Green Man Trail' in *Ripon Spa Gardens*, then a festive lunch at *Tate's Garden Centre*.

Cost of meal: Variable Trip: £12

Travel time: ½ hour

Sunday 29th November SUNNYBANK MILLS



Arts and crafts galore on this visit to the Christmas Market at the inspirational Arts Centre near Farsley, Leeds.

Admission: £4.50, Carers FREE

Trip: £12 Travel time: ¾ hour



WILD THINGS

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

Saturday 10th October ASKHAM BOG AND DERWENT INGS



A chance to see the new boardwalk at Askham Bog before journeying to see over-wintering wildfowl on the Derwent.

Admission: FREE Trip: £15

Travel time: 1 hour

Sunday 15th November POTTERIC CARR



A mosaic of wetland habitats - home to rare birds like bitterns and marsh harriers.

Admission: £4.50,

Carers and YWT members FREE

Trip: £15 Travel time: 1½ hours

Saturday 5th December BURLEY ALIVE



Try and find all 43 tree terrific trees on the Burley Tree Trail during this fascinating walk in lower Wharfedale.

Admission: FREE Trip: £12

Travel time: 1 hour



TANDEMONIUM!

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.

Look out for our '*End of Season Meals*' to round the season off in style.



Our Tandems will pedal off again on **Monday 5th April 2027.**

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.

Saturday 24th October PUMPKIN UP THE VOLUME



Say 'Hallo' to all things Hallowe'en, on the 'Bolton Abbey Pumpkin Trail'.

Admission: FREE Trip: £15

Travel time: ¾ hour

Saturday 14th November GHOULS JUST WANNA HAVE FUN!



Beware! Dare to be scared on a spooky walk around a historic local town on the *Otley Ghost Tour*. Pub stop thrown in too!

Cost: £12 Trip: £12

Travel time: 1 hour Meet from 5pm

Saturday 12th December SLIPS, TRIPS AND AYSGARTH FALLS



A trip to see and hear the most famous of all the Dales waterfalls in full flow.

Admission: FREE Trip: £15

Travel time: 1¼ hours



YORK WALKING GROUP

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

Saturday 10th October MASHAM



Distance: 5½ miles.

Meet at Marygate car park.

Travel time: ¾ hour



Sunday 22nd November MARKET WEIGHTON



Distance: 5½ miles.

Meet at Wilberforce House.

Travel time: ¾ hour

Sunday 6th December FESTIVE HARROGATE



Valley Gardens and the Pinewoods.

Distance: 5½ miles.

Meet at Marygate car park.

Travel time: ¾ 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.

Sunday 18th October
KNARESBOROUGH

Distance: 5 miles

Travel time: 50 minutes



Saturday 28th November
WETHERBY

Distance: 5 miles

Travel time: 50 minutes



Saturday 19th December
ROUNDHAY PARK

Distance: 5 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 really grow on you!

The group will run until the end of October 2026. Funding permitting, it will return again in 2027.



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:

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

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