

# Countryside Activities programme



## WEEKDAY OPPORTUNITIES

Want to try to improve your overall health and well-being in a friendly and supportive environment? Why not try our day services with a difference? Contact us for further details.

## 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. The service is a chargeable one and work programmes are issued separately.

## WEEKDAY WALKING

For regular walking opportunities, don't forget our weekday walking groups. Members are invoiced every two months, and people often pay for it out of their personalised budgets. 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.

## WEEKEND OPPORTUNITIES

### KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire



We'll be out later than 9pm

## DATES FOR YOUR DIARY

Wednesday 3<sup>rd</sup> July, 6.30 - 8.30pm  
**Harrogate Advisory Group meeting**

Friday 2<sup>nd</sup> August, 7 - 9pm  
**Volunteer Allotment Evening**

Wednesday 30<sup>th</sup> October  
**GAS award nominations deadline**

Friday 15<sup>th</sup> November  
**Good Access Scheme (GAS)**

**Annual Conference:  
Wentworth  
Woodhouse Gardens**



## ADVENTURE CLUB

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

**Friday 26<sup>th</sup> July**

**GOING SWIMMINGLY**



We'll travel to *Starbeck Baths* for an evening swim with fish and chips to boot!

**Admission: £5.10, Trip: £5**

**Travel: 20 minutes Meet from: 5.30pm**

**Saturday 27<sup>th</sup> July**

**PADDLE BOARDING**



A chance to try the noble art of paddle boarding. Thanks to *SUP* for offering it free of charge!

**Cost: FREE, Trip: £12, Travel: 1 hour**

**Saturday 24<sup>th</sup> August**

**WATER SKI-ING**



A range of adapted water-skiing and watersports to suit most abilities at Calmwater Bay in Knaresborough.

**Cost: £25 for one go, £30 for two & £35 for three. Trip: £10, Travel: 20 minutes**

**Saturday 7<sup>th</sup> September**

**DISABILITY INCLUSION  
SPORT FESTIVAL**



Have a go at all sorts of adapted sports at Wakefield's *Thornes Park Stadium* followed by a Relay Race round the park.

**Admission: FREE, Trip: £12**

**Travel time: 1 hour**

## CARE IN THE COUNTRYSIDE

To qualify for the group, you must be living at home with family members.

**Sunday 21<sup>st</sup> July**

**DRUID'S TEMPLE**



Enjoy lunch at *The Bivouac* cafe before exploring the eerie Victorian folly.

**Admission: FREE, Trip: £12**

**Travel time: 1 hour**

**Sunday 4<sup>th</sup> August**

**JERVAULX ABBEY**



A walk around the largest privately-owned Cistercian Abbey in the country, with lunch in the tearoom afterwards.

**Admission: £3.50, Trip: £12**

**Travel time: 1 hour**

**Saturday 14<sup>th</sup> September**

**KILNSEY PARK**



We will have lunch at this idyllic spot in the Yorkshire Dales National Park. You can use the discovery trails and even spot some red squirrels

**Cost: Variable, Trip: £12**

**Travel time: 1 hour**



## WILD THINGS

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

**Saturday 13<sup>th</sup> July**

**NORTH CAVE WETLANDS**



A look round this impressive *Yorkshire Wildlife Trust* bird reserve near Hull.

**Admission: FREE, Trip: £12**

**Travel time: 1½ hours**

**Friday 16<sup>th</sup> August**

**GOING BATTY!**



An evening bat watching session at Staveley Churchyard and along the River Ure at Ripon.

**Admission: FREE, Trip: £10**

**Travel time: ½ hour Meet from 7pm**

**Friday 20<sup>th</sup> to**

**Sunday 22<sup>nd</sup> September**

**WILD THINGS RESIDENTIAL**



Staying at *Snowball Park*

*Plantation*, we will discover the wildlife of the lower Derwent Valley and the Howardian Hills.



**Cost: £100, Travel time: 1 hour**



## TANDEMONIUM!

Our six tandem clubs are based in Harrogate, Ripon, Selby, Wakefield (two nights!), Wetherby and York. The 2024 ends when the clocks go back at the end of October. The cost per session is £6 for back riders.

**Friday 5<sup>th</sup> - Sun 7<sup>th</sup> July**

**TANDEM WEEKEND**

**RESIDENTIAL:**

**CROGGY SMOGGIE**



Staying at Carlton in Cleveland, we will pedal around the Teesside area.

**Tuesday 27<sup>th</sup> August**

**RIDE THE LIGHTS!**

*Harrogate Tandems* will drive to Blackpool to enjoy traffic-free illuminations along the seafront. We'll meet up from 4pm; back after midnight.



## ALLOTMENT GROUP

Our allotment group meets every Friday until the beginning of November. Most days are spent growing a variety of fruit and vegetables in a fun and supportive group. We also enjoy outdoor cooking and visits to a variety of other growing projects and gardens. The group is free for the rest of this year.

Come on - join in the fun!





## OUTINGS

Open to anyone with a physical disability or sensory impairment, we visit a wide range of wheelchair accessible locations. The fully accessible bus picks people up from home and drops them off afterwards.

**Sunday 14<sup>th</sup> July**

### PONTEFRACT LIQUORICE FESTIVAL



Confectionary-themed feast celebrating Pontefract's historic links with Liquorice. We'll also see Pontefract Castle. Sweet!

**Admission: FREE, Trip: £12**

**Travel time: 1 hour**

**Sunday 28<sup>th</sup> July**

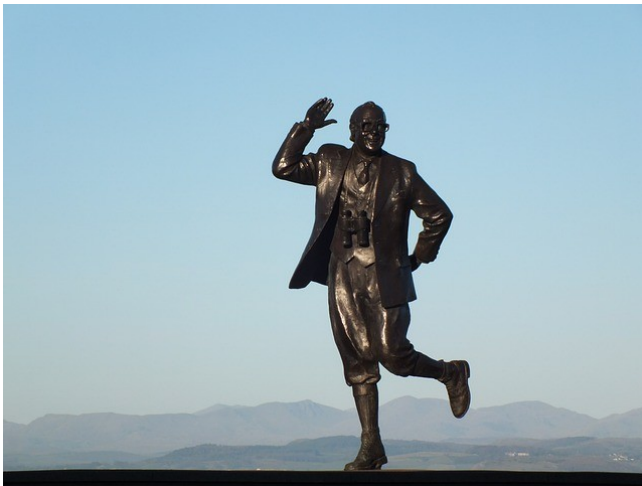
### MORECAMBE



Seaside special on Lancashire's Riviera.

**Admission: FREE, Trip: £12**

**Travel time: 2 hour**



**Saturday 3<sup>rd</sup> August**

### POWER CHAIR GROUP



We'll visit Wakefield's historic *Thornes Park* at Wakefield, where we can have a go at bowls and putting golf.

**Admission: Variable, Trip: £12**

**Travel time: 1 hour**

**Sunday 18<sup>th</sup> August**

### SPROUT THERE



### TOGETHER

A quick tour of the 63<sup>rd</sup> *Harrogate Allotment Show* in the Valley Gardens before going to our own allotment for afternoon tea and scones.

**Cost: £2, Trip: £10**

**Travel time: 20 minutes**

**Sunday 22<sup>nd</sup> September**

### NIDDERDALE SHOW



A traditional agricultural show taking place in the beautiful grounds of *Bewerley Park, Pateley Bridge*.

**Admission: £15, Trip: £10**

**Travel time: 40 minutes**

**Saturday 28<sup>th</sup> September**

### WHERE'S WOOLLY?



One of the finest market squares in England hosts *Masham Sheep Fair*, jam-packed full of sheepy fun. Baa-gain!

**Admission: FREE, Trip: £12**

**Travel time: 1 hour**



## EASY GOING WALKS

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

**Saturday 20<sup>th</sup> July**

**WENTWORTH WOODHOUSE GARDENS**  

Enjoy the 50 acres of private gardens and deer park estate, also marvelling at the longest country house facade in Britain.

**Admission: £8.50 (RHS & Carers FREE)**

**Trip: £12 Travel time: 1¼ hours**

**Saturday 17<sup>th</sup> August**

**TREES A CROWD**  

We will follow the newly published 'Burley Tree Trail', visiting over 40 different trees in and around the centre of the village.

**Admission: FREE Trip: £10**

**Travel time: 1 hour**

**Sunday 8<sup>th</sup> September**

**HARTLEPOOL HEADLAND**  

A walk along the historic coastline.

**Admission: FREE Trip: £12**

**Travel time: 1½ hours**



## YORK WALKING GROUP

We're helping ambulant disabled York residents enjoy weekend rambles twice a month. We meet at 10am at *York Railway Station*. Each walk is £10. Our forthcoming York walks are:



**Saturday 20<sup>th</sup> July**

**Saturday 27<sup>th</sup> July**

**Saturday 17<sup>th</sup> August**

**Saturday 31<sup>st</sup> August**

**Sunday 15<sup>th</sup> September**

**Sunday 21<sup>st</sup> September**

## SELBY WALKING GROUP

We're helping ambulant disabled Selby residents enjoy weekend rambles every month. We meet at 10 at *Selby Leisure Centre*. Each walk is £10 and the dates of our forthcoming Selby walks are:



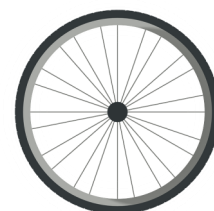
**Sunday 28<sup>th</sup> July**

**Sunday 25<sup>th</sup> August**

**Sunday 29<sup>th</sup> September**

## SELBY TANDEM CLUB

The club cycles from *Selby Leisure Centre* on most Wednesdays between April and October. Contact us for further details if you would like to be involved.



## ZOOM SESSIONS

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

### Tuesday

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

### Friday

*Yoga with Linzi* 10-11am



## HERITAGE OPEN DAYS

Money can be in short supply right now, but *Heritage Open Days* are a great way of seeing our country's cultural heritage, much of it accessible, COMPLETELY FREE OF CHARGE. This year the festival will take place between 6<sup>th</sup> - 15<sup>th</sup> September, with lots of events right on your doorstep! Why not pick out some hand-picked heritage highlights that take your fancy, by visiting:

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



*Please email [info@opencountry.org.uk](mailto: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](mailto:info@opencountry.org.uk)**

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