

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 5 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

Thursday 31st October

Good Access Scheme deadline

Saturday 2nd November

Volunteer First Aid training

Tuesday 5th November, 6.30-8.30

Advisory Group meeting

Friday 15th November

GAS Annual Conference

Wednesday 11th December

Annual General Meeting

Tuesday 17th December

Volunteer Christmas Meal

ADVENTURE CLUB

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

Saturday 26th October **T X S**
CAVING IN

A trip to Ingleborough Cave, the only manual wheelchair accessible cave in the area! There is a half hour walk in - strong pushers needed!

Admission: £16 **Trip: £12**
Travel time: 1½ hours

Friday 22nd November **T ☕**
GOING SWIMMINGLY

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

Admission: £5.10 **Trip: £5**
Travel: 20 minutes **Meet from: 5pm**

Saturday 23rd November **T ☕**
BOWLED OVER

Ten-pin bowling in Shipley, with a short walk around Saltaire afterwards.

Cost: £12 **Trip: £10**
Travel: 1 hour

Sunday 15th December **T X**
HANGING AROUND

We will take a spin around Hookstone Wood in the morning, before warming up with some indoor climbing at the *Live for Today Climbing Centre*.

Cost: £15 TBC **Trip: £10**
Travel time: 20 minutes

CARE IN THE COUNTRYSIDE

Poor attendance on this group recently means we are experimenting with merging it with our Outings group, offering an extra trip each month. Fear not, we always give priority on weekend activities to those who live alone or with family carers. Please join us!

ALLOTMENT GROUP

Our allotment group will meet every Friday until the start 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. Why not join in - the allotment grows on you!

Funding permitting, the group will start back in March 2025.



WILD THINGS

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

Sunday 20th October FUNGUS FORAY



A walk around Conyngham Hall and Toffee Park in Knaresborough, learning about toadstools and mushrooms. It'll be fun, but then after all, I'm a fun-guy.

Admission: FREE Trip: £10

Travel time: ½ hour



Sunday 24th November POTTERIC CARR



A bird-watching paradise at this huge wildlife oasis near Doncaster.

Admission: £4, Carers FREE Trip: £12

Travel time: 1¼ hours

Saturday 21st December ON THE HOOF



Watch the Studley Royal deer herd being fed before enjoying your own festive lunch at *The Olive Tree* café, Ripon.

Cost: Variable Trip: £10

Travel time: ½ hour

TANDEMONIUM!

Our six tandem clubs are based in Harrogate, Ripon, Selby, Wakefield, Wetherby and York. The 2024 season ends when the clocks go back at the end of October. **Fear not, we'll be back on Tuesday 21st April 2025!**

Making a meal of it

Our 'end of season meals' are a great way to finish off the tandem season and are open to all riders. The dates of the meals are as follows - contact your club leaders for further details.

Harrogate - Tuesday 12th November

Ripon - Thursday 7th November

Selby - Wednesday 13th November

Wetherby - Monday 21st October

York - Wednesday 9th October

Remember, if you are pining for your cycling action over the winter, you are very welcome to join our Tuesday evening spin classes - see page 6.



WEEKEND 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 13th October LOCOMOTION



Visit the Railway Museum at Shildon in Country Durham, birthplace of the railway.

Admission: FREE Trip: £12

Travel time: 1½ hours

Saturday 19th October PRESTON PARK & BUTTERFLY WORLD



Enjoy a walk around Stockton's largest park and museum, then warm up in the comfort of a butterfly paradise.

Admission: £11, Seniors £7, Carers FREE Trip: £12 Travel time: 1¼ hours

Sunday 27th October FLOODLIT FOUNTAINS



An evening drive through the Fountains Abbey estate. It's a great chance to hear the rutting deer and we will have a drink in a local hostelry afterwards.

Admission: FREE Trip: £10

Travel time: ½ hour Meet from 5pm

Saturday 16th November PONDEROSA ZOO



A visit to this rare breeds farm in Heckmondwike, home to lemurs, asian otters and Moroccan uromastix (eh?).

Admission: £9 Trip: £12

Travel time: 1 hour

Saturday 23rd November NATIONAL MUSEUM OF THE ROYAL NAVY, HARTLEPOOL



Visit this historic maritime experience, including boarding *HMS Trincomalee*.

Admission: £11 Trip: £12

Travel time: 1½ hours

Saturday 30th November TREES A CROWD



Learn all about winter trees on the *Ilkley Tree Trail*, with a warm up in *Moss and Moor Garden Centre* afterwards.

Admission: FREE Trip: £10

Travel time: 1 hour

Sunday 1st December NOSTELL AT CHRISTMAS



Visit the delightful *Christmas Gift & Craft Fair*, with a diverse collection of handmade crafts by local designers.

Admission: FREE Trip: £12

Travel time: 1 hour

Saturday 14th December OPEN COUNTRY'S GOT TALENT!



Afternoon stroll round Newmillerdam before going to Outwood for Christmas fun. Bring some food and we'll have live entertainment to celebrate 2024!

Admission: FREE but bring food for a fuddle. Trip: £12 Travel time: 1 hour

Sunday 22nd December LOTHERTON HALL'S CHRISTMAS EXPERIENCE



Festive celebrations at this famous country house near Leeds.

Admission: £11 Trip: £12

Travel time: 1 hour

SELBY WALKING GROUP

We're helping ambulant disabled Selby residents enjoy weekend rambles once a month. We meet at 10am at *Selby Leisure Centre* and each walk is £10. Contact us for further details if you'd like to take part.

Sunday 6th October

WETHERBY TO COLLINGHAM

(5½ miles)

Sunday 17th November

ALLERTON BYWATER TO ST. AIDAN'S

(6 miles)

Sunday 8th December

HARROGATE FESTIVE RAMBLE

(5 miles)

DATE FOR YOUR DIARY

**Friday 14th to Sunday 16th
March 2025**

**LAKE DISTRICT
WALKING WEEKEND**

A return visit to the *Hope Memorial Camp* near Braithwaite for more rambling fun.

The cost for the weekend is £100 and any walkers from Harrogate, Selby or York are welcome to join in.



YORK WALKING GROUP

We're helping ambulant disabled York residents to enjoy weekend rambles once or twice a month. We meet at 10am at *York Rail Station* and each walk is £10. Contact us for further details if you would like to take part.

Saturday 12th October

NUNNINGTON CIRCULAR (6 miles)

Sunday 27th October

HUGGATE (5 miles)

Sunday 10th November

YEARSLEY WOOD (5 miles)

Sunday 24th November

ROUNDHAY PARK (5 miles)

Saturday 14th December

SUTTON BANK (5 miles)



EASY GOING WALKS

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

Saturday 5th October CORE, IT'S APPLE DAY!



A 2 mile bird-watching walk along Ripon Canal before visiting *Ripon Walled Garden's* annual Apple Day event.

Admission: FREE Trip: £10

Travel time: ½ hour



Saturday 9th November GOLDEN ACRE PARK



A three mile walk around the lake enjoying the parkland trees in autumn. We'll warm up in the tearoom at the end

Admission: FREE Trip: £10

Travel time: 1 hour

Saturday 7th December TWELVE DAYS OF CHRISTMAS TRAIL



Enjoy the festive trail along the River Wharfe at *Bolton Abbey*.

Admission: £3 Trip: £12

Travel time: 1 hour

ZOOM SESSIONS

We still have these 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 with Ella (exercise bikes & music) 6.30-7.30pm.

Friday

Yoga with Linzi 10-11am

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

Like us on Facebook, or follow us on Twitter or Instagram

