

# Countryside Activities programme



## KEY to features on activities:



Accessible Toilets



Café or Restaurant



Non-accessible Toilets



Braille guide available



Picnics Only



Scooter Hire



ZONE B Activity



## NATURE FORCE GROUP

Every Tuesday we carry out important nature tasks around the district like tree and wildflower planting.



## TRAILBLAZER GROUP

Join in with helping make our district more accessible with path improvement and cut back work, as well as conservation projects, every Wednesday.

## WILD WALKERS

Every Thursday we walk between 3-6 miles with lots of stops for nature study and to admire the views!

## WILD THINGS

Every Friday we spend time down at our polytunnel growing wildflowers and wood working, or visiting open gardens and nature reserves.

All of the above groups run between 10am- 4pm and are chargeable day services aimed at adults with learning disabilities or autism.

## ADAPTED CYCLING

Our Tandem Clubs run between early April - mid October on Wednesday and Thursday evenings between 6-9pm.

### End of Season Meal and Ride

**When: Saturday 9th November**

**Where: Castleford Queen's Mill**

## WEEKEND OUTINGS, ADVENTURE CLUB, SCOOTER SOCIAL & WILD ABOUT WATER

Open first to anyone with a physical disability or sensory impairment, the outings visit a wide variety of wheelchair accessible locations, advertised over the next 3 pages. The accessible bus costs £10 and drops you off afterwards if you live locally.

### Volunteer Winter Curry

**Where: Amaan's Restaurant, Kirkgate**

**When: Friday 29th November, 6.30pm onwards**

**OUTINGS**

**FEELING JAZZY**

Saturday 12th October

Admission: FREE Trip: £10

Travel time: 1 hour

Let the music guide you as we head to Marsden moors for a stroll along the canal, live jazz music and parade.



**TORSIDE**

Sunday 20th October

Admission: FREE Trip: £10

Travel time: 1 1/2 hours

Another one of the accessible routes in the Peak District Miles without Stiles book - Torside is a linear walk following the reservoir and old railway line, 2 miles in total with a café stop after.



**ALL ABOARD!**

Sunday 3rd November

Admission: £25 Trip: £10

Travel time: 1 1/2 hours

A good one for all you train buffs—a steam train experience from Pickering to Goathland return courtesy of *North York Moors Railway*.



**PONDEROSA**

Sunday 17th November

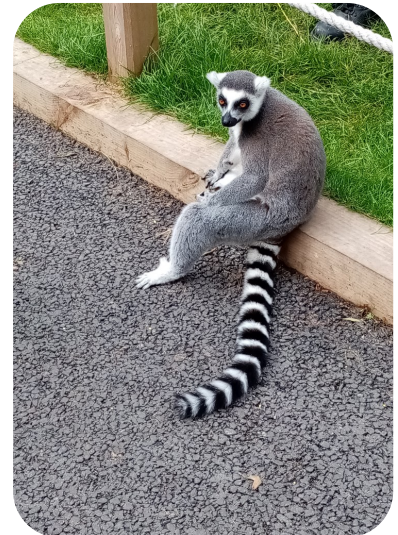
Admission: £9 Trip: £10

Travel time: 30 minutes

A stroll along the Spen Valley

Greenway in it's autumn splendour and then a visit to Ponderosa

Rare Breeds Farm to laugh at lemurs and admire the Asian Otters!



**SEALS O'CLOCK**

Saturday 23rd November

Admission: FREE Trip: £10

Travel time: 2 hours

Wrap up warm as we head to the Lincolnshire coast for the sights and sounds (they are loud!) of the grey seal pups at Donna Nook.



**FIVE TOWNS OUTING**

Sunday 8th December

Admission: FREE Trip: £10

Travel time: 30 minutes

A trip solely for those living in Pontefract, Castleford, Knottingley, Normanton and Featherston - an outing to Ardsley Reservoir for a short accessible amble, then back to Thornes Park for willow weaving and hot cocoa in 'The Den'



**OPEN COUNTRY'S**

**GOT TALENT**

**Saturday 14th December**

**Admission: FREE      Trip: £10**

**Travel time: 30 minutes**

**An afternoon stroll around Newmillerdam Country Park lake before heading to Outwood Memorial Hall to join our Harrogate and Barnsley friends at the Christmas party. Feel free to bring a dish if you wish, and we will have some live entertainment and games on offer to celebrate 2024.**



**ADVENTURE CLUB**

**GO APE**

**Saturday 19th October**

**Admission: £39      Trip: £10**

**Climb, scramble, swing and step between the trees at Temple Newsam on this 3 hour adventure.**



**THORPE PERROW**

**Sunday 10th**

**November**

**Admission: £13.95**

**Trip: £10      Travel: 2 hours**

**This private estate in Bedale hosts some spectacular trees and lakes, as well as a Bird of Prey experience.**



**WENTWORTH WOODHOUSE**

**Sunday 15th December**

**Admission: £14.50      Trip: £10**

**Travel time: 30 minutes**

**Heading back to Wentworth Woodhouse (recipients of our last *Good Access Scheme Award*) to spot their deer herd and have a mooch around the house and gardens.**



**STOODLEY PIKE**

**Saturday 16th November**

**Admission: FREE      Trip: £10**

**Travel: 1 hour**

**Over to Hebden Bridge to start this 6 mile circular walk along the Pennine Way and Rochdale Canal, followed by a warm up and meal in The White House Pub.**



**SHOOTING**

**Sunday 24th November**

**Admission: £10      Trip: £10**

**Travel: 1 hour**

**Over to Swinefleet Hall for some accessible audio rifle shooting before we wrap up warm and amble around the rural village.**



**A big thank you to all the National Lottery players for supporting our Wild about Wakefield project.**



## SCOOTER SOCIAL GROUP

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Open to anyone who uses a mobility scooter or electric wheelchair, we meet up at a local green space for a day out and a catch up with like-minded friends.

The next Scooter Social dates are:

### **Sunday 13th October: Apples Galore**

Join us at Thornes Park Nursery to celebrate all things pomme - with tasting, juicing, bobbing and bird feeder making.

### **Saturday 2nd November: Fungi Foray**

Haw Park Wood to look for autumn mushrooms, followed by a café stop at Anglers Country Park

### **Saturday 7th December: Season's Scooting**

A wheel around Thornes Park followed by a festive lunch at *The Holmfield Arms*.

## WILD ABOUT WATER GROUP

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Connecting people to blue spaces with creative activities.

### October

#### **Tuesday 1<sup>st</sup>: Accessible Fishing**

An accessible fishing trip at Ladybower Reservoir. You will be able to have a go at fishing and driving the boat.

#### **Tuesday 8<sup>th</sup>: Canal Boat Voyage**

A lovely accessible barge ride along the canal with the *Safe Anchor Trust*.

#### **Tuesday 15<sup>th</sup>: Yoga and Mindfulness**

Another seated yoga and mindfulness session with Linzi Clarke Boyle in Thornes Park, followed by a local stroll.

#### **Tuesday 22<sup>nd</sup>: Autumnal Photography**

Autumnal photography session at Newmillerdam lake with Tom Marsh.



### November

#### **Tuesday 5<sup>th</sup>: Bead Sculpture**

A beading session with Ania Grudna, making artistic flowers with beads in Anglers Country Park.

#### **Tuesday 12<sup>th</sup>: Riverside Pottery**

Making and decorating cups and mugs next to the river at Queens Mill.

#### **Tuesday 19<sup>th</sup>: Painting Nature**

An inspiring stroll at Pugneys followed by an indoor art workshop with Helen Thomas at *The Art House*.

#### **Tuesday 26<sup>th</sup>: Hunt for Decorations**

A winter stroll at Newmillerdam to collect materials to decorate Christmas cards with next week.

### December

#### **Tuesday 3<sup>rd</sup>: Card Making**

Making and decorating our own festive cards with Ruth Fones at Wakefield Cathedral, and a visit to a local green space.

#### **Tuesday 10<sup>th</sup>: Wreath Making**

A stroll through Thornes Park to collect materials followed by a wreath making session in 'The Den'.

#### **Tuesday 17<sup>th</sup>: Festive Walk and Lunch**

A jolly good walk along the canal followed by a festive meal at the *Stanley Ferry Pub*.