

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

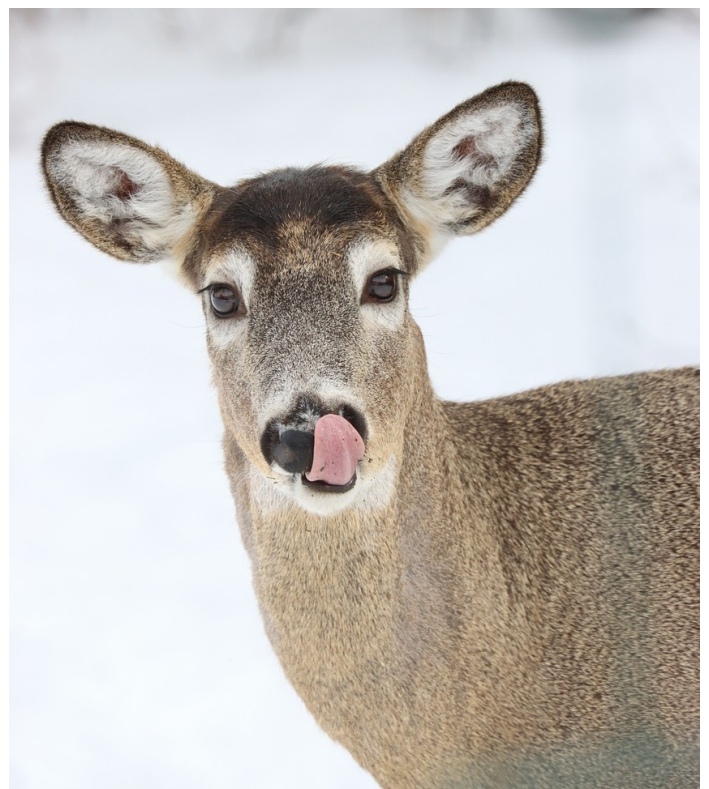


Scooter Hire



We'll be out later than 9pm

If you book on something, we do expect you to turn up. To keep us afloat, we will normally charge if you cancel within 48 hours of a trip.



ADVENTURE CLUB

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

Sunday 19th January
WHAT A RACQUET!



Chance your arm at indoor tennis with our friends up at *Ripon Tennis Centre*.

Admission: FREE **Trip: £10**
Travel time: ½ hour

Saturday 1st February
TRAIL-O TRIAL



Enjoy having a go at Trail-O - fully accessible orienteering, in two of Middlesbrough's finest parks.

Cost: FREE **Trip: £12**
Travel time: 1¼ hours

Friday 21st March
GOING SWIMMINGLY



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

Admission: £4 **Trip: £5**
Travel: 20 minutes, Meet from: 5.30pm

Saturday 29th March
ALL OF A QUIVER



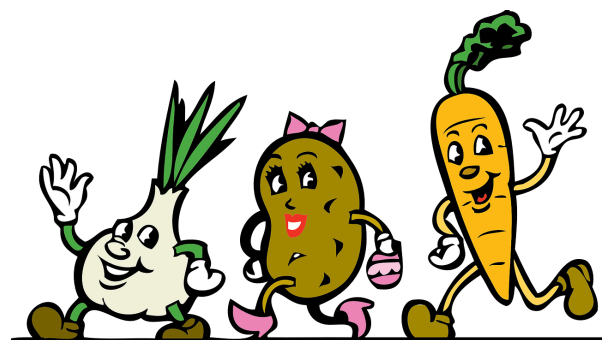
Add another string to your bow at an indoor archery venue in Scholes, near Leeds.

Cost: TBC **Trip: £10**
Travel time: 1 hour

ALLOTMENT GROUP



Fancy living life on the veg? Well, our allotment group will meet every Friday from **14th March 2025** 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 this year. Why not join in - the allotment grows on you!



WILD THINGS

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

Saturday 11th January STAVELEY NATURE RESERVE



A mecca for birdwatching, we'll also enjoy some stimulating bird crafts and try out the new compost toilet! It's really something to crow about!

Admission: FREE Trip: £10

Travel time: ½ hour

Sunday 9th February SOUP & STARLINGS



Wrap up for a glimpse of tens of thousands of 'murmuring' starlings at *Ripon City Wetlands*. A mug of hot spud follow. Mmmm, souper!

Cost: £2.50 Trip: £10

Travel time: ½ hour, Meet from: Noon

Sunday 9th March YORKSHIRE ARBORETUM



120 acres of parkland with over 7,000 trees from around the world. A great place to see some gorgeous red squirrels too. Free off-road scooter hire is available.

Admission: £13 Trip: £12

Travel time: 1¼ hours



TANDEMONIUM!

Our six tandem clubs are based in Harrogate, Ripon, Selby, Wakefield, Wetherby and York. We enjoy rides of 15 - 20+ miles, with a pub stop. Most of our clubs have spaces for more back riders (or 'stokers' as we call them), so do get in touch if you are interested. Stokers contribute £6 per session.

The 2025 tandem season begins on **Monday 31st March**. Excitingly, we'll be joined by our seventh club - this time on Teesside! Our clubs meet on the following nights:

Harrogate & York - Tuesday

Ripon - Thursday

Selby - Wednesday

Teesside - To be confirmed!

Wetherby - Monday

The date of our tandem weekend is **27th to 29th June 2025**, where we will cycle the 81-mile 'Bay Way' between Walney Island and Glasson Dock. Cost £250.

SPIN CLASSES

We still have a FREE Zoom-based spin session 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.



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 12th January MAKING A MEAL OF IT



We'll have a quick tour around our new paths at Fishpond Wood before warming up with lunch at How Stean Gorge café.

Cost: Variable Trip: £10

Travel time: 1 hour

Saturday 18th January WINTER FUDDLE



Bring a dish to share as we have wintry fun and games at *Clifton Village Hall*.

Cost: £10 Trip: £10

Travel time: 40 minutes

Sunday 26th January CUSWORTH HALL MUSEUM & GARDENS



A Grade-1 listed building set in acres of historic parkland near Doncaster.

Admission: FREE Trip: £12

Travel time: 1½ hours

Saturday 8th February NATIONAL MUSEUM OF THE ROYAL NAVY, HARTLEPOOL



Our rearranged visit to this historic maritime experience, including boarding *HMS Trincomalee*.

Admission: £11 Trip: £12

Travel time: 1½ hours

Saturday 15th February ROUNDHAY PARK & THE ARIUM GARDEN CENTRE



Explore Leeds' largest park before warming up in a garden centre café.

Admission: FREE Trip: £10

Travel time: ½ hour

Sunday 23rd February SNOWDROP SUNDAY



Goldsborough Hall's festival devoted to our favourite late-winter flower.

Admission: £10 Trip: £10

Travel time: ½ hour

Saturday 1st March SNOWDROP SCOOTER SAUNTER



Spot the snowdrops on our scooter social around Thornes Park, Wakefield.

Admission: FREE Trip: £12

Travel time: 1 hour

Sunday 2nd March BENINGBROUGH HALL



A welcome return visit to this country house near York, with a chance to see the new Mediterranean garden.

Admission: FREE Trip: £12

Travel time: 1 hour

Saturday 8th March TROPICAL WORLD



Keep warm checking out the meerkats, fruit bats and lizards in this tropical paradise in Leeds.

Admission: £8.40,

Carers FREE

Trip: £10 Travel time: 45 minutes



EASY GOING WALKS

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

Saturday 25th January TEES BARRAGE



A 4-mile accessible walk along the Tees, taking in four spectacular bridges.

Cost: FREE Trip: £12

Travel time: 1¼ hours



Sunday 2nd February YORK ICE TRAIL



Discover the stunning ice sculptures all over York's streets and snickelways.

Admission: FREE Trip: £10

Travel time: 1 hour

Sunday 23rd March GUISBOROUGH BRANCH WALKWAY



A stroll along an old railway branch line into extensive woodlands with their own chainsaw sculpture trail.

Admission: FREE Trip: £12

Travel time: 1¼ hours

YORK WALKING GROUP

We're helping ambulant disabled York residents to enjoy weekend rambles twice a month. Contact us for further details if you would like to take part. The dates of our forthcoming York walks are:

Sunday 12th January KNARESBOROUGH



Distance: 5 miles

Travel time: ½ hour

Trip: £10

Saturday 25th January STUDLEY ROYAL



Distance: 6 miles

Travel time: 50 minutes

Trip: £10

Saturday 1st February ST. AIDANS



Distance: 5 miles

Travel time: 40 minutes

Trip: £10

Sunday 16th February THORNTON-LE-DALE



Distance: 5 miles

Travel time: 50 minutes

Trip: £10

Saturday 22nd March FAIRBURN INGS & LEDHAM



Distance: 5½ miles

Travel time: ½ hour

Trip: £10



SELBY WALKING GROUP

WEEKENDS AWAY!

Sunday 26th January
EASTINGTON PONDS
AND HOWDEN MARSH

Distance: 5 miles

Travel time: ½ hour



Trip: £10

Saturday 22nd February
HUMBER BRIDGE
COUNTRY PARK

Distance: 6 miles

Travel time: 50 minutes



Trip: £10

Sunday 30th March
YORK RIVERSIDE
RAMBLE

Distance: 5 miles

Travel time: ½ hour



Trip: £10

Friday 14th to Sunday 16th March
WALKING WEEKEND:
LAKE DISTRICT



A welcome return to *Hope*

Memorial Camp near Braithwaite in the Lake District. The weekend is open to all walkers who can manage 5+ miles.

The cost for the weekend is £100.

Friday 27th to Sunday
29th June

TANDEM WEEKEND:
MORECAMBE BAY



Staying at *Witherslack Bunk Barn*, we will cycle the 81-mile 'Bay Way' route from Walney Island, round the coast to Glasson Dock, near Lancaster.

The cost for the weekend is £250.

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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North Yorkshire, HG1 5LT.

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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 Bluesky or Instagram

