**OPEN COUNTRY HARROGATE PROGRAMME**

**JANUARY TO MARCH 2025**

**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 ‘murmurating’ starlings at *Ripon City Wetlands*. A mug of hot spup tp 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 cafe.

**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 & LEDSHAM**

Distance: 5½ miles

Travel time: ½ hour Trip: £10

**SELBY WALKING GROUP**

**Sunday 26th January**

**EASTRINGTON 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

**WEEKENDS AWAY!**

**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 29thJune**

**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.

Our Head Office address is:

**Open Country, Community House**

**46 East Parade, Harrogate, HG1 5LT.**

Harrogate Hub/Head Office - **01423 507227**

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