

East Yorkshire Countryside Directory for People with Disabilities

fourth edition

Whatever your needs, access to and enjoyment of the countryside is rewarding, healthy and great fun. This directory can help you find out what opportunities are available to you in your area. Get yourself outdoors and enjoy all the benefits that come with it...

With a foreword by

Gen-la Kelsang Kunsang

Resident Teacher at Madhyamaka Kadampa Meditation Centre



This directory was put together **by** people with a disability **for** people with a disability, though the places and information included will be useful to anyone.

With a wealth of hidden treasures, East Yorkshire is often referred to as 'Britain's best kept secret'. Savour its traditions, stately homes, stunning nature reserves and colourful seaside life. East Yorkshire has many claims to fame; did you know, for example, that Britain's tallest man came from Market Weighton, and that Hull is home to England's smallest window?

For people interested in wildlife and conservation there is much that can be done from home or a local accessible area. Whatever your chosen form of countryside recreation, whether it's joining a group, doing voluntary work, or getting yourself out into the countryside on your own, we hope you will get as much out of it as we do.

There is still some way to go before we have a properly accessible countryside. By contacting Open Country or another of the organisations listed here, you can help to encourage better access for all in the future.



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Since moving to East Yorkshire in 2021, I have developed a deep appreciation for the beautiful landscape and many enjoyable walks this area has to offer. Here at Kilnwick Percy Hall in Pocklington, home to Madhyamaka Kadampa Meditation Centre, we have recently made some progress in opening up the 48 acres of parkland, woods and lakeside area surrounding the historic building.

In Spring 2023, we developed a new 700 metre accessible footpath from the upper car park down to the lake, which was later extended with a looped walk that includes accessible seating areas. Now everyone can enjoy this peaceful oasis and take time out to watch the ducks, herons, geese, red kites and other wildlife that share this special habitat.

In 2024, we widened and flattened the woodland path between the upper car park and walled garden, and we continue to apply for funding to make more of the scenic parkland surrounding Kilnwick Percy Hall free and accessible to all.

We hope you will enjoy all that East Yorkshire has to offer and extend a warm invitation to visit us here at Kilnwick Percy Hall,

With best wishes,

Gen-la Kelsang Kunsang

Resident Teacher at Madhyamaka Kadampa Meditation Centre, Kilnwick Percy Hall



Using the Directory

Throughout the Directory you will spot some symbols to help you see what kind of facilities or information is available. Please also contact individual places to ask what they can offer people with disabilities.

Key:



Blue Badge parking is available



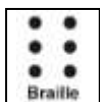
A wheelchair accessible toilet is available
(*Changing Places toilet facilities at venues have also been included; see www.changing-places.org for a full list*)



Scooters / wheelchairs are available for loan



Large print leaflets are available



A Braille guide is available

Please see the map below as an indication of the areas mentioned:



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Walking Clubs & Contacts

Beverley and Hull Guided Walks

Tel: 07341 256378

Email: info@tourhull.com

www.tourhull.com

From April to October there are walks led by an English Heritage accredited guide, including Old Town and Pub Walks and Literature Trails.

Bridlington Walks

www.bridlington.net

Includes maps and information about walks in and around the Bridlington area, from 'easy' to 'challenging'. Each walk has details about the gradient of the route, type of surfaces and if there are gates or stiles to cross.

Disabled Ramblers

Email: chairman@disabledramblers.co.uk

www.disabledramblers.co.uk

A charity working across England and Wales to help make the countryside more accessible to people with limited mobility. They campaign to raise awareness of the needs of people with limited mobility and organise a national programme of rambles for people who use mobility scooters.

East Riding Coast & Countryside – Walking the Riding

Email: countryside.access@eastriding.gov.uk

www.eastridingcoastandcountryside.co.uk

The website has hundreds of interesting routes passing through the towns, nature reserves, coastal villages and rolling hills of East Yorkshire. Walks are graded as Easy, Moderate or Difficult and each walk map has some information regarding accessibility.

Fitmums & Friends

Email: admin@fitmums.org.uk

<https://fitmums.org.uk>

A free programme of 12 weekly supported and guided walks specifically for people with a learning disability aged 16+ (carers welcome).

Participants are also encouraged to take part in local parkruns (walks) to give them the opportunity to continue walking and become part of a local, active community. Walks are based in Beverley and East Hull. Their website also lists short 'fitness walks' in East Yorkshire and some groups have trained volunteers who can support people with a visual impairment.

Humber Wellbeing Hub

Humber Bridge, Hessle, HU13 0LN

Tel: 01482 647164

Walking Clubs & Contacts

Email: info@humberwellbeinghub.com
<https://humberwellbeinghub.com>

Free guided walks for all ages and abilities aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine as part of rehabilitation from illness, injury or to get fit. The walks take place around the Country Park and Humber Bridge area.

MoveMates

Tel: 01904 373017
Email: info@movemates.org.uk
www.movemates.org.uk

A walking buddy project where people who struggle to get out on their own are paired with volunteers to meet regularly for a walk. There are projects across Yorkshire, including Pocklington.

The Ramblers

Tel: 020 3961 3232
Email: ramblers@ramblers.zendesk.com
www.ramblers.org.uk

Britain's walking charity, working to safeguard the footpaths, the countryside and other places people go walking, and to encourage more people to take up walking. There are several local groups across Yorkshire, each one has its own walks programme ranging from easy to strenuous. Their directory of free, short 'Wellbeing Walks'; are designed to help you improve your health, wellbeing and happiness.

Walking for Health East Riding

Tel: 01482 395320 / 07887 653489
Email: healthandwellbeing@eastriding.gov.uk
www.eastridinghealthandwellbeing.co.uk

A series of free guided walks (from 30 minutes to 2 hours) for all ages and abilities aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine as part of rehabilitation from illness, injury or to get fit. Due to the terrain, some walks will not be suitable for wheelchair users and buggies, so do contact the organisers for more information.

Yorkshire Wolds Way

www.nationaltrail.co.uk

A 79-mile walking route in the chalk landscape of the Yorkshire Wolds. The National Trail winds through some of the most tranquil and gentle countryside in England. There are seven step free, stile free 'Easy Access' walks detailing path conditions, facilities and points of interest, all of which can be downloaded from the website above.

Easy Going Walks

Please note that paths are subject to natural erosion and their quality may vary over time, though maintenance should be ongoing. Please contact your local council's Access Officer or Open Country if you would like to report or comment on the poor condition of any accessible paths.

Beverley Mobility Walk

www.visiteastyorkshire.co.uk

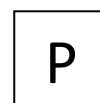


A walk suitable for people using wheelchairs or mobility scooters. The route takes advantage of 'dropped kerbs', wider sections of pavement and selected stopping points. Accessible toilets (RADAR key required) at several locations around the town centre, including Dyer Street near to the start of the walk, where there are also Blue Badge bays.

Brayton Barff

Barff Lane, near Thorpe Willoughby, Selby

www.yorkshirewater.com/things-to-do/walks/brayton-barff-walk



Actually in North Yorkshire, Brayton Barff is a covered reservoir set in ancient woodland and is a great spot for bird watching and spring bluebells. The walk is 1.3 miles along crushed stone paths that are undulating, but suitable for wheelchair users. Car park off Barff Lane, though a height barrier will prevent larger vehicles from entering. A leaflet can be downloaded from the website above.

Bridlington Old Town Trail

www.visiteastyorkshire.co.uk



A leaflet, 'Bridlington Old Town Trail' gives details of the town's living heritage. The trail takes you around the historical old town of Bridlington which was originally the main part of the town. Accessible toilets (RADAR key required) along the route on the corner of St John Street and High Street. Some Blue Badge spaces at Stepney Grove car park and along High Street.

Flamborough; South Landing

South Sea Road, Flamborough, YO15 1AE

Signposted from the B1259 to Flamborough Head.



An accessible trail passes through woodland and meadow, finishing at the cliff top, with a view onto the beach and the splendid vista of Bridlington Bay. There is a nice sculpture trail around the site and frequent resting places. The Living Seas Centre has an accessible toilet, a café (check ahead for opening times) and a pay and display car park - Blue Badge holders must pay. The pebbly beach can be reached down the very steep road to the Lifeboat Station (no parking for visitors). There is also an accessible toilet at North Landing (take the B1255 out of Flamborough - North Marine Road), with a café, accessible shop and great views!

Easy Going Walks

Disused Rail Trails

Email: countryside.access@eastriding.gov.uk

www.eastridingcoastandcountryside.co.uk/places-to-visit/rail-trails

The four rail trails are Hull to Hornsea, Hull to Withernsea, Holme-on-Spalding Moor to Bubwith and Beverley to Market Weighton (Hudson Way). They are ideal routes to use either for a short stroll, family walk or as part of a long-distance route. Some of the railway lines have sections that are accessible for wheelchairs, although some routes have ramps that may be difficult for some users. In the winter months, unsurfaced sections can become muddy.

Humber Bridge

Ferriby Road, Hessle, HU13 0JG

Tel: 01482 647161

www.humberbridge.co.uk

This is one of the world's longest single-span suspension bridges. Tolls apply for vehicles crossing. The bridge combines footways and cycle paths (tarmac) on both carriageways, which are wheelchair accessible. It is just under a mile each way. You can combine it with a trip to Far Ings Nature Reserve and Waters' Edge Country Park which are at the south end of the bridge (see *Accessible Wildlife Sites* – pages 27 & 29). Parking and accessible toilets are located at Humber Bridge Country Park (see below).

Humber Bridge Country Park

Ferriby Rd, Hessle, HU13 0JG

Tel: 01482 395207



A former chalk quarry, now an area of 50 acres with woodland, meadows and trails. Accessible toilets in the car park (RADAR key required). Several trails around the park; it is a hilly site and there are steps in places, but some paths may be suitable for wheelchair users. Starting on the Hessle foreshore there is a 1 mile barrier free, level walk, with regular rest places.

Old Railway Station, Stamford Bridge

Church Road, YO41 1DG (10 miles east of York, on the A166)

This pleasant linear walk along the disused railway line (half a mile each way) starts at the Old Railway Station on Church Road. The tarmac path has good wheelchair access. The walk offers brilliant views over the River Derwent and surrounding area. Some aspects of the old station and track have been preserved. The nearest accessible toilets are in the town at The Square (RADAR key required), where there are also cafés and a memorial to the 1066 Battle of Stamford Bridge. There is a car park with Blue Badge bays off Viking Road.

Easy Going Walks

Promenades

www.visithullandeastyorkshire.com



The resort towns of Bridlington, Hornsea and Withernsea have wheelchair accessible promenades. Bridlington seafront, in particular, takes you along what must be one of the longest pieces of artwork in Britain, with murals, sculptures and paintings. Beach wheelchairs are available to hire; the large rubber wheels are designed especially for outdoor use, making the beach easily accessible. Contact the Coastal Services Office on Princess Mary Promenade for more information: 01262 678255. Free to hire, but a deposit is required. There are accessible toilets on Marine Drive (Hornsea), Central Promenade (Withernsea) and Princess Mary Promenade (Bridlington).

Seven Corners Lane Walk, Beverley

Amble through a part of Beverley, which you didn't even know existed! A 100 yards or so from the traffic lights at North Bar, the lane leaves North Bar Without to twist and turn its way around olde worlde cottages and bigger, period houses before emerging on York Road at Sterne's Corner. A relatively flat route without any barriers, approximately 0.5 miles long. There are accessible toilets on Lord Roberts Road and Station Square. We have been told that during the summer months cows and bulls may be present on the common, so please take care!

Snaith Heritage Trail

<https://snaithvalewalking.chessck.co.uk/HeritageWalks>

An easy going walk, mainly on pavements suitable for wheelchairs, approximately 1.5 miles long. Start point and parking at Snaith Station car park. The website also has a number of other walks in the area, with route maps and details on the walks that are wheelchair accessible.

Sugar Mill Ponds, Nr Goole

Follow the A614 from Rawcliffe, taking the signs to Rawcliffe Bridge. Turn right at the brown tourist sign up a single-track road.

www.sugarmillponds.org.uk

Two large ponds dominate the site, once a brick works. There is a mosaic of habitats including reed bed, woodland and scrub. Picnic area. Level paths. Viewing areas are built over the ponds for wheelchair access. Disabled parking bay. No toilets.

Outings

Bridlington Animal Park

Covert Lane, Carnaby, Bridlington, YO15 3QF
Tel: 01262 673653
Email: info@bridlingtonanimalpark.co.uk
www.bridlingtonanimalpark.co.uk



Lots to offer for a fun-filled day out with a great range of birds and animals including parrots, owls, flamingos, zebras, meerkats, lemurs, camels and raccoons. Daily events include flying demonstrations, feeding times and small animal holding. Café, gift shops, picnic areas, accessible parking and toilets. Generally hard surfaced, flat paths, but some parts of the park may not be easy to get around for everyone, so do contact them for more information.

Burnby Hall Gardens & Museum

The Balk, Pocklington, YO42 2QF
Tel: 01759 307125
Email: info@burnbyhallgardens.com
www.burnbyhallgardens.com



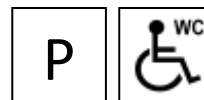
Brilliant access! The two lakes are home to the National Collection of Hardy Water Lilies, with over 80 varieties. The lakes teem with fish, including Koi carp. Open air band concerts on some summer Sundays. Apart from the rockery the gardens are very accessible, with a number of wheelchairs available for free loan, but best to book in advance if you can. Special viewing platforms allow wheelchair users to feed the fish at close quarters. Shop, museum, tearoom, toilets and even the children's playground are accessible. Seats everywhere. Blue Badge parking near to the entrance. Essential carers get free admission.



Outings

Burton Agnes Hall and Gardens

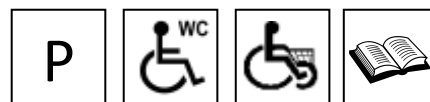
Burton Agnes, Driffield, YO25 4NB
Tel: 01262 490324
Email: office@burtonagnes.com
www.burtonagnes.com



On the A166 York to Bridlington Road between Driffield and Bridlington. A magnificent example of late Elizabethan architecture. Seasonal opening. Ground floor only accessible, but reduced rate offered. In order to preserve the historic items, motorised wheelchairs, buggies and scooters are not permitted in the house; a manual wheelchair is available to borrow. The gardens contain over 3,000 different plants, with a walled garden, jungle garden, giant games and even a maze. Café, ice cream parlour, shops and plant sales. Nearly everything is accessible on paving slabs or gravel. There are a few small (3cm) sills to the restaurant, shop and maze. Blue Badge parking near house and restaurant. Carers free.

Burton Constable Hall

Burton Constable, Skirlaugh, Hull, HU11 4LN
Tel: 01964 562400
Email: enquiries@burtonconstable.com
www.burtonconstable.com



Elizabethan house situated near the Holderness Coast. The Pleasure Ground has an orangery, gardens with statuary and 300 acres of parkland and wildfowl lakes landscaped by 'Capability Brown' in the 18th century. The ground floor is wheelchair accessible and there is a chair lift to the first floor. Motorised scooters are not permitted in the house; a manual wheelchair is available to borrow. Tea room, picnic area and accessible toilet. The grounds are fairly accessible, but there are large diameter gravel paths in places. Blue Badge parking in the car park and at the front of the Hall. Stair lift to first floor. Wheelchair loan. No charge for essential carers. Seasonal opening.

Fimber Old Station Picnic Site

Located on the B1248 (Sat Nav postcode YO25 3HG)



A pleasant location, on the site of the former Fimber/Sledmere railway station, closed in 1958. It is situated in a small wooded area with bird feeding stations. There are picnic tables and accessible toilets (RADAR key required). Superb snowdrop display in February and good wheelchair access throughout. Seasonal kiosk.

Flamborough Outer Headland Nature Reserve

Lighthouse Road, Flamborough YO15 1AR



The reserve has some tarmac paths around the car park, including a short path to the Signal Station on the cliff top. The Headland Path is grassed

Outings

and only firm in the summer months. Great sea views, but access to the beach involves descending a steep flight of steps. Accessible toilets (RADAR key) and a café are located in the Pay & Display car park.

Honeysuckle Animal Farm

Bewholme Lane, Hornsea, HU18 1BY
Tel: 01964 533873
Email: info@honeysucklefarm.co.uk
www.honeysucklefarm.co.uk

Seasonal opening. A farm with sheep, cows, donkeys, cart rides, animal and fish feeding, homemade ice cream and a tearoom. The paths around the fields and entry to the tearoom are accessible. The toilet is large enough to accommodate a wheelchair.

Hull and East Riding Museum

36, High Street, Hull, HU1 1NQ
Tel: 01482 300300
www.hullmuseums.co.uk



Boasts some of the most spectacular natural history and archaeology displays in Britain. The museum is wheelchair accessible, with step-free access at the front of the building and two lifts between floors. Toilets, including an accessible toilet, are situated at the entrance. Blue Badge parking on Gandhi Way and Alfred Gelder Street. Changing Places toilet on the ground floor of the Guildhall; ask at the reception for directions. Manual wheelchair available to borrow. Free admission.

Hull Fish Trail

Hull City Hall Ticket Office,
Queen Victoria Square, Hull, HU1 3RQ
www.visithull.org/to-do/fish-trail/



This unique piece of public art sees explorers search for 41 fish across the city centre, taking in the picturesque Old Town and thriving Fruit Market. The trail starts outside the Hull City Hall ticket office on Queen Victoria Square and finishes at the top of Whitefriargate. Mostly flat footpaths and pedestrian crossings across the route, with some cobbled streets. Accessible toilets on Nelson Street. Several Blue Badge parking bays along Paragon Street or in The Deep car park half way round the trail (see *page 10*). Download a map from the link above or pick one up from Hull City Hall ticket office.

Madhyamaka Kadampa Meditation Centre

Kilnwick Percy Hall, Pocklington, York, YO42 1UF
Tel: 01759 304832
Email: info@madhyamaka.org
<https://madhyamaka.org>



Outings

The centre is based at Kilnwick Percy Hall, near to Pocklington and is surrounded by almost 50 acres of beautiful grounds, including parkland, a lake, woodland and walled garden (stepped access). There is a smooth path with accessible picnic tables, that leads down to the church and lake, the start of which is accessed by the overflow car park. The paths through the woodland are a little rougher but level. Café, gift shop and accessible toilets in the main building and free lunch time meditation sessions.

Rudston Monolith

Rudston, off the B125, near Bridlington
<https://rudstonparishcouncil.eastriding.gov>

Standing in Rudston Churchyard, at almost 26 feet high, it is Britain's tallest single standing stone. How did the monolith come to be erected over 4000 years ago on a site roughly 10 miles from the nearest source of grit stone? There is wheelchair access from the side lane.

Scenic Drives

www.visiteastyorkshire.co.uk

'Visit East Yorkshire' promotes four scenic drives starting in Beverley, Bridlington, Pocklington and Sewerby.

Sewerby Hall and Gardens

Church Lane, Sewerby,
Bridlington, YO15 1EA
Tel: 01262 673769
Email: sewerby.hall@eastriding.gov.uk
www.sewerbyhall.co.uk



Built between 1714 and 1720, the Hall is set in 50 acres of gardens on a cliff top position near Bridlington. The gardens, tearooms, children's zoo, hall and museum are wheelchair accessible (wheelchair access to the house is at the rear of the building), though due to conservation issues, motorised buggies are not permitted in the hall or the first floor of the Old Laundry Block. Accessible toilets in both the Orangery and the courtyard and a Changing Places toilet in the courtyard as well; a RADAR key can be obtained from the Welcome Centre. Manual wheelchairs are available to borrow on a first come, first served basis. There are tarmac paths almost everywhere including the parkland. The walled garden has crazy paving which can be bit bumpy and uneven in places and also some patches of deep gravel. During the summer you can travel in style on the accessible land train from Bridlington.

Outings

Skidby Windmill & Museum of East Riding Rural Life

Beverley Road, Skidby, Cottingham, HU16 5TF
4 miles south of Beverley, off the A164.

Tel: 01482 848405

Email: museums.th@eastriding.gov.uk

www.eastridingmuseums.co.uk



Yorkshire's last working windmill – almost 200 years after the mill was built, wheat is still ground here. Only the ground floor of the mill is accessible, but webcams allow the tower to be viewed from downstairs. The museum displays the horticultural and rural history of the East Riding. Free car parking 100m from the mill; visitors with limited mobility can be dropped off at the top entrance road leading to the mill. Café and picnic area. Accessible toilet in the museum.

Sledmere House

Sledmere, Driffield, YO25 3XG

Tel: 01377 236637

Email: info@sledmerehouse.com

www.sledmerehouse.com



Off the A166 York – Bridlington Road. Beautiful stately home built in 1751. The gardens and 'Capability Brown' parkland offer enjoyment for all, with grazing deer nearby. Seasonal opening. All parts of the house (lift to first floor), café, shop and garden are wheelchair accessible. Two manual wheelchairs can be borrowed; it is advisable to book in advance.

The Deep

Tower Street, Hull, HU1 4DP

Tel: 01482 381000

Email: info@thedeep.co.uk

www.thedeep.co.uk



Visit 'the world's first submarium' and discover the story of the world's oceans on a dramatic journey back in time and into the future. Electric and manual wheelchairs are available on a first come first served basis. Essential carers go free of charge. All levels are accessible by lift. Café, shop and picnic area. The café gives panoramic views over the Humber Estuary. 'Quiet Day' events run twice a year during which there are presentations with BSL interpretation. Audio and large print copies of The Deep guidebook available from reception. Changing Places toilet situated on the ground floor, past the reception desk.

Outings

Wassand Hall

Seaton, Hull, HU11 5RJ
Between Seaton and Hornsea on the B1244.
Tel: 01964 537474
Email: info@wassand.co.uk
www.wassand.co.uk



Wassand Hall is a fine Regency House in beautiful tranquil surroundings including walled gardens, woodland and parkland with views of Hornsea Mere. The house, gardens and parks are open on selected days during the summer. Accessible toilet. Wheelchair access to ground floor of hall. Disabled parking close to the Walled Garden.

Withernsea Lighthouse & Museum

Hull Road, Withernsea, HU19 2DY
Tel: 01964 614834
Email: info@withernsealighthouse.co.uk
www.withernsealighthouse.co.uk



Standing ¼ mile inland, it is the tallest lighthouse in England. 127 feet high, and 144 steps to the top, but non-climbers can see the town and coastline with a live camera feed. Wheelchair access to ground floor and toilet. One disabled parking space. Café and gardens. Seasonal opening.

Yorkshire Giant, Market Weighton

William Bradley (1787–1820), the 'Yorkshire Giant' lived in Market Weighton and at 7'9", was the tallest Englishman ever. His house at the junction of York Road and Line Gate can be viewed from the outside, where a cast of his foot can also be seen. There is a statue of him on Holme Road. The Giant Bradley Heritage Trail is marked by 23 life size giant footprints (based on one of Bradleys shoes); a free colour leaflet is available from local outlets. He was buried inside All Saints Church on Market Place and is commemorated in a tablet on the north side of the baptistry. Accessible toilets on Londesborough Road (RADAR key required).



Sports & Outdoor Pursuits

Sports Clubs & Contacts

Activity Alliance

Tel: 0808 175 6991

www.activityalliance.org.uk

The national body for disabled people in sport and physical activity. The charity aims to increase opportunities at all levels of participation.

British Blind Sport

Tel: 01926 424247

Email: info@britishblindsport.org.uk

www.britishblindsport.org.uk

A national charity which enables visually impaired people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK.

Disability Sport Yorkshire

Tel: 01924 372382

Email: staff@disabilitysportyorkshire.org

www.disabilitysportyorkshire.org

The 'go-to' organisation for disability sport; their aim is to address inequality in access to sport for disabled people.

East Riding of Yorkshire Council

Contact: Health and Wellbeing Service

Tel: 01482 393939 (main switchboard)

www.eastriding.gov.uk/leisure/health-and-wellbeing

Contact the council for details of clubs offering sports and activities for disabled people. The clubs are mainly for young people aged 8-16.

Fitmums & Friends

Email: admin@fitmums.org.uk

<https://fitmums.org.uk>

A number of Hull and East Yorkshire-based Run Leaders have undertaken accredited England Athletics Guide Runner training. This enables them to support people with a visual impairment who would like to get involved in fitness walking and/or running. Distances range from one mile up to half marathon distance.

Sports & Outdoor Pursuits

Mencap Sport

Tel: 020 7696 5480

Email: sport@mencap.org.uk

www.mencap.org.uk/about-us/what-we-do/mencap-sport

Mencap Sport aim to increase the opportunities for people with a learning disability to take part in sport and physical activities.

Phab

Tel: 020 8667 9443

Email: info@phab.org.uk

www.phab.org.uk

Provides information about local groups where disabled and non-disabled people can meet and undertake activities on equal terms. Suitable for all ages and abilities and with a wide range of sports and activities.

UK Deaf Sport

www.ukdeafsport.org.uk

Works in partnership with key organisations to ensure that deaf children, young people and adults have equal opportunities to participate and excel in sport and physical activity as their hearing counterparts from grassroots to elite level.

Wetwheels Yorkshire

Whitby Harbour, Whitby, YO21 1YW

Tel: 01947 466566

Email: office@wetwheelsyorkshire.com

<https://wetwheelsfoundation.org>

A Wetwheels Yorkshire experience is designed to enable every disabled person the chance to experience the excitement of power boating. Wetwheels Yorkshire is fully accessible - not just giving you the chance to be a passenger, but also to take the helm as the skipper. They operate across the region, from the North East to the Humber.

Wheelpower

Tel: 01296 395995

Email: info@wheelpower.org.uk

www.wheelpower.org.uk

The national charity for wheelchair sport providing opportunities for disabled people to play sport and lead healthy active lives.

Sports & Outdoor Pursuits

Archery

Burton Constable Company of Bowman

Burton Constable, Skirlaugh, HU11 4LN
Tel: 01482 898093 (club secretary)
www.bccbarchery.co.uk

The club shoots at Burton Constable Hall and has over 100 members with active Senior, Junior and Disabled sections.

Hull Archery Club

Cottingham Parks Golf & Leisure Club, Woodhill, Cottingham, HU16 5SW
Tel: 07886 773110 (text only)
Email: archery@hullarcheryclub.co.uk
www.hullarcheryclub.co.uk

A primarily outdoor archery community meeting on Friday evenings and Sunday mornings subject to weather conditions and daylight availability. The shooting range is equipped with fourteen distant targets which can be adjusted closer to accommodate disabled archers, those in training, and archers who may struggle with limited body strength.

Wyke Archers of Hull & the East Riding of Yorkshire

Tranby School, Tranby Croft, Anlaby, Hull, HU10 7EH
Email: info@wykearchers.co.uk
www.wykearchers.co.uk

A family orientated target archery club for all abilities, affiliated with Archery GB. Archers have full access to the toilet facilities (including the accessible toilet) within the school.

Yorkshire Archery Association

www.yorkshirearchery.co.uk

For a list of clubs and contacts plus tips on how to get started.

Canal & River Cruises

Pocklington Canal Amenity Society

Tel: 01904 489593
Email: book.newhorizons@gmail.com
www.pocklingtoncanalsociety.org

A charity that promotes the canal as an amenity to be enjoyed by everyone, and runs boat trips. There is no access for passengers in wheelchairs, though a small folding wheelchair can be stored in the cabin if the user can safely use the steps. People with mobility issues should be aware that access is down four steps at the front of the boat, but there

Sports & Outdoor Pursuits

are handrails to help. The crew can provide some assistance, but not with lifting passengers. Short trips are run on Sundays and bank holidays from April to October.

Climbing

Rock City Climbing Wall

Hawthorn Avenue, Hull, HU3 5GL

Tel: 01482 223030

Email: info@rockcity.co.uk

www.rockcity.co.uk



One of the UK's largest indoor climbing centres. The centre is wheelchair friendly with an accessible toilet, but they do not have a hoist, so climbers would need to be able to stand up and support their own body weight.

Flying

Aerobility

Tel: 0303 303 1230

Email: frontdesk@aerobility.com

www.aerobility.com

A charity offering disabled people the opportunity to fly an aeroplane. They provide 'experience of a lifetime' trial flying lessons for as many terminally ill and disabled people as possible every year, as well as subsidised flying days for other disability charities and at-cost instruction and qualification flight training to disabled people.

Flyability

Tel: 0116 289 4316 (BHPA office)

Email: contact@Flyability.org.uk

www.flyability.org.uk

Flyability is the disability initiative of the British Hang Gliding & Paragliding Association (BHPA) and strives to motivate disabled people to become involved in the sport of hang gliding and paragliding, and to train as pilots.

Water Sports

East Yorkshire Canoe Club

South Ings Lane, North Cave, HU15 5PA

Email: information@gmail.com

www.eycc.org

Sports & Outdoor Pursuits

A large and active club based in North Cave, with over 100 members of all ages and abilities.

Kingston Kayak Club

Albert Avenue, Anlaby Road, Hull, HU3 6QE

Email: secretary@kkc.org.uk

www.kkc.org.uk

The club runs sessions on Monday nights. The club is inclusive and has made reasonable adjustments to assist those with physical impairments in enjoying the sport. There is a requirement to swim 50m unaided.

Welton Waters Adventure Centre

Common Lane, Welton, Brough, HU15 1PT

Tel: 01482 668277

Email: info@wwac.org.uk

www.wwac.org.uk

A Royal Yachting Association approved 'Sailability' centre, bringing boating to people with any disability. They have a range of accessible craft available including 'Access 303' dinghies and a wheelchair accessible powered Wheelyboat. The centre offers a wide range of land and water-based activities to suit all ages and abilities.

Welton Sailing Club

www.weltonsc.org

Based at Welton Water near the Humber Bridge. They welcome all abilities. Club facilities are accessible, and members can hire an 'access' dinghy designed for disabled sailors.



Clubs & Contacts

'All Ride' at Bridlington North Promenade

Victoria Terraces, North Parde, Bridlington

Tel: 01482 844422

Email: info@r-evolution.org.uk

A cycle hire scheme run by the charity R-evolution, aimed at people with disabilities, their families and their carers, offering adapted bikes and safe cycle routes along the North Promenade on Fridays between April and October. Bikes are free to borrow; ring to book in advance.

Beech Holme Tandem Club

Sight Support, 466 Beverley Road, Hull, HU5 1NF

Tel: 01482 342297

Email: info@sightsupport.org

www.sightsupport.org

A club formed in 1950 so that blind back riders could enjoy the pleasures of cycling through the countryside with sighted front riders. The club goes out every Wednesday night throughout the year (unless foggy or icy), cycling 20 to 25 miles around the East Riding and sometimes North Lincolnshire. They also run longer rides on Sundays.

Bikeability

Tel: 01223 606027

Email: contactus@bikeability.org.uk

www.bikeability.org.uk

Bikeability is today's cycle training programme; it's about gaining practical skills and understanding how to cycle safely on today's roads. Search their website to find a Bikeability Cycle Trainer near to you.

British Cycling (Breeze Rides for Women)

www.letsride.co.uk/breeze

British Cycling's Breeze programme organise guided cycle rides for women from 3 to 30 miles. All ages and abilities are welcome.

Cycling UK

Email: bigbikerevival@cyclinguk.org

www.cyclinguk.org/bigbikerevival

Cycling UK run the Big Bike Revival events designed specifically for adults who do not cycle or have not cycled for a while. They offer opportunities to get cycles fixed, learn new skills or take part in a local led ride.

East Park Adapted Cycling Scheme

Holderness Road, Hull, HU8 8JU

Tel: 01482 616878 (to register and book a cycle)

Email: eastparkcycles@hullcc.gov.uk

www.liveithull.co.uk/parks/adapted-cycling-scheme

Enjoy cycling in a relaxing outdoor environment in Hull's flagship park. The Adapted Cycling Scheme has a wide variety of adapted bikes for use by disabled people and their families/carers. Accessible and Changing Places toilet in the park.

Sustrans

Tel: 0113 245 0006 (Yorkshire and The Humber)

Email: Englandnorth@sustrans.org.uk

www.sustrans.org.uk

Sustrans works on practical projects to encourage more people to walk, wheel and cycle. They also maintain and produce information on the National Cycle Network.

The Tandem Club

Email: disabilities@tandem-club.org.uk

www.tandem-club.org.uk

The Tandem Club has a Disabilities Liaison Officer who may be able to help with queries related to disabled and visually impaired cyclists. The club cannot offer tandems for loan but can advise on groups who do. They produce a bi-monthly talking journal for visually impaired members.

Cycle maps

East Riding of Yorkshire Council

Email: transport.policy@eastriding.gov.uk

www.eastriding.gov.uk

Publishes online cycle maps for Beverley, Bridlington, Driffield, Goole, Haltemprice, North Holderness, Pocklington and South Holderness. Contact the council if you would like a printed copy posted to you. You can also pick them up from your local Tourist Information Centre.

Hull Cycle Map

www.travelhull.co.uk/bike/cycle-map

The Trans Pennine Trail

Tel: 01226 772574

www.transpenninetrail.org.uk

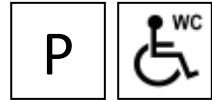
The trail is covered by three maps and an accommodation and visitor guide.

Cycle Routes

The following are some of the enjoyable traffic-free routes that we know of in East Yorkshire; certain sections may also be accessible to wheelchair users. Most routes are part of the National Cycle Network; maps of them can be downloaded from the Sustrans website: www.sustrans.org.uk

Hudson Way Rail Trail

www.eastridingcoastandcountryside.co.uk



An 11 mile route linking Beverley and Market Weighton. Start at the free car park in Londesborough Road, Market Weighton. There are accessible toilets opposite. Two sections of the route have been designated nature reserves. The surface is compacted gravel, shared with horse riders and can be muddy in places. Take care at the road crossings where the old railway bridges have been removed. You can download a map from the website above.

Humber Bridge

Tel: 0113 245 0006 (Yorkshire and The Humber)
www.sustrans.org.uk



This unique ride is mainly on flat traffic-free paths and enables you to explore both sides of the Humber Bridge with parks, a nature reserve, picnic spots and spectacular views of the bridge. Not to forget you can cycle over the bridge itself! The Sustrans route description starts at Barton-upon-Humber station, but you can equally start the route at Hessle or Ferriby train stations.

Hornsea Rail Trail

www.sustrans.org.uk

The trail follows the track bed of the Hull to Hornsea railway line, built in 1864. The 13 mile trail forms part of the Trans Pennine Trail and is suitable for cycling, walking or horse riding. Two sections of the trail; the old Sigglesthorpe Station site and Goxhill to Southorpe, are Local Nature Reserves. Start in Hull, Hornsea or the picnic site at Skirlaugh. Take care at the road crossings where the old railway bridges have been removed.

Selby to Howden

www.transpenninetrail.org.uk

Starting from Selby Swing Bridge, a 3 mile off road route meanders past industrial units and along the flood bank to Cliffe, with a partially on-road extension to Howden, a further 8 miles. The route is rutted in places and would not be suitable for wheelchair users, though our Selby disability tandem club have ridden on it and say it is 'passable' on their tandems. Details of the route can be found on the TPT website.

Cycling

Trans Pennine Trail

Tel: 01226 772574

Email: info@transpenninetrail.org.uk

www.transpenninetrail.org.uk

A 215 mile coast to coast route between Liverpool and Hull, with extensions to the seaside towns of Southport and Hornsea. Much of the trail has level, surfaced, traffic-free paths. The trail is covered by three maps – contact the TPT office for more information.

York to Selby

www.sustrans.org.uk

A 14 mile cycle route running south from York on a mainly traffic-free path through the flat, arable landscape of the Vale of York to Riccall and on towards Selby. Along the way, you can see the 'Cycle the Solar System' artwork commissioned by Sustrans; between Bishopthorpe and Riccall there are scale models of the planets, the correct distance (proportionally) from the Sun and from each other.



Fishing

Open Country does not profess to be an authority on fishing; the entries here are just a sample of fishing areas that we know are accessible.

Inclusion in this guide may indicate easy access, wheelchair accessible platforms and toilets. We would always advise you to contact the site management for further information before visiting.

Do remember that all fresh water fishing in England requires both a permit from the owner or manager of the water in question and an Environment Agency National Rod Licence. Licenses are available to buy online at www.gov.uk/fishing-licences, at Post Offices and tackle shops, or by ringing the Environment Agency on 0344 800 5386. You may be eligible for a concessionary licence.

Angling Trust

Tel: 0343 5077 006

Email: admin@anglingtrust.net

www.anglingtrust.net

The Angling Trust represents all game, coarse and sea anglers in England. They lobby government, campaign on environmental and angling issues and run national and international competitions. You can search for your nearest fishery or club on their website.

British Disabled Angling Association (BDAA)

Email: info@bdaa.co.uk

www.bdaa.co.uk

The BDAA was founded in 1996 to develop opportunities for disabled people of all ages and abilities to access the activity of fishing in the UK.

Canal & River Trust

Tel: 0303 040 4040 (Customer Services Team)

www.canalrivertrust.org.uk/see-and-do/fishing

You can search the Canal & River Trust's online directory, which lists over 6,000 fishing venues nationwide. There is also information about fishing guidelines and a fish species guide.

Environment Agency Flood Information Service

Tel: 0345 988 1188 (24-hour Floodline)

Textphone: 0345 602 6340 (for the hard of hearing)

<https://flood-warning-information.service.gov.uk/river-and-sea-levels>

For information on levels in your local rivers you can call the Floodline number. Alternatively, you can check the online map using the link above.

Fishing

Brough Fishery Complex

Common Lane, Nr Welton Waters, Brough, HU15 1PJ

Contact: Hull & District Anglers Association

Tel: 07463 806653 / 07811 897033

www.hdaafishing.co.uk

Several pegs suitable for disabled anglers. Accessible toilet and parking behind or close to all the pegs.

Driffield Canal

Wansford Lock, Nr Driffield, YO25 8NT

Contact: Hull & District Anglers Association

Tel: 07463 806653 / 07811 897033

www.hdaafishing.co.uk

Four miles in length. Parking in Wansford village where there are purpose-built fishing stances for anglers with disabilities.

East Park Lake

Holderness Road, Hull, HU8 8JU

Tel: 01482 300300 (Hull City Council)

www.liveithull.co.uk/parks/east-park

Level access around the park and accessible toilets in the Pavilion café.

Eastrington Ponds Nature Reserve

Howden Road, Eastrington, DN14 7PL

Tel: 01482 395210

www.eastridingcoastandcountryside.co.uk

Good accessibility around the pond on hard level paths. Many of the pegs are suitable for anglers with disabilities.

Moorfields Farm Fisheries

Moorfields Farm, Goole Fields, Goole, DN14 8BQ

Tel: 07710 817150

Email: djohnson890@btinternet.com

www.moorfieldsfarmfisheries.co.uk

Parking close to the lakes, toilet facilities and access for disabled anglers.

Oak Road Pond

Oak Road Park, Beresford Avenue, Hull, HU6 7NG

Contact: Hull & District Anglers Association

Tel: 07463 806653 / 07811 897033

www.hdaafishing.co.uk

18 disabled pegs, accessed by hard paths. Disabled anglers can drive through the park to access the pond by prior arrangement.

Horse Riding

Riding for the Disabled

Riding for the Disabled Association (RDA)

Tel: 01926 492915

Email: info@rda.org.uk

www.rda.org.uk

Provides disabled people of all ages with the opportunity to ride and/or carriage ride for the general benefit of their health and well-being. There are several centres in East Yorkshire offering riding for disabled sessions.

Horse racing

Beverley Racecourse

The Racecourse, York Road, Beverley, HU17 8QZ

Tel: 01482 867488

Email: hello@beverley-racecourse.co.uk

www.beverley-racecourse.co.uk



There are around 18 flat race meetings a year between April and September. Wheelchair friendly throughout most areas of the course, with disabled viewing stands overlooking the track and parade rings and Blue Badge car parking close to the racecourse. Wheelchair available for loan but book ahead to reserve. Accessible toilets in all enclosures; RADAR key required. Admission for carers is free.

Wildlife Clubs & Organisations

British Trust for Ornithology (BTO)

Tel: 01842 750050
Email: info@bto.org
www.bto.org

The BTO have a broad range of surveys for volunteers to participate in, including the 'Garden BirdWatch' and 'Nest Record Scheme'. The surveys are a great way to help wildlife from your home by making an important contribution to the understanding of the UK's birds.

Butterfly Conservation

Tel: 01929 400209
Email: info@butterfly-conservation.org
www.butterfly-conservation.org

A national charity devoted to saving butterflies, moths and their habitats throughout the UK. You can take part in the annual Big Butterfly Count in your garden or local area, which usually takes place in July and August.

East Yorkshire Badger Protection Group

Email: info@eastyorksbadgers.co.uk
www.eastyorksbadgers.co.uk

Devoted to the welfare of badgers and other wildlife. The group covers the 'old' East Riding of Yorkshire, from Filey in the north down to Spurn Point in the south and out west as far as York and Goole.

East Yorkshire Bat Group

Contact: Claire Storey, Group Secretary
Tel: 01904 608646
Email: Eastyorkshirebatgroup@hotmail.com
<https://eastyorksbatgroup.wixsite.com/eybg>

Carries out surveys of bat roosts, habitat, feeding and hibernation sites in the county as well as giving advice to householders and running educational visits and events.

Friends of Humber Bridge Country Park

Email: fohbcp_secretary@yahoo.co.uk
<https://sites.google.com/site/fohbcp>

You can join the group on their conservation activities and/or indoor meetings. Everyone is welcome!

Wildlife Clubs & Organisations

Hull Natural History Society

Email: info@hullnats.org.uk
www.hullnats.org.uk

The group studies, records and conserves wildlife in the Hull and East Riding area. They conduct weekly field meetings on Tuesday evenings between May and September each year. These are usually to sites within Hull or the surrounding East Riding of Yorkshire. They also have a programme of monthly field trips where they travel further afield.

RSPB

Tel: 01767 680551 (UK Headquarters)
www.rspb.org.uk

The RSPB is a charity for the conservation of birds and nature. You can help out the wildlife in your garden by taking part in their annual 'Big Garden Birdwatch' in January; the world's largest garden wildlife survey. Their website also has advice for disabled bird watchers. There are local groups in East Yorkshire see - www.rspb.org.uk/localgroups:

- **East Yorkshire Local Group**

<https://group.rspb.org.uk/eastyorkshire>

There is disabled access and an accessible toilet at the indoor meetings, held at North Bridlington Library, Martongate.

- **Hull and District Local Group**

<https://group.rspb.org.uk/hull>

South Holderness Countryside Society

<https://southholdernesscountrysidesociety.com>

The group is dedicated to educating members of the public on matters relating to natural history and conservation. They organise monthly indoor meetings and group conservation tasks.

Yorkshire Wildlife Trust

www.ywt.org.uk/volunteer/east-yorkshire

Yorkshire Wildlife Trust is a charity dedicated to conserving, protecting and restoring wildlife and wild places in Yorkshire. They look after over 100 nature reserves right across Yorkshire, and are involved in hundreds of other conservation-related projects. Contact their regional offices for more information:

- **Living Seas Centre**, South Sea Road (South), Flamborough, YO15 1AE. Tel: 01262 422103
- **Spurn Discovery Centre**, Spurn Road, Kilnsea, Hull, HU12 0UH
Tel: 01964 650144

Accessible Wildlife Sites

Wildlife watching is an enjoyable and peaceful past time where you can develop your skills at your own pace. Below are some accessible sites in which you can enjoy, watch and study wildlife and nature.

This picture denotes an accessible bird hide is on site:



Allerthorpe Woods

Common Lane, York, YO42 4DB

Tel: 0300 067 4300

www.forestryengland.uk/allerthorpe-woods

A large woodland 4 miles west of Pocklington managed by Forestry England. Some of the ancient heathland areas are maintained by the Yorkshire Wildlife Trust. Car park off Common Lane (charges apply). Across the road from the car park there is a wide, flat track which runs for about half a mile and allows you to explore the woodland and enjoy the birds and other wildlife; you might even be lucky enough to spot an adder! The nearest accessible toilets are on Railway Street in Pocklington (RADAR key required).

Barmby on the Marsh Wetlands

Barmby-on-the-Marsh, Goole, DN14 7HX



A small wetland nature reserve, located at the meeting point between the River Derwent and River Ouse and at the very southern tip of the Lower Derwent Valley (LDV) National Nature Reserve. The reserve is a Site of Special Scientific Interest (SSSI), designated for its importance for wildfowl and lowland waders. Accessed via the end of the High Street, Barmby-on-the-Marsh. Accessible toilets, picnic tables and Blue Badge bays in the car park and benches along the way. A tarmac path from the car park takes you across the tidal barrage to a fence line with viewing slots, though they may not be easy for wheelchair users to see through. At the time of visiting there were plans to build a new bird viewing shelter/hide. Watch this space!

Bempton Cliffs RSPB

Cliff Lane, Bempton, YO15 1JF

Tel: 01262 422212

Email: bempton.cliffs@rspb.org.uk



This sea cliff bird reserve is home to one of the UK's top wildlife spectacles; half a million seabirds gather here between March and August to raise a family on towering chalk cliffs, including gannets, guillemots, razorbills and puffins. Some cliff edge viewpoints are accessed via a hard-surfaced path and have wheelchair bays. Information centre, tea room, picnic area and accessible toilets on site. Trumper mobility scooters and manual wheelchairs are available to borrow; donations are appreciated, best to book in advance. Admission charge; carers free.

Accessible Wildlife Sites

Blacktoft Sands RSPB

On a minor road off the A161 to Redness & Ousefleet, South of Goole, DN14 8HR

Tel: 01405 704665

Email: blacktoft.sands@rspb.org.uk

www.rspb.org.uk



England's largest intertidal reed bed and one of the country's top sites for migrating birds. A good place to see avocets, marsh harriers and bearded tits. There are good level paths, six accessible hides, an accessible toilet, manual wheelchair loan available and a small visitor centre selling snacks and hot drinks.

East Park, Hull

Holderness Road, Hull, HU8 8JU

Tel: 01482 300300

www.hullcc.gov.uk



Hull's largest park, which includes a 30 acre lake, floral displays and a sensory garden. Over the years, a variety of rare birds ranging from a Bufflehead to a Laughing Gull have been spotted here. The park is also home to an Animal Education Centre. Good level access around the park. Accessible toilets in the Pavilion café.

Far Ings National Nature Reserve

Far Ings Road, Barton-upon-Humber, North Lincolnshire, DN18 5RG

Tel: 01652 637055 (Visitor Centre enquiries)

Email: faringscentre@lincstrust.co.uk

www.lincstrust.org.uk/far-ings



A Lincolnshire Wildlife Trust Site situated on the south bank of the Humber Estuary; a major east-west flyway for migrating birds and one of the UK strongholds for bittern. The pits and reedbeds are a legacy of the tile and cement industry which flourished between 1850 and 1959. The visitor centre has a small shop and you can enjoy a panoramic view of the reserve from upstairs (lift available). Two of the hides have wheelchair access. Accessible toilets and parking next to the visitor centre.

Hornsea Mere

Off Queens Gardens, Hornsea, HU18 1AX

The Mere is part of the Wassand Estate and the largest freshwater lake in Yorkshire. It is an area rich in bird life, attracting large numbers of overwintering ducks and geese. Follow Queens Gardens, off the B1242 and you will come to a viewpoint with a café and car park and plenty of seating to enjoy the lovely view! The café has a slight step/lip at the entrance, but should be negotiable with most wheelchairs. There are

Accessible Wildlife Sites

toilets inside the café including a large one with ramped access, but no hand rails; the nearest fully accessible toilets are on Cinema Street and Marine Drive in Hornsea – RADAR key required.

North Cave Wetlands

Dryham Lane, Brough, HU15 2LY
Tel: 01904 659570 (YWT Head Office)
www.ywt.org.uk



This still-expanding Yorkshire Wildlife Trust nature reserve was a former sand and gravel workings. It has up to 2% of the national breeding population of avocets, one of Yorkshire's biggest sand martin colonies and up to 2,000 pairs of black-headed gulls, a nationally significant number. Footpaths are mainly made of stone and grass - all on a flat level. The stone paths are accessible all year round but grass paths can get very muddy in winter. Most of the hides are wheelchair accessible, except for Turret Hide which has steps up to it. Accessible compost toilets and a sheltered picnic area overlooking a bird feeding station are situated near to the entrance. There is a great little mobile café selling hot drinks and snacks in the car park most days (early morning to early afternoon).

North Duffield Carrs

Car park one mile east of North Duffield, off the A163.
Tel: 0300 060 3900 (Natural England switchboard)
www.naturalengland.org.uk/lowerderwentvalleynnr



The reserve is part of the Lower Derwent Valley National Nature Reserve and includes a level trail taking you alongside flood meadows which supports wintering and breeding wildfowl and waders. There is an accessible bird screen and hide along the trail. Some sections can be prone to flooding in the winter. The nearest accessible toilets are in Bank Island car park, south-east of Wheldrake, on the road to Thorganby.

Spurn National Nature Reserve

Spurn Head, south of Kilnsea, Hull, HU12 0UH
Contact: Yorkshire Wildlife Trust
Tel: 01964 650144
Email: spurn@ywt.org.uk
www.ywt.org.uk



About 25 miles south east of Hull; from Easington follow the B1445 to Kilnsea. A unique coastal reserve, this 3½ mile long narrow sandy peninsula stretches out across the mouth of the Humber into the North Sea. Perfect opportunities for watching birds (especially on migration) and coastal wildlife, and exploring its fascinating history. Spurn Discovery Centre has a café, shop, information displays, accessible toilets and Blue Badge parking nearby. There is no vehicular access down to the Point and limited wheelchair access due to the sandy nature of the

Accessible Wildlife Sites

terrain. The car park on Easington Road has accessible toilets, Blue Badge parking and great sea views and opportunities to bird watch.

The Deep

Tower Street, Hull, HU1 4DP
Tel: 01482 381000
www.thedeep.co.uk



Harbour Porpoises can often be seen around the Humber, especially in spring. The viewing gallery at The Deep is reputed to be a good vantage point; see www.wdcs.org.uk and *Outings – page 10*.

Tophill Low Nature Reserve

Watton Carrs, Hutton Cranswick,
Drifffield, YO25 9RH
Tel: 01377 270690
www.tophilllow.blogspot.com



Off the A164 Beverley to Drifffield Road near Hutton Cranswick. The reserve is an active Yorkshire Water Treatment Works built in 1959 and opened as a nature reserve in 1993. It features 12 hides (7 of which are wheelchair accessible) spread across a 300 acre site that flanks the River Hull. Two reservoirs dominate the reserve and have SSSI status for their massive wildfowl numbers. Around the perimeter is a network of marshes, ponds, woodland and grassland. Visitor centre, car park with disabled bays, accessible toilet and picnic areas. Admission charge, available from the car park machine. Most of the reserve is accessed by easy, level paths, though a few mown paths can become muddy in winter. Mobility scooter available for loan by advance arrangement.

Waters' Edge Country Park

Waters' Edge Visitor Centre, Maltkiln Road,
Barton upon Humber, North Lincolnshire, DN18 5JR
Tel: 01652 631500
www.northlincs.gov.uk



Situated on the waterfront next to the Humber Bridge. The park has a variety of habitats including reed beds, woodlands and wildflower meadows and is home to rich and varied wildlife including many rare and migratory birds. The main pathways are gravel, though they can be uneven in places. There is a wooden boardwalk across the lake near the visitor centre and several routes around the park of varying lengths. The visitor centre has a café and accessible toilets.

Accessible Wildlife Sites

Notable Others...

Outside East Yorkshire, these reserves have been included as they offer some of the finest and most accessible bird watching in the country.

Fairburn Ings RSPB

Newton Lane, Castleford, WF10 2BH

Tel: 01977 628191

Email: fairburn.ings@rspb.org.uk



600 acres of wetland close to the A1. The reserve has several accessible bird hides and boardwalks, as well as a visitor centre with an accessible toilet, refreshments for sale and an indoor picnic area overlooking a bird feeding area. A mobility scooter is available to borrow; best to book in advance. Further afield, most paths are accessible to wheelchair users though there are some undulating areas. The Lin Dike Link and Coal Tips trails provide up to four miles of gravel paths running alongside the River Aire. Parking charge for non-members, free for Blue Badge holders.

Dearne Valley – Old Moor RSPB

Old Moor Lane, Wombwell, Barnsley, S73 0YF

Tel: 01226 751593

Email: old.moor@rspb.org.uk



A wide variety of wetland habitats with accompanying bird, plants and animal life. During the winter it is an important stopping off point for ducks, geese and swans plus 8,000 golden plovers! Most paths are hard-surfaced and on a flat level. All hides and screens are wheelchair accessible. Mobility scooters are available to hire from the visitor centre for a small fee; booking is advised. Café on the first floor, accessed via the lift and plenty of picnic tables in the courtyard and on the reserve to eat your sandwiches! There is a height barrier in the car park; if you are in a large vehicle, phone ahead to arrange access or ring the intercom button on the drive before the car park. Admission charge, carers free.

Potteric Carr Nature Reserve

Contact: Yorkshire Wildlife Trust

Mallard Way, Doncaster, DN4 8DB

Tel: 01302 325736

Email: potteric.carr@ywt.org.uk

www.ywt.org.uk/potteric-carr



The reserve has much to offer wildlife enthusiasts with around 70 breeding bird species and an array of interesting plants and insects. The visitor centre, café and shop are fully accessible. Most of the paths are well surfaced and suitable for wheelchairs, as are most of the bird hides, though some paths can get muddy after wet weather; ask at the visitor centre for advice before heading out. Admission charge, carers free.

Local Nature Reserves

Contact: Countryside Access Team, East Riding of Yorkshire Council

Tel: 01482 395210

Email: countryside.access@eastriding.gov.uk

www.eastridingcoastandcountryside.co.uk

Local Nature Reserves are places for people and wildlife. They have wildlife or geological features that are of local interest and can provide people with study and learning opportunities or to simply enjoy having contact with nature. There are 11 Local Nature Reserves in the East Riding of Yorkshire, ranging from windswept coastal headlands, ancient woodlands and flower rich meadows to disused railways and chalk quarries. You can download leaflets which give details on accessibility for each site; they are available in Braille, audio and large print. Some of the reserves are listed below:

Beverley Parks

Long Lane, Beverley, HU17 0RN

The reserve features an orchard, a small wood and two fields which are being restored to a traditional parkland landscape. There is a surfaced level path around the orchard. The path from the car park to the parkland crosses a raised boardwalk with steps. The paths around the parkland are level but unsurfaced.

Danes Dyke

Off Flamborough Road, Bridlington, YO15 1AA

The tree trail through the woods follows surfaced paths. Due to the natural landscape paths crossing the ravine have several flights of steep steps (up to 100 steps). Access to the beach is via steps from the trails or down a steep road from the car park. There is no vehicular access for visitors on this road. A hard surfaced picnic area is located adjacent to the car park, with tables suitable for wheelchair users. There are toilet facilities but no accessible toilet.

Eastrington Ponds

Off Howden Road, Eastrington, DN14 7PL

From the car park there is a surfaced level path which leads around the main pond. The rail trail is firm but unsurfaced, there are steps to the borrow pits. The woodland picnic area is designed for wheelchair users. Nearest accessible toilets are on Charles Briggs Avenue in Howden (RADAR key required).

Howden Marsh

Marsh End, Howden, DN14 7DF

A small nature reserve in the centre of Howden with a mixture of habitats associated with flood meadows and ponds. There is no car park but there

Local Nature Reserves

is on street parking nearby. The reserve has a flat surfaced route and a boardwalk and picnic areas. Nearest accessible toilets are on Charles Briggs Avenue (RADAR key required).

Millington Wood

1 mile north of Millington village, YO42 1TZ

A beautiful woodland reserve. Access to the reserve from the car park follows a surfaced level track. On reaching the central clearing, the path continues on a gradual incline to a long steep flight of steps leading to the High View Point. The nearest accessible toilets are on Railway Street in Pocklington (RADAR key required).

Oakhill Nature Reserve

4A Lidice Road, Goole, DN14 6XL

Oakhill is a 150 acre nature reserve with ponds, meadows, wetlands and woodlands, stretching out beyond Goole. There is a surfaced track from the car park to the main pond. There are surfaced paths around the main pond and brick ponds. Paths through the meadow are firm but un-surfaced. There are three flights of steps in the woods. Free car park, no toilet facilities or refreshments. Nearest accessible toilets are on Estcourt Street in Goole (RADAR key required).



Volunteer Organisations

Try the following places and contacts to find out about local groups and projects in your area:

Community VISION

Morley's Cottage, Morley's Yard, Walkergate, Beverley, HU17 9BY

Tel: 01482 871077

Email: office@communityvision.org.uk

<https://communityvision.org.uk/services/volunteering>

HEY Smile Foundation

Tel: 01482 590270

Email: volunteering@heysmilefoundation.org

<https://heysmilefoundation.org>

Hull CVS (Community and Voluntary Services)

The Strand, 75 Beverley Road, Hull, HU3 1XL

Tel: 01482 324474

Email: enquiries@hull-cvs.co.uk

www.hullcvs.org.uk

Humber & Wolds Rural Action

Tel: 01652 638814

Email: info@hwrcc.org.uk

www.hwrcc.org.uk

Volunteering in the Countryside

East Riding Countryside Volunteers

www.eastridingcoastandcountryside.co.uk/volunteering

Information on the opportunities available to get involved with the coast and countryside teams and community groups.

Friends of Humber Bridge Country Park

Email: fohbcp_secretary@yahoo.co.uk

<https://sites.google.com/site/fohbcp>

You can join the group on their conservation activities, wildlife spotting and surveys, creating trails and panels, or workshops and talks. Everyone is welcome!

Friends of Oakhill

www.oakhillnature.org

The Friends of Oakhill in Goole are a group of volunteers dedicated to maintaining and enhancing Oakhill Nature Reserve and the Brickponds for wildlife. They undertake fundraising, habitat management, survey work and lead free guided walks and educational events.

Hull Valley Wildlife Group

Email: wildlife_barrywarrington@yahoo.co.uk

www.hullvalleywildlifegroup.blogspot.co.uk

The group has been preserving, protecting, improving and recording the wildlife in the Hull Valley area for over 25 years. Their main base is at Tophill Low Nature Reserve where many of the group's members volunteer for activities within the reserve, carrying out essential work such as habitat management. They also have volunteer wardens who help out on site as and when required.

National Trust

www.nationaltrust.org.uk/volunteer

The National Trust has many voluntary options including gardening, leading walks, holiday assistance, wardening, information stewards and conservation tasks.

The Conservation Volunteers

Hull Office: TCV Conservation Centre, 4 Goodwin Parade,
Adelaide Street, HU3 2HA

Tel: 01482 620 309

Email: humber@tcv.org.uk

www.tcv.org.uk/yorkshire/tcv-humber-east-yorkshire

Volunteering in the Countryside

An environmental organisation involving the public in nature conservation work. The practical volunteer groups carry out many conservation tasks throughout the Humber and East Yorkshire region. This is a great chance to learn new skills, meet new friends and enjoy the countryside while carrying out work to help conserve the environment.

South Holderness Countryside Society

<https://southholdernesscountrysidesociety.com>

Set up in 1983 with the primary aim of 'Making a Better Place for Wildlife'. They own Beacon Lagoons, Hollym Carrs and Toffling Hill nature reserves, and are always in need of volunteers to help with conservation work.

Yorkshire Wildlife Trust

www.ywt.org.uk/volunteer/east-yorkshire

There are many voluntary opportunities with the Trust; raking hay meadows, leading rockpooling sessions, keeping watch over their sheep and cattle or providing admin support in the office. Their opportunities range from one-off practical conservation days to regular commitments on reserves or from home, as well as voluntary traineeships. Contact the Trust for more information:

- **Living Seas Centre**, South Sea Road (South), Flamborough, YO15 1AE. Tel: 01262 422103
- **Spurn Discovery Centre**, Spurn Road, Kilnsea, Hull, HU12 0UH
Tel: 01964 650144



RADAR Key & Blue Badge

Disability Rights UK

Tel: 0330 995 0400

Email: enquiries@disabilityrightsuk.org

www.disabilityrightsuk.org

Disability Rights UK works to create a society where everyone with lived experience of disability or health conditions can participate equally as full citizens. Disability Rights UK is led, run and controlled by disabled people.

The RADAR National Key Scheme (NKS) ensures that one key will open wheelchair accessible toilets throughout the country. RADAR padlocks are also increasingly used on many nature reserves and cycle paths. Keys are available directly from Disability Rights UK.

Blue Badge Scheme

www.gov.uk/apply-blue-badge

Blue Badges help people with disabilities or health conditions park closer to their destination. The scheme operates throughout the UK and is managed by local authorities, who deal with applications and issue Blue Badges. Blue Badge holders may:

- Park as long as they wish in a disc parking zone provided that the Blue Badge is displayed.
- Park on a single or double yellow line for up to three hours provided that the Blue Badge and time disc is displayed and the vehicle causes no obstruction.
- Always check individual car parks to see if you are required to pay or not as practice differs widely.

Tourist Information Centres

Beverley

East Riding Treasure House, Champney Road, Beverley, HU17 8HE

Tel: 01482 391672

Email: beverley.tic@vhey.uk

Bridlington

Bridlington Spa, South Marine Drive, Bridlington, YO15 2QQ

Tel: 01262 391634

Email: bridlington.tic@eastriding.gov.uk

Hornsea (Seasonal)

Hornsea Museum, 11-17, Newbegin, Hornsea, HU18 1AB

Tel: 01964 533443

Visit Hull

Tel: 01482 228704

Withernsea (Seasonal)

Withernsea Lighthouse Museum, 47 Hull Road, Withernsea, HU19 2DY

Tel: 01964 614834

Email: info@withernsealighthouse.co.uk

Yorkshire Wolds Heritage Centre

St James Church, The Old Chapel, Warter, Driffield, YO42 1SR

The Countryside Code

The Countryside Code



Your guide to enjoying parks and
waterways, coast and countryside

Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it in any public waste bin or take it home
- care for nature - do not cause damage or disturbance

Enjoy the outdoors

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

www.countryside-code.org.uk



Open Country

Open Country began in 1990 as a temporary project set up to enable adults with a disability to access and enjoy the countryside. Since then, we have developed into a small charity with huge aims! On an average week we run up to twenty-five countryside activities, catering for a range of abilities. Over the years we have been recognised by many awards including the Queen's Award for Voluntary Service.

We lead a wide variety of countryside activities including hiking, wheelchair accessible walks, cycling, conservation projects, nature study and outdoor pursuits. In addition, we are able to offer high quality information, training and advice to organisations wanting to provide better access to their countryside sites and events, as well as individuals and their families wishing to access the countryside independently.

The Open Country staff have joined the charity from a countryside background of work and personal interest. This Directory is just one of the ways in which we try to let people know about what is available to them in their area and how they can get involved.

There are also directories available for North Yorkshire, South Yorkshire, West Yorkshire, County Durham, Lancashire and Teesside. They can be downloaded from:

www.opencountry.org.uk/countryside-access-directories/

Our directories are free but we always welcome donations. You can donate online at www.opencountry.org.uk

Thank you very much!



This Directory was updated with the help of Open Country's volunteers and disabled members.

The authors of this Directory have made every effort to ensure that the information included was correct at the time of going to print. However, we cannot accept any responsibility for any errors or omissions, or any loss or damage arising from the use of this information. We advise Directory users to ensure the suitability of all services described for their individual needs.



We hope to be able to update this Directory in the future. If you have any comments or suggestions, please contact us at:

Open Country

Community House

46 East Parade

Harrogate

North Yorkshire

HG1 5LT

Tel: 01423 507227

Email: info@opencountry.org.uk

www.opencountry.org.uk



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