**Countryside Activities Programme for Harrogate April to June 2025**

**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.

**ADVENTURE CLUB**

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

**Saturday 26th April**

**BARGING ABOUT**

A welcome narrowboat cruise upon the Calder and Hebble Navigation with our friends from the *Safe Anchor Trust*.

**Cost: £7 Trip: £12 Travel: 1¼ hours**

**Saturday 3rd  May**

**ADAPTED CYCLING**

Visit Thornes Park Stadium, Wakefield, where we can ride a variety of adapted cycles around the athletics track.

**Cost: £4 Trip: £12 Travel: 1¼ hours**

**Sunday 1st June**

**PADDLE BOARDING**

A return to our friends at Ellerton Park.

**Cost: £15 Trip: £12 Travel: 1 hour**

**Friday 13th June**

**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**

**OUTINGS GROUP**

Open to anyone with a physical disability or sensory impairment, we visit a wide range of wheelchair accessible locations.

**Sunday 13th April**

**BY GEORGE!**

Celebrate St. George (who was actually Turkish!) and all things English at a local village hall, including welly-wanging, longsword dancing and maybe bog snorkelling. There will be liberal helpings of pie and peas too!

**Cost: £20 Trip: £10 Travel: ½ hour**

**Sunday 20th April**

**MURTON PARK**

One-stop shop, including the Yorkshire Museum of Farming, farm animals, a steam railway and historic buildings.

**Admission: £18 Trip: £12 Travel time: 1¼ hours**

**Sunday 27th April**

**BOLLING BLOSSOM**

A visit to the annual Cherry Blossom Festival at Bolling Hall in Bradford.

**Admission: Donations, please**

**Trip: £10 Travel time: 1 hour**

**Saturday 10th May**

**THIRSK QUENCHER**

Visit a traditional Yorkshire market, then pop into Thirsk Garden Centre for a well-earned cuppa in the afternoon .

**Cost: Variable Trip: £12**

**Travel time: ¾ hour**

**Sunday 18th May**

**MONK PARK FARM**

An open farm near Thirsk, set in 84 acres of beautiful countryside

**Admission: £12 Trip: £12**

**Travel time: 1¼ hours**

**Saturday 31st May**

**LOTHERTON HALL**

Bring a picnic to enjoy in the grounds of this famous country house near Aberford.

**Admission: £10.50, Carers FREE**

**Trip: £10 Travel time: 1 hour**

**Saturday 7th June**

**MORECAMBE**

Fun and frolics on Lancashire’s Riviera.

**Admission: FREE Trip: £12**

**Travel time: 2 hours**

**Saturday 14th June**

**REDCAR KITE FESTIVAL**

Plagued by the wind? Well, come along to this seaside kite festival and you’ll soon come up trumps.

**Admission: FREE Trip: £12**

**Travel time: 1¾ hours**

**Sunday 22nd June**

**SHIBDEN HALL**

Historic hall and grounds in the Shibden Valley, Halifax - home to Anne Lister, whose life inspired the Gentleman Jack character. Only the ground floor of the Hall is wheelchair accessible.

**Admission: £10, Carers FREE**

**Trip: £12 Travel time: 1¼ hours**

**WILD THINGS**

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

**Saturday 12th April**

**HOP IT!**

A look for frogs, toads and newts in some local ponds

**Admission: FREE Trip: £10**

**Travel time: 1/2 hour**

**Saturday 17th May**

**PEREGRINE PATROL**

We’ll have a go at spotting the nesting peregrine falcons at Malham Cove.

**Admission: FREE Trip: £12**

**Travel time: 1¼ hours**

**Sunday 15th June**

**FLOWER POWER**

A botanical trip to enjoy some of Yorkshire’s flower-rich nature reserves

**Admission: FREE Trip: £12**

**Travel time: 1 hour**

**TANDEMONIUM!**

Our six tandem clubs are based in Harrogate, Ripon, Selby, Wakefield, Wetherby and York.

The 2025 tandem season begins on 1st April. Excitingly, we’ll be joined by our seventh club - this time on Teesside!

The date of our tandem weekend is **27th - 29th June 2025,** when we will cycle the 81-mile ‘Bay Way’ between Walney Island and Glasson Dock. Staying at *Witherslack Bunk Barn*, the cost for the whole weekend is £250.

**SPIN CLASSES**

We 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!

**Mondays**

*Spin class (*exercise bikes & music with Ella Dixon*)* 6.30-7.30pm.

**EASY GOING WALKS**

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

**Saturday 5th April**

**DAFF A MINUTE**

See the world-famous Farndale Daffodils.

**Admission: FREE Trip: £12**

**Travel time: 1½ hours**

**Sunday 11th May**

**TOWPATH TREK**

A there-and-back walk along the Leeds Liverpool canal.

**Admission: FREE Trip: £10**

**Travel time: 1 hour**

**Saturday 28th June**

**HUMBER BRIDGE**

A walk across this most iconic of bridges.

**Cost: £2 Trip: £12**

**Travel time: 1½ 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:

**Saturday 5th April**

**MEANWOOD VALLEY TRAIL**

Distance: 6 miles

Travel time: 40 minutes

**Saturday 19th April**

**HELMSLEY &**

**DUNCOMBE PARK**

Distance: 5½ miles

Travel time: 50 minutes

**Saturday 17th May**

**KNARESBOROUGH**

Distance: 5 miles

Travel time: 40 minutes

**Sunday 8th June**

**OSMOTHERLEY & COD BECK RESERVOIR**

Distance: 5 miles

Travel time: 50 minutes

**Saturday 21st June**

**BYLAND ABBEY**

Distance: 5½ miles

Travel time: 45 minutes

**SELBY WALKING GROUP**

**Sunday 6th April**

**MILLINGTON**

**& WOLDS WAY**

Distance: 6 miles

Travel time: 45 minutes

**Sunday 4th May**

**NUN MONKTON**

Distance: 5 miles

Travel time: 30 minutes

**Sunday 29th June**

**ANGLERS**

**COUNTRY PARK**

Distance: 5 miles Travel time: 45 minutes

**ALLOTMENT GROUP**

Our intrepid allotment group lives life on the veg. Join in with the 24-carrot fun!

Or why not pop in any time between 10am and 2pm, on **Friday 9th May**, when we will be showcasing our great allotment work as part of Yorkshire Wildlife Trust’s ‘Wildlife Friendly Open Gardens’ initiative.

Please get in touch if you want to book on anything: 01423 507227