Wheeling on the wilder side.

Introduction and foreword.

Welcome to this my first written guide to accessible places. Since 2014 I have had to use a manual wheelchair as my legs and body from the chest down have no physical ability. Paralysed at chest level (T6 complete).
For my wanders I use a Tilit manual wheelchair, which can be fitted with a Batec Scrambler electric motorised front attachment, This converts my manual wheelchair into a powered trike, with reasonable off road capabilities, allowing myself to travel around 30 miles, without recharging the battery. I also use a pair of Loopwheels on my wheelchair, these I have found to be excellent at absorbing the bumps of the trails I am travelling along, this reduces my spasms and I firmly believe results in less fatigue from being out in my wheelchair all day.

I carry with me a zoom lens and camera, (Canon R5, with a 100-500mm RF lens), as well as a further Canon 6Dmk2 camera, fitted usually with a 100mm EF macro lens. Allowing me to cover most subjects that I might happen across. The R5 Canon is a real game changer for anyone wanting good quality images and especially for people like myself who have a greatly restricted level of body function, ability and control.

I have amassed an extensive knowledge of other types of mobility equipment, that is widely available and in use. When researching accessible places to explore, and visit ,I was disappointed at the lack of access in many places. I was also disappointed that getting good quality tested information was very difficult. I wanted to research locations we might visit before I visited, so not to find barriers or issues there ahead of my visit. I hoped this information would help me decide if a location was a suitable and safe place for myself and my equipment. So many questions arise during this research process – Are there steps, is there a stile, is the ground cambered or sloped steeply, are there any narrow gaps or bridges, will I be able to access any of the buildings, is there any visitor facilities, disables toilets. Is there parking for people with vans and using a Blue Badge, are dogs permitted? (Mine usually are, as they are both assistance service dogs).

If you too have any kind of accessibility issue, I am sure the points mentioned above will resonate with you! Incidentally, many of these issues also effect people who need to take prams, pushchairs, strollers with you.

I have now visited well over 120 outdoor locations, nature reserves, country estates, places to experience nature and our wonderful country. I am based in Yorkshire, and am planning on further travels around the UK. I hope people will also submit their favourite accessible places so the data and information covers far further afield. Please look at the routes for an idea about what information I need should you wish to submit a route for me to include, and your name so I can credit the route to yourself if you wish. A few photographs are helpful too.

My reason for staring this guide was that it would be such a waste of gained knowledge and my experience if I didn't make this information available for others to access freely. I owe a dept to the natural world and nature. Accessing the natural world and our wilder places is simply what has helped me to come to terms with my far less abled body. It has also helped me to distract myself from the neuropathic nerve pain that having a severed spinal cord has left me with. This is one way I can pay back the debt I owe and perhaps hopefully help other people to find their own peace – reconnect with nature and the natural world and have confidence to explore the places I have already visited.

I write my routes based on a manual wheelchair user– many of the distances of the routes can be miles / km's. Distances I would not be able to cover just using my standard manual wheelchair, carrying camera equipment and usually with one of the dogs at my side.
If a slope is beyond reasonable, I will mention it in my guides, i.e., manual wheelchair users may need assistance.

Please drop me an e mail if you want me to include one of your favourite accessible routes. peter.lau@sky.com

Nb, my findings at the time of my visit form what I write in my route guides. The natural world, and the infrastructure in place can also change – so please do visit and do your own route risk assessment as you explore and make progress. I would also advise you check with the operators of the site (web site details are supplied in the guides) to ensure the venue is open, and if there any issues such as tree felling operations or other issues that can crop up in the countryside.

Route guides. In alphabetical order.

Adel Dam Yorkshire Wildlife Trust & Golden Acre Park, Leeds. West Yorkshire.

Adwick Washlands. RSPB, South Yorkshire.

Alkborough Flats, Alkborough Village, North Lincolnshire.

Alnwick Castle & Gardens, Alnwick, Northumberland, NE661QN.

Anglers Country Park, Wakefield. West Yorkshire.

Arradon Coastal path, Arradon, Brittany, France.

Askham Bog Nature Reserve, Yorkshire Wildlife Trust, York. North Yorkshire.

Attenborough Nature Reserve, Nottingham.

Avon Trail, Conham.

Baitings Reservoir and dam, Ripponden, Sowerby Bridge, West Yorkshire, HX6 4LR.

Balmoral loop, Crathie, Aberdeenshire, Scotland.

Bempton Cliffs, (RSPB) Bempton. East Yorkshire.

Bolton On Swale, Yorkshire Wildlife Trust Nature Reserve, Catterick, North Yorkshire.

Blacktoff Sands RSPB, Lincolnshire.

Bridgewatee Gardens RHS.

Bristol to Bath Cycle Path, Bristol.

Brockholes Nature Reserve, Lancashire Wildlife Trust, Near Preston.

Calke Abbey, gardens and estate, Derbyshire, Ticknall. Derbyshire, DE73 7JF.

Castle Hill, Huddersfield. West Yorkshire.

Centenary Riverside, Yorkshire Wildlife Trust, Rotherham. South Yorkshire.

Chatsworth Estate, Gardens and ground, Bakewell, Derbyshire, DE45 1PP.

Clumber Park, National Trust, Worksop, S80 3AZ. South Yorkshire.

Cromwell Bottom Nature Reserve Elland. West Yorkshire.

Cusworth Hall & Gardens, Cusworth, Doncaster, South Yorkshire, DN5 7TU.

Dartington Hall, Gdns and Estate. Devon, TQ9 6EL.

Deeside Way, Ballater, Aberdeenshire, Scotland.

Denso Marston Nature Reserve, Baildon. West Yorkshire.

Dolgellau, The disused Railway Dolgellau to Barmouth, Wales.

Dove Stone Reservoir, RSPB, Greenfield, Nr Manchester. Oldham, Lancashire.

Dunham Massey Grounds & Gardens, Cheshire.

East Marton Linear route, Nr Skipton. North Yorkshire.

Falkirk Wheel, Falkirk, Scotland.

Fairburn Ings, Nr Castleford. West Yorkshire.

Far Ings Nature Reserve, LWT, Far Ings Rd, Barton-Upon- Humber, DN18 5RG.

Formby Nature reserve, Liverpool. Lancashire.

Fountains Abbey & Studley Royal, Ripon. North Yorkshire.

Foxgloves Covert, Catterick Garrison, North Yorkshire.

Frampton Marsh RSPB, Boston, Lincolnshire.

Haldon Forest Park, Exeter.

Hardwick Hall Hotel, estate and gardens, Sedgefield, Durham. TS21 2EH.

Harewood House Loop, Leeds. West Yorkshire.

Haw Park Wood, Wakefield. West Yorkshire.

Hawk Conservancy Trust, Hampshire.

Hollingworth Lake, Littleborough. Lancashire.

Ile -aux-Moines, Brittany, gulf of Morhiban, France .

ILE D'Azr, (The island of) Brittany, France.

Ingbirchworth Reservoir, Barnsley. South Yorkshire.

Iona and Fionnphorth, Island of Mull, Scotland.

Kelpies (The) and Helix Park, Falkirk, Scotland.

Kielder Water, Kielder Forest Park, Hexham, Northumberland. NE48 1ER.

Kirkstall Abbey & Tea Rooms, Leeds. West Yorkshire.

Leighton Moss RSPB , Carnforth, Lancashire.

Lindisfarne (aka Holy Island, Northumberland.

Linn of Dee, Braemar, Aberdeenshire, Scotland.

Loch Frisa, Island of Mull, Scotland.

Loch Garten, Loch Malachie & Abernthy RSPB, Nethy Bridge, Scotland.

Lock Muick, Ballatar, Aberdeenshire, Scotland.AB35 5SU.

Loch Spelve, Island of Mull, Scotland.

Loweswater, Cumbria, Lancashire. CA13 0RU.

Lyme House, National Trust, Chesire. SK12 2NR.

Lyndon & Rutland Water, Leicestershire & Rutland Wildlife Trust, Lyndon Road, Manton, Oakham, Rutland.

Manvers Lake, Station Road. With-Upon- Dearne. Rotherham, South Yorkshire.

Mere Sands Nature Reserve, Lancashire Wildlife Trust, Ormskirk, Lancashire.

Middleton Park & Urban Bike Park, Middleton, Leeds. West Yorkshire.

Monsal Trail, Derbyshire.

Newborough Warren / Tywyn Niwbwrch, Llanfairpwllgwyngyll, Holyhead, Wales, LL61RS.

North Cave Wetlands, YWT, Near Beverley, East Yorkshire.

Nostell Priory & Park Wakefield, National Trust, West Yorkshire.

Nosterfield Nature Reserve, West Tanfield, Ripon. DL8 2QX, North Yorkshire.

Oakwell Hall and country park, Nova Ln, Birstall, Batley , West Yorkshire. WF17 9LF .

Ogden Country Park, Halifax, West Yorkshire.

Old Moor RSPB Dearne Valley, Rotherham. South Yorkshire.

Penistone to Wortley , South Yorkshire. Trans Pennine Trail.

Potteric Carr Nature Reserve, Yorkshire Wildlife Trust, Doncaster. South Yorkshire.

Pugneys Water Park, Wakefield. West Yorkshire.

Queen Elizabeth Country Park, Northumberland.

Rabbit Ings, Barnsley, South Yorkshire.

Ravenseat Farm, Yorkshire Dales, Richmondshire, DL11 6LP.

Ripon Wetlands Nature Reserve, Yorkshire Wildlife Trust. North Yorkshire.

Rodley Nature Reserve, Leeds. West Yorkshire.

Roker pier, Roker, Sunderland, Tyne & Wear. SR6 0PL.

Rother Valley Country Park, Rotherham, South Yorkshire.

Rothwell Country Park, Yorkshire Wildlife Trust, Bullough Lane, Rothwell Collery, Leeds, LS26 0JY. West Yorkshire.

Roundhay Park, Leeds. West Yorkshire.

Ruddi's retreat wander. Marsden Tunnel end to Slaithwaite canal route. West Yorkshire.

Scout Dike Reservoir, Sheffield (Barnsley). South Yorkshire.

Sherwood Forest Park, Mansfield, South Yorkshire.

Skelton Lake and nature trail, Leeds. West Yorkshire.

Skipwith Common Country Park, Selby, North Yorkshire.

Slaithwaite to Marsden Tunnel end. Huddersfield, West Yorkshire.

Sprotbrough Flask (Yorkshire Wildlife Trust), Sprotbrough, Doncaster, South Yorkshire. DN5 7NB.

Spurn Point & Kilnsea Wetlands, Yorkshire Wildlife Trust, Hull. East Yorkshire.

Staveley Nature Reserve, Yorkshire Wildlife Trust, Boroughbridge. North Yorkshire.

St Aidans RSPB Nature Reserve, Allerton Bywater, Leeds. West Yorkshire.

St Mary's Island Whitley Bay. Tyne & Wear.

St Ives Estate, Bingley, West Yorkshire.

Swintsy & Fewsten Reservoirs, Nr Harrogate. North Yorkshire.

Tatton House, 55 Hathersage Road, Manchester, Lancashire, M13 0BP.

Thoresby Courtyard, The Courtyard, Thoresby Park, Newark, NG229EP.

Thrybergh Country Park, Doncaster Rd, Rotherham, South Yorkshire, S65 4NU.

Temple Newsham Estate, Leeds, West Yorkshire.

Teignmouth Sea front and sea defences. Devon.

Tissington Trail, Derbyshire.

Tophill Low Nature Reserve, Near Driffield, East Yorkshire.

Two Tunnels, Bath, Somerset.

Wentworth Castle, National Trust, Park Road, Barnsley, South Yorkshire, S75 3EN.

Wentworth House, Gardens and parkland, Barnsley, South Yorkshire.

Yatton, The Strawberry Line, Yatton, Somerset.

Yorkshire Sculpture Park, Wakefield, West Yorkshire.

Yorkshire Photography Hides, Tong, Bradford, West Yorkshire.

Adel Dam and Golden Acre Park, Arthington Road, Adel, Leeds, West Yorkshire. LS16 8BQ

Distance; Approx. 2 miles from the car park to Adel Dam and back.

You can add more miles by exploring Golden Acre Park and or the woodland below the car parking area.

Terrain: Tarmac car park with disabled parking, the track is on dirt once you get past the lake and enter Adel Dam Nature Reserve.

To access Adel Dam you will pass through the entrance gate. The gate opens very wide so all wheelchairs. / mobility scooters can fit through.

The initial slope from the car park is approx. 200m but a steady gradual slope – bear in mind you have to come back up this slope to get back to your car!

Adel Dam is run by the Yorkshire Wildlife Trust, a woodland, wetland and pond reserve situated in the south east corner of the beautiful Golden Acre Park. Only service dogs are allowed in the actual nature reserve as long as they are wearing their service jackets.

Adel Dam is a small site but very rich in plant and animal / bird species. Sadly at present only one bird hide is accessible- but don't let this fact put you off from a visit. This hide is fabulous and accessible. Wheelchair users will be able to see the feeding station in front of the bird hide. Top tip – take a flask of your favourite brew and spend a good while in the hide. Your likely to see all the regular species but also Gt S Woodpecker, Nuthatch, all the tit species and so many more. I regularly see Kingfisher here, Sparrow Hawk, Mandarin ducks, and caught a glimpse of an Otter! Cheeky squirrels visit and compete for the nuts with the Nuthatch! Which is a comical scene. Deer are also often in and out of the reserve.

The route. Park in the disabled parking areas of Golden Acre Park. Often an ice cream van here! Head to the bottom of the car park and bear left under the arched stone bridge. Turn right and head along the now level path until you get to the lake. There is a nice covered bird viewing structure here – a great place for seeing the residents of the lake. Keep an eye skyward as often Red Kites can be seen overhead. From this viewing point follow the path which goes from tarmac to dirt on the right hand side of the lake. It is a little rough in small places. Follow this track through the woods until you reach two paths in front of you, one stays close to the rear of the lake and one bears slightly more to the right with a wooden fence in between the paths. Head down this path and soon you will see a wooden hut and metal gate on your right. Here you will need your Radar Key to access Adel Dam Nature Reserve. Please secure the gate once your passed it. Look out for friendly

Robins and squirrels here. Follow the path and soon you will see a sign for the first hide. As mentioned stay a good while in here and you will be rewarded with lots to see. The only negative with the hide is that there are too many wood benches that may need rearranging so you can get near to the viewing openable windows. When you come out the hide you can go back to the main reserve path and head left for a short distance. Go as far as you feel comfortable on the terrain. No point trying to get as far as the second hide as it is across a very narrow bridge and steps.

When you have seen the reserve head back the way you came through the accessible gate. Your choice here is head back the way you came to Adel Dam Nature Reserve or do as I do, go right out the gate and head into Golden Acre Park itself. Follow the path and look for a gap on your left , follow this and soon you re-join the tarmac paths of the park. Another alternative is to not turn left at the gap and head

up and further into the back part of the park. You will come to a wider path and open woodland. I have never gone much further than the path adjacent to the farmers field before turning around – heading back and then going through the gap which is now on your right.

Back in the park follow the path and after a few hundred metres you come to the accessible café and loos. Corona Virus has meant these are at present closed but do check the Golden Acre Park' s web site before you visit. There is a gentle slope to get to the actual cafe and facilities.

After the café head down and back towards the stone arched underpass, which will be on your right, back through here and back up the slope to your vehicle.

Point of safety – do not be tempted to try and leave the park and shortcut back to the car park- by not going back down to the stone arch and up the other side, this would involve trying to cross the very busy and very fast travelled main road,….

Golden Acre Park is excellent for spotting all sorts of butterflies and moths – feeding on the many exotic plants and Budlia.

https://www.ywt.org.uk/nature-reserves/adel-dam-nature-reserve

https://www.tripadvisor.co.uk/Attraction_Review-g186411-d591389-Reviews-Golden_Acre_Park-Leeds_West_Yorkshire_England.html

Alkborough Flats Nature Reserve, Alkborough. North Lincolnshire. DN15 9JN.

Route: My route was 2:87 miles though you can add many more miles on by incorporating part of the embankment raised path, east and west running.

Terrain: Tarmac, gravel, dirt track and path. Further sections of the reserve are on grass path but I didn't venture on to these as it was very muddy.
Much of the reserve is reed bed and flood plain so if the river is a high less of the reserve might be passable.
I had to negotiate several deep flooded sections with my mobility equipment. One slope at the beginning and one slope at the far end of the reserve.

A couple of rather awkward swings gates (Radar key operated) and a few awkward bridleway gates with difficult latches.

Facilities on site: Small car park with Blue Badge parking. Level and flat area. The reserve is free to visit.
http://www.visitnorthlincolnshire.com/item/alkborough-flats/

https://www.birdguides.com/sites/europe/britain-ireland/britain/england/lincolnshire/alkborough-flats/

What might you see? The reserve is well known for the reed bed occupants - particular Bearded Tits. I was really lucky to see several Marsh Harrier and a stunning Hen Harrier during my visit.

Alnwick Castle & Gardens, Alnwick, Northumberland, NE661QN.

Route: You can visit either just the castle - the gardens or as we did - both.

My route covered both sites - the gardens is in the grounds of the castle. My route was around 3 miles in total. You can extend both routes to add more if required. A real bonus of both the castle and the gardens is that they both have free mobility scooters for disabled guests to use. These need to be booked via the castle and gardens visitor centers -but you do have to pay the entrance fee for each site separately.
Its not a cheap day out especially if you have children and other adults in your group. Disabled visitors who need a carer can book a free career place when you purchase your tickets online.
Costs £18:50 per adult for the castle, £14:50 per adult for the gardens. Cheaper for children.

Only guide and assistance dogs (in service jackets) are permitted in both locations.

Terrain: Castle.
The approach is on a wide tarmac road - this leads to the cobbled road- bear in mind the castle was built in stages from the 12th century - so expectedly wheelchair access was not high on the design scope!
The castle is the second largest habited castle in the UK- second only to Windsor.
The grounds and paths within the castle are not too bad, there are some gravel sections, but these can be avoided.
Sadly, the state rooms are not wheelchair accessible - 7 medieval steps to negotiate. So, I was unable to view / visit these.

https://www.alnwickcastle.com

Gardens: From the visitor centre you head down the steps- there is a ramp to facilitate wheeled access - note a lack of edge protection so please be careful up and down this ramp.

There is an easy to follow route to all parts of the garden for a wheelchair user to explore. A few hilly sections, so if you do self-propel you may need a bit of a hand. I use a Batec Scrambler but used one of the locations own free mobility scooters for our visit. It handled the hills very well. My transfer was a little tricky but I could have used my own transfer board if needed.

A lot of thought has gone into the design of the gardens - to ensure they are fully suitable for a disabled visitors. Some really fun downhill sections with switchbacks near the swings in the cherry trees area!!.

You are not able to wheel down each side of the grand fountain as its stepped but this doesn't detract much from your visit.

https://www.alnwickgarden.com

Facilities on site: Plenty of free unlimited time disabled parking if you enter from the war memorial in the town. Or you can park in the council run carparks outside the grounds - free for Blue Badge holders but there is a time limit of 3 hours max.

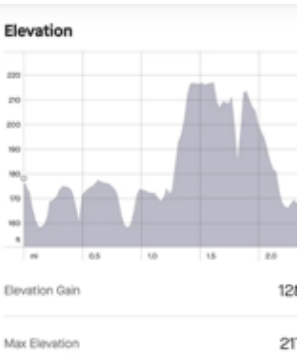
Plenty of disabled toilets are provided on site. There is also a huge treehouse - but we didn't visit this as I doubt wheels and treehouses go well together.

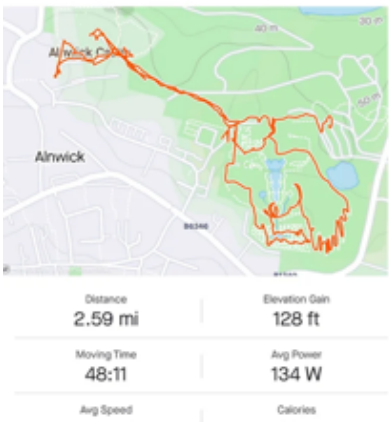
What might you see? The castle is a stunning intact 12th century fortress, surrounded by a dry moat and high walls.

The castle has featured in numerous blockbuster films so may well look familiar?
Harry Potter & the Transformers to name but two. The Inner Bailey is the location that the scenes with Harry undertaking his broomstick training were filmed.
During out of term times and weekends there are often other things to see and do - during our visit there were falconry displays, broomstick lessons and archery.

The gardens are incredibly stunning . Based around an integral and vast cascading water feature that will impress all. Especially when the timed sprays and fountains are operating.

Lots of insects - butterfly and birds visiting. Look out for visiting deer. Quite a few birds of prey can also be seen in the fields around the sites.





Anglers Country Park, Haw Park Lane, Wintersett, Wakefield, West Yorkshire. WF4 2EB.

Distance: 2:98 miles though you can add more miles if you explore further into the woods and surrounding areas.

Terrain: Initially on hard standing paths, the woods section is on dirt path, around the lake is on wide track. Some small sections of wooden boardwalk.
The whole site is fairly flat with only minor slopes. I went after a very cold and wet period so the paths were quite mucky, thankfully there were a few good puddles in the carpark that served as a wheel wash !

Facilities on site: An excellent cafe (take out only due to covid) and excellent toilets. Also pleasing to find a full "changing room" facility with overhead hoist and plinth.

https://www.wakefield.gov.uk/sport-health-and-leisure/parks-and-countryside/parks/anglers-country-park

Ample hard standing and level carpark with many disabled bays. No charge for Blue Badge holders.

Dogs are permitted everywhere on the country park, only assistance and guide dogs (in jackets) may enter the cafe area.

Bird hides: There are several bird hides - all have wheelchair access and viewing areas. At the time off my visit the main hide -disabled viewing windows had been secured shut with screws? I took this up with the warden who apologized and informed me that these would be removed straight away. One hide has a small two inch step. All entrances to the hides are wide enough for any type of mobility equipment.

Route: From the carpark - head into the country park via the footpath. The building on your right is the cafe, visitor centre and toilets. There is a children's outdoor play area and this has a wheelchair obstacle course too! There is a nice woodland walk adjacent to the children's play area - you access the wooded section over a wooden walkway. This path was very boggy so I turned around mid way around, one to try on a dryer day.
From the visitor centre head towards the lake, do visit the bird hide viewing screen that is found on the left of the path. Excellent place for viewing all types of small birds. Hand around here as there are little flocks of Long tailed tits, Yellowhammer, Robin, Finch, Warblers, Blackbirds, so many species if your lucky.

Out of the hide and head left and left again, Here you pick up the path to the Pol Hide and Main Hide. Both overlook excellent viewing areas. The Main hide overlooks a section of the lake with rocky island, lots of different fowl, ducks , geese and waders.

I then do a clockwise trip around the lake. Following the lakeside path.

There are also many paths off the main - some may be suitable for wheelchairs but I have not tested many of these.

What might you see? All there usual fowl, songbirds, Geese, Cormorants, waders, gulls, ducks, divers, swan, Heron, Lapwing etc.
Keep an eye on the bird activity - if they take to the air on mass have a look for a predator hunting.

Denby Dale Road
Peel Avenue
Denby Dale Road
Pugneys
Country
Park
Pugneys
Lakeside
Pugneys
Central

Arradon Coastal path, Arradon, Brittany, France.

Arradon is a beautiful coastal town situated on the coast of the gulf of Morbihan.
The town is very accessible as is this little gem of a true coastal path. Not for the faint hearted as the path meanders from Arradon to the tip of the Arradon peninsula , along a path at the base of the cliff. Wide enough for any mobility vehicle - you just have to stay close to the wall (edge) away from the several feet drop...

Plenty of car parking in Arradon, and lots of lovely bars, restaurants, cafe and shops. There is a lovely converted Airstream trailer that has been converted to be a mobile cafe, the staff are lovely and will help you if your French language is as poor as mine.

Route: The route we did was 1:59 miles in total but you can extend this and explore further.

Terrain: Tarmac, path, coastal path, woodland, parkland.

The route is great for watching people with their boats, egrets, cormorants, and look on the cliff face, on a warmer day lots of little lizards to a spot.

Askham Bog Nature Reserve, located just off the A1036, York, North Yorkshire, YO23 2UB

Distance: Askham Bog Nature Reserve is a small nature reserve; in total it is of 44 hectares in size with approx. 750 metres of accessible pathway. The Nature Reserve is owned and managed by the Yorkshire Wildlife Trust, there is no entrance fee. Dogs are permitted as long as they are kept on a lead and remain on the path at all times.

Terrain: This is mainly on wooden boardwalk – with a short downward section on dirt track, uphill on the route back to the carpark. Wetland, woodland. Reed Bed, overlooks some meadow, small water tributaries alongside the boardwalk.

Above photo credited to http://accessibilityreviews.org/

Please note and be warned – the boardwalk only has a small toe-board fitted on its edging - therefor great care must be taken to not to go over the edge of the boardwalk. At the side of the boardwalk is a drop into the actual bog.

The boardwalk is reasonably wide. The site is accessed via a wide Bridleway style gate. The initial part of the approach track is sloped – which may be challenging for manual wheelchair users to self-propel down and back up.

Facilities: Carpark, rough ground but has reasonably level areas. There are no disabled parking areas provided. No café, no loos.

Route: From the carpark head to the gate (Leeds side of the carpark) near the Yorkshire Wildlife Trust Information sign. Go through the gate. The gate can be a little awkward so assistance may be needed. After the gate head down the slope and bear left. This takes you along the side of the golf club. After a short distance you will then be on wooden boardwalk.

The visitor can go in a number of directions as the boardwalk loops around the nature reserve.

Wildfire and what to see. This is an excellent site for all the common British species of birds and mammals. Treecreeper, Nuthatch, Kingfisher, Wren, all varieties of Tit, Deer, voles, stoats, and if your very lucky Otter.

This site is a very ancient site of scientific interest, many beautiful and old Royal Ferns, and many types of fungi. During the warmer months Dragon and Damsel fly's , many types of butterfly and moths. A really beautiful site to visit, do enjoy.

https://www.ywt.org.uk/nature-reserves/askham-bog-nature-reserve

Attenborough N Reserve, Nottingham NG9 6DY

Distance: The Attenborough Nature Reserve is a lovely compact nature reserve that has 3 miles of wheelchair accessible paths to explore. My route today was 2.79 miles in length - though the accessible paths extend beyond the actual nature reserve. Along a shared use foot/cycle path.

Terrain: The area is very flat with only slight variations in height. In 2.79 miles I climbed a total of 9ft! And that was to go over a couple of wide bridges.
All paths are wide, good firm and well drained surfaces. No stiles, gates are very wide - most gates are go through staggered without an actual gate to move.

Facilities on site: Ample car park with many disabled parking bays. Free to park though the Nottingham Wildlife Trust ask for a donation of a £3 per vehicle. The reserve is free of charge.
There is lovely visitor centre with a cafe and disabled toilets. Dogs are allowed everywhere but only accredited guide and assistance dogs are permitted within the cafe itself.

https://www.nottinghamshirewildlife.org/discover-and-learn/attenborough-nature-centre-and-reserve

Route: The paths are very well signposted, it is obvious which parts are not suitable for those on wheels. Therefor it is not necessary to fully describe the actual route. Wander and explore and discover it yourself.

What might you see? All types of fowl and geese, esp autumn when geese numbers hugely increase. Swans, Heron, Egret, many smaller birds. Many types of insect. Deer, Otter have frequented, Vole, mice, Stoats, buzzards, Kites etc. During dusk bats are common feeding on the rich insect life. Many wildflowers and fauna.

Avon Trail, Conham River Park to hanmam Lock, Bristol, Conham Hill, Bristol, BS15 3AW.

Many thanks to Steve Slade for another gem in his neighborhood, all pictures and info kindly supplied for us by Steve.

Avon Trail - Conham River Park to Hanham Lock, Bristol

Distance

The return trip along the river by the Avon is approximately five miles but either end of the trip has its own attractions, described below.

Description

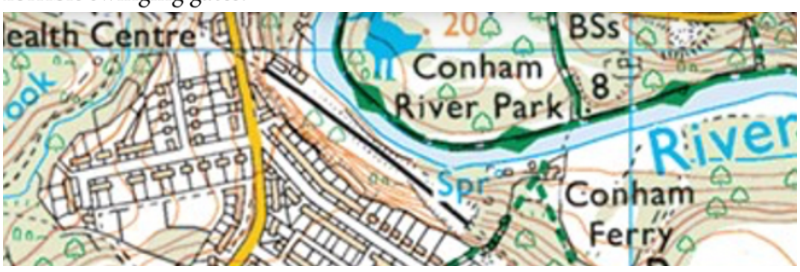
The Conham River Park in Bristol is really an undiscovered gem, well at least for me, and I have only lived in the city for 42 years! The car park has a number of disabled parking spaces and an accessible toilet. At the time I passed there was a mobile tea and coffee trailer. Please read the information on the attached link for a fuller description.

https://www.southglos.gov.uk/enviroment-and-planning/countryside/nature-reserves-woodlands/avon-valley-woodlands-nature-reserve/

The path along the Avon from here towards Hanham Lock is quite wide at first and there are quite a number of trails that head away from the river which I didn't explore as they look to head into higher ground. The surface deteriorates as you get towards the Avon Ring Road, which passes high overhead, gets narrower and it is a bit bumpy in places. No doubt it will get a bit mucky after a period of rain. It is, however, "doable" and leads to Hanham Locks where there are a couple of nice pubs with seating by the river.

https://www.the chequershanhammills.co.uk/
Reported to have a lift to gain access to the pub but no information regarding accessible toilet facilities.

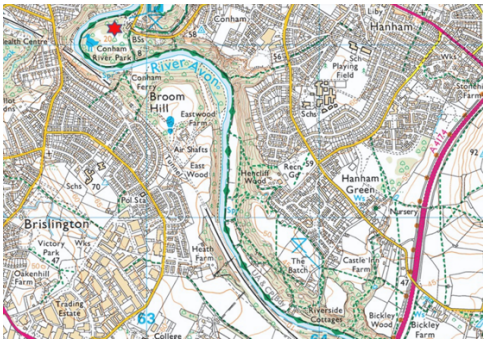
https://oldclockand weir.com/
Unfortunately the path is inaccessible to chair users towards Bath beyond this point due to one of those horrible swinging gates.



Avon Trail,

Picturesque Hanham Locks with its two good pubs.

The end of the accessible part of the route.



Part of Conham River Park

Very useful Ordnance Survey App

Accessible fishing platforms

Plenty of wildlife but, in places, it doesn't look the cleanest of rivers

The track is pretty good for most of the route.

Baitings Reservoir and dam, Ripponden, Sowerby Bridge, West Yorkshire, HX64LR

Many thanks to Bernie Evans and a couple of other people for making me aware of this as an accessible route.

About Baitings Reservoir and dam.
Wakefield Corporation Waterworks started impounding the valley of the River Ryburn in the 1930s, with Ryburn Reservoir being completed in 1933 Construction on Baitings took place 20 years later with completion in 1956. The reservoir takes the name of the hamlet that was flooded under the new dam. The hamlet of Baitings, whose name derives from the Old Norse of Beit (pasture) and English (meadow),[3] was on an old road linking Yorkshire and Lancashire. During spells of very hot weather and drought conditions, the old packhorse bridge is revealed.
The dam head is a curved structure that is 1,540 feet (470 m) long and over 160 feet (50 m) high.[7] The reservoir covers 59 acres (24 hectares) and has a catchment of 1,830 acres (742 hectares), and when it is full, it holds over 113,000,000 cubic feet (3,190,000 m3) of water. The dam took eight years to complete at a cost of £1.4 million, and is located at 840 feet (256 m) above sea level. A tunnel connects reservoirs in valleys to the north with Baitings to allow for the transfer of water. Manshead Tunnel is 8,000 feet (2,400 m) long and was opened in 1962.
In 1989, the body of a man was found at the bottom of the reservoir during a period of dry weather, when the water was 40 feet (12 m) shallower than normal. He had been murdered and his body was weighted down with a pick axe. The crime was featured on Crimewatch and remains unsolved.

Tragedy during construction, on the wall of the carpark is a plaque - on which are the names of three workmen who tragically lost their lives during the construction of the reservoir, such accidents are (usually) due to human error and perhaps there is a clue to the tragedy in the job titles mentioned on the plaque, one man being an engineer, one being a bandsman (signaler), and the third poor soul being a driller and shot firer? It struck me that H&S perhaps was not also what it is today? I have often read such memorial plaques on much older civil engineering projects and drew the conclusion that labour was cheap and it was almost expected that big projects would sadly have a number of lost lives, but this was in the 1950's so perhaps my thoughts were short of the mark?

Route: The route is approx. 1.6 miles circular, starting from the level tarmac carpark, we did a clockwise circuit of the route. It is easy to navigate on the well established mostly hardened paths.

Terrain: Starting on tarmac then to concrete (dam wall path) then to wide very well compacted but not loose path. There is a small section at the top of the reservoir that involves a couple of kerbs and a short section on the road. Please be careful as cars can travel fairly quickly on this small road. There are a few little slopes that might mean you need a little assistance if in a manual wheelchair, no issue for powered mobility equipment users.

What might you see? Wildlife, geese, ducks, other moorland birds, most common birds, deer. Lots of wildflowers on the route so the site will be good for various insects.
On our visit the water level was very very low, causing an ancient packhorse bridge to be exposed. You can also see other stone remains from the village that was lost when the valley was flooded.
Deb (my wife) who is able bodied found a little path that loops back under the road bridge at the inlet end of the reservoir- this allowed her to access the uncovered ancient packhorse bridge and walk a piece of history. How cool is that?.

Balmoral loop, Crathie, Aberdeenshire, Scotland.

We were staying at the Crathie Opportunity Holidays properties, self contained accessible cottages, that cater for all abilities. The have amazing facilities inc full wet rooms, profiling beds, hoists and tilt/life armchairs.

This route can be done from Crathie Opportunity Holidays if you are a guest, or from the public car park outside the Balmoral Estate.

Route: From the carpark head out and on the path of the A93, its wide enough but take care, I headed across the busy at times main road (A93) and up the hill to visit Crathie Kirk (church). A chapel that is quite famous as being used by the royal family when they are at the Balmoral Estate.
After visiting the church I head down the lane, back across the A93 and down the lane that is on the left of the Hexagon visitor center in the carpark. Follow this well made lane and soon you come to the Manse and Crathie Opportunity Holidays buildings. Facing down the drive of the complex you have a graveyard on your left and right. Do take time to visit the graveyard on your left via the gate. Here you will find the grave of John Brown, a loyal aid and servant of Queen Victoria, their story was made into a film staring Billy Connely and Dame Judy Dench. Looking at the Manse itself you will notice if you look as you enter the graveyard that the upper glass of one window is obscured glass. Queen Victoria wanted to visit John Brown's grave and have privacy - so ordered the church to change the glass.

When you leave the graveyard via the gate come back to the lilt lane and turn right, the Manse house will be on your right. Follow this lane and you will come to a junction, turn right and then to a white suspension bridge over the river Dee. There is a gate either side so you may need help to get through them. You get a great view of the Dee from the bridge. Go out the end gate and turn right. Take care as traffic can travel quick on this road, a reason why I always wear something brightly coloured. For a large distance there is not a path. Keep heading forwards and eventually you arrive at the gatehouse and gates of the Balmoral Estate. At certain times of the year you can enter the grounds of Balmoral and visit the cafe and grounds. From the gatehouse and gates follow the road back over the river Dee. You cross a metal green road bridge that was commissioned by the royal family, and build / designed by Burnell. After the bridge head back to where you parked - or back to Crathie.

Terrain: Path, tarmac road, track, no steps but there are two gates - wide for mobility equipment but awkward on your own.

Facilities on site: N/a if stopping as a guest of Crathie Opportunity Holidays as you have all you need there.
If visiting - good parking outside the Balmoral Estate. Toilets are provided at the hexagon visitor center. There is an excellent couple of cafe's a few hundred meters on the A93 as you head to Ballater. An artisan bakery, and the Tarmachan cafe, both on your left. The Tarmachan cafe has a disabled toilet. Both do amazing food...

Always keep an eye out for red squirrels, deer, heron, some lovely highland cattle are usually in the field as you approach Balmoral Estate. At dusk look for bats flying. - hunting around the tree's.

Bempton Cliffs Seabird Centre (RSPB), Cliff Lane, Bempton, Easy Yorkshire. YO15 1JF

Distance: Up to 2 miles if you go right to the end of the accessible sections.

Terrain: Mostly wide tarmac, then some single path, small section on grass.

Mostly even with a little gentle slope. The grassland paths are quite bumpy.

Facilities on site: Disabled parking, accessible toilet, accessible visitor centre, accessible café.

Off road mobility scooter can be pre-booked – payment is via a donation to the RSPB (see their web site link below).

Dogs are permitted as long as they are kept on leads.

Visiting is free for RSPB members- if you are not a member then it costs £6 for an adult –

1 x carer are free of charge.

All of the wooden viewing stages have designated wheelchair user viewing points, with lowered rails so you get to see the cliffs and birds.

Bempton Cliffs is one of my favourite destinations. !00 ft high chalk cliffs formed in the Jurassic period, that are home to one of Europe's largest seabird colony. It is also the most accessible sea cliff reserve that I have ever visited.

The route is straightforward with well defined paths. There are a few little sections that are not classed as being accessible, but these are not paths that I have explored.

What will you see? Between March to October over half a million seabirds gather here.

A huge Gannet nursery, Razorbills, Fulmar. Puffins nest here usually between May and mid-June, where they raise their young before heading back out to sea.

In the fields from the visitor centre are resident Barn Owls, but as we visited early afternoon, we didn't see them. You will see many other small birds in the fields. Many raptors also visit the site – you may see a sudden darting bird and the chaos its presence causes.

In the meadows – many types of insect, Butterfly. Mammals too but if the Owls are about then they keep out of sight. There are also remnants of the old RAF Station that was at Bempton during the 1940's. Concrete structures that formed a radar post.

Look out to sea too. Bempton Cliffs are a great vantage point for spotting Dolphin, Porpoise, Minke Whale, Seals, recently Orca and larger whales have been seen.

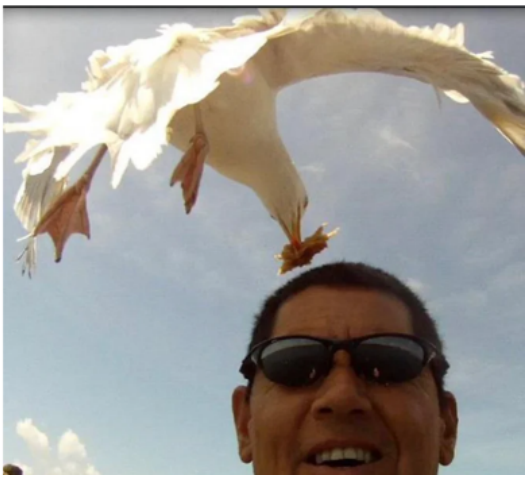
Well worth a visit and lots to see. Some interesting and informative links.

https://www.youtube.com/watch?v=EdvLjgqg1mU

https://www.rspb.org.uk/reserves-and-events/reserves-a-z/bempton-cliffs/

https://www.youtube.com/watch?v=vbrPI0czYFE

https://www.yorksgeolsoc.org.uk/EDITABLE/bemptoncliffsgeology.pdf



Bolton On Swale, Yorkshire Wildlife Trust Nature Reserve, Catterick. North Yorkshire.

The site is managed by the Yorkshire Wildlife Trust.
https://www.ywt.org.uk/nature-reserves/bolton-swale-lake-nature-reserve

Distance: This is a small site that is less than 1 mile in total distance. You could travel along the dirt road along the farmers fields to tour the locality but these lanes are very uneven due to many potholes - also heavy agricultural equipment moves up and down this lane and they won't expect to see a low (ish!) person in a wheelchair or on a mobility scooter.

Terrain: The car park is fairly level but mostly unmade - pick your spot to park carefully so not to get blocked in by another car parking up, there are no specific disabled parking bays identified.

Facilities on site: None. Free of charge to visit.
Dogs not allowed unless accredited guide or assistance dogs -wearing service jackets.

Nearby is a cafe with toilets , called The Lakeside Country Park.
https://www.thelakesidefarmshop.co.uk/

`I would not recommend travelling from the cafe (Lakeside) to the nature reserve car park as it is quite a distance. Instead drive the actual reserve carpark. Following the postcode proved a bit hit and miss for me, but if you use what3words then search for pictures.bibs.bicker

The approach lane is very bouncy in a car or van- so if you have a person in a wheelchair secured in your vehicle this will be a rough ride to the car park.

The route:. The route takes you out the car parking area - across the lane and into the nature reserve via a "swing each way " gate. This has a bridleway type latch on a long bar. I travel and visit on my own and so was not able to access the gate on my own - I was lucky that a passing walker was able to operate the gate for me. As I use a wheelchair with a powered front wheel I was unable to actually reach the latch mechanism - also due to how the earth is banked on the left of the gate I could not maneuver my front wheel to allow me to pull alongside to reach the fastenings or latch.
Once inside the gate the path is wide enough for any wheelchair / mobility scooter to travel. There is a slight down hill to the first hide. You get a good view of the lake from a few sections of the path.

This first hide gives a lovely view of the lake- you get a great view of the barn owl box, Osprey platform, island and Sand Martin roost that have been installed.
A very small step and ample width door so access to the hide is not a problem. A great place to take pictures - however as I was on my own I was not able to operate the heavy "swing up and latch" viewing window in the viewing area. I am fairly strong but could not manage it - That said there is

Bolton On Swale-hide , ample room for a wheelchair user to view. Sadly I was not able to use my camera due to the presence of the window.

Back out the hide and turn right down the slightly up and down path. Soon you get to the open hide.

This has two fixed wooden benches with viewing points all along its frontage. Sadly I was not able to get

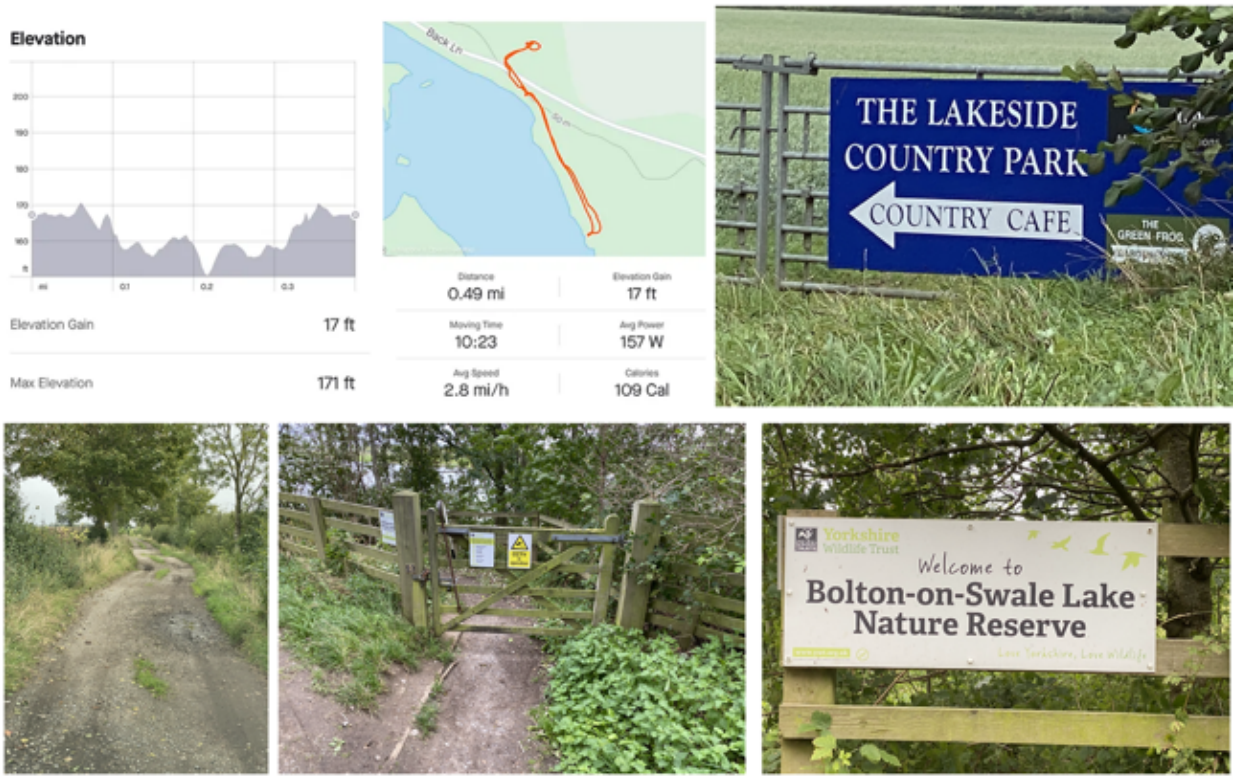
to see anything as the viewing points each side of where the benches are too high for all but the tallest wheelchair user. I could view the lake but only if I pushed up on my wheelchair arms and elevated myself. So again not able to take any pictures of the wildlife.

Head back up the path and keep an eye for bird feeding stations in the trees. The path is one wheelchair width so if people want to pass they will have to invade your space to do so.

On the outgoing journey I was able to put my front wheel slightly left of the gate and operate it ok.

What will you see? Lots of fowl and geese on the lake and surrounding fields. Smaller birds in the trees and on the feeders. Lots of insects and wildflowers along the path. Fingers crossed that Ospreys take up the nesting platform or Barn owls make use of the box.

If your on your own and like myself are not able to stand at all then perhaps give this reserve a miss - if you travel with someone then the gate will not be an issue. A companion would also be able to open the viewing window in the closed hide for you.



Blacktoff Sands RSPB reed bed reserve, Goole, (North Lincolnshire) DN14 8HR.

Blacktoft Sands is part of the Humber estuary - one of the most important wildlife sites in the UK. Reedbed covers much of the site and this is England's largest intertidal reedbed, home to marsh harriers, bearded tits and bittern. Six shallow saline lagoons provide a wildlife spectacle throughout the year. An area of grazing marsh provides a home for wildfowl and waders through the autumn and spring and includes a large seasonally flooded area. A small area of mudflat, which is not accessible, provides a safe roosting area for large numbers of golden plovers and lapwings. Scrub between the hides attracts a great variety of warblers and a thriving colony of tree sparrows.

The reserve charges an admission charge so check the website for costings - if you are a member of the RSPB then you enjoy free admission on showing your membership card.

Dogs are not allowed unless it is an accredited guide or assistance dog.

https://www.rspb.org.uk/reserves-and-events/reserves-a-z/blacktoft-sands/

You can read the RSPB's full accessibility statement by following the link below.

https://www.rspb.org.uk/globalassets/downloads/documents/reserves/blacktoft-sands-access-statement.pdf

Please always check before you go here – the reserve can be flooded during high tides.

Distance: To do the full reserve - you will cover 2.29 miles in total.

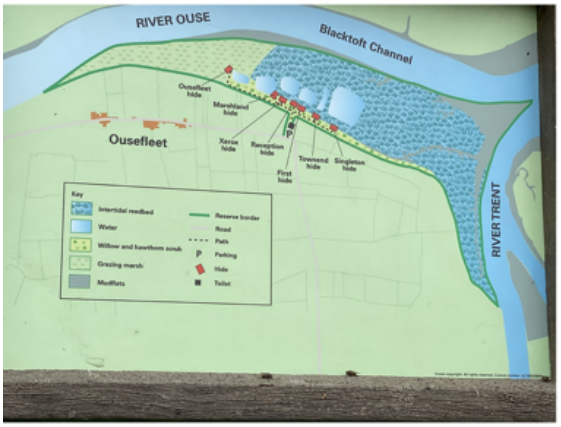
Terrain: Large car park, Blue Badge holders can park next to the toilet block. The first section is on a wide road then a less wide path - over a short but sneaky hill on a loose surface - so a bit of pace will help you over it.
From here you are on fairly wide gravel footpaths, one hide (the furthest away) is across a grass field, but it is key well mown. This might be challenging if the ground is wet as you who use wheels will already be aware. Every enclosed bird hide is accessed by a steady ramp - then a wide door. All of the hides have specific wheelchair viewing points - signposted stating - wheelchair users have priority to use them.

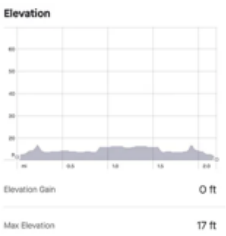
Facilities on site: Toilets inc spacious disabled toilet. Visitor centre - small cafe but these were closed due to covid - worth checking before you visit to see what is open.

Route: From the carpark head towards the signposted visitor centre, all of the hides are in a long line parallel to the seedbeds. Wheelchair users will be able to access all the hides and get a fabulous view.

What might you see: Geese, waders, small birds, kingfisher, many kinds of raptor including Marsh

Harriers. Many different insects and wild flowers. There is also a small herd of sheep and Konik horses, a hardy breed of Polish origin.





Distance	Elevation Gain
2.29 mi	0 ft
Moving Time	**Avg Power**
48:28	152 W
Avg Speed	**Calories**
2.8 mi/h	493 Cal

Bridgewater Gardens. RHS. Occupation Rd, Worsley, Manchester, Lancashire. M28 2LJ

About. RHS Bridgewater has been created in the grounds of the Worsley New Hall Estate, Historically, a place visited by Queen Victoria and Edward VII. The grand hall survived both world wars but was sadly demolished in the 1940's.

The Royal Horticultural Society (RHS) have created this, the fifth RHS garden, it is one of the largest gardening projects undertaken in the UK and Europe. I would say expect some work to be ongoing whenever you visit as developing the site will take many years before completion.

The site occupies 154 -acres, with formal, informal, lakes, ponds, woods and meadows to explore. It is possibly the most wheelchair accessible attraction we have ever had the pleasure to visit. There are children's play area's, walled kitchen gardens, beautiful formal ornamental garden's, Chinese garden, orchards, willow sculptures, large ponds, lakes covered in lily pads. Numerous bridges and trickling streams to cross – all fully accessible for all abilities.

RHS Bridgewater have a fleet of mobility scooters and off-road wheelchairs that you must reserve when you book your entrance tickets. A refundable £5 deposit is required.

The RHS charge for admission and operate a book before you go arrangement. Free for RHS members.

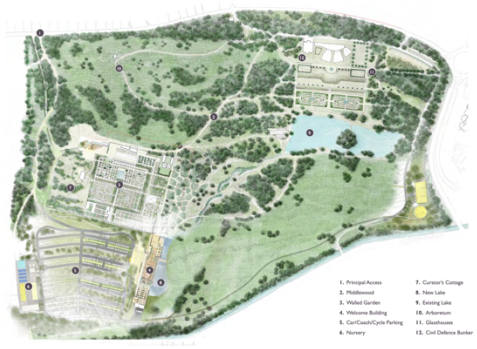
We paid £15.30 for one adult ticket and claimed a free carer ticket FOC. There are other ticket charges such as a family ticket (2 adults, 2 children, with additional charges for extra party guests). The location can be reached on the bus and those who do can show their bus tickets and receive a discount.

To book tickets including mobility aids then visit the RHS Bridgewater web site -

https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwig7cWdiMuAAxWH1e0KHRlwAfoYABABGgJkZw&ohost=www.google.com&cid=CAASJuRokOiKyQeGOBEXE5HLTP6ILWYVou-rMIaOpl8tZyFnvVkasXR7&sig=AOD64_20PJkz6kMfCJzyn0vqXvyfk1uEww&q&adurl&ved=2ahUKEwj6icCdiMuAAxVSe8AKHbi_Aj4Q0Qx6BAgKEAM&nis=2

If you wish you can visit the lakeside accessible café without purchasing a ticket for the gardens.

Route info. I have not written a suggested route as it's a great place to explore and set your own agenda.



I use a Batec Scrambler wheelchair attachment and was easily able to explore everywhere – including the meadows. The meadows may be difficult if the weather has been very wet. During our visit we covered 2.5 miles, but we could easily have covered my distance. The site is fairly flat with only short and very shallow changes in gradients.

Across the site there are several café's and several "changing room" facilities. Guide and assistance dogs are allowed everywhere.

What might you see? So many beautiful plants, trees, shrubs, and ornamental gardens. Lots of bug friendly plants and a fun bug trail for those younger ones. There are lots of wildlife habitats, owl and kestrel boxes, bird boxes etc. Keep an eye up for buzzards, and kestrel hunting. During our visit (August) we saw lots of fledgling birds being fed and looked after by their parents. On the lakes and ponds dragonflies and damsel flies were busy being busy.

Bristol to bath cycle path. Starting point Bristol.

Many thanks to Steve Slade for the details of another amazing route.

Bristol to Bath Cycle Path

Distance:

Reported distance is 13 miles and was the first major project undertaken by Sustrans.

Lots of information on these links:

Description:

There is plenty of information on the above links but I will try to add snippets that are relevant to wheelchair/powered attachment users, or indeed hand cyclists.

Starting at the Bristol end very close to Temple Meads station, there are accessible toilet facilities on the platform or very close to the station at The Knights Templar, a Wetherspoons pub.

The entrance to the cycle path is well sign-posted but does involve crossing some urban roads, but these generally are light-controlled crossings. One thing to point out is that this route can be VERY busy and it is important not to move across the path without checking behind you first. It seems as though some cyclists are always keen to beat their times on the Strava app.

The first part of the route is predominantly a gentle upwards incline giving you unusual views of urban Bristol. After a couple of miles or so you pass a Morrison's supermarket on your left if you need to top up with supplies and presumably has accessible toilet facilities, although I haven't needed to check the latter. There is often a mobile coffee wagon at the far end of this section.

The abandoned Mangotsfield station is an amazing sight, almost something you would expect in a post-apocalyptical world. The station can be accessed by a ramp at the eastern end and is a useful stopping off point if you bring your own picnic with you. There are also some quiet spots in the area should they be required. This point is a significant crossroads for other cycleways joining the path (it is usually where I join the route from the ring road path) so you have to keep your eyes open.

There are a couple of cattle grids on the path for some reason but on both of them there are small diversions on the left to avoid going over them if you prefer.

There is a point where you can leave the cycle path at Saltford to venture alongside the River Avon. Turn left for the Jolly Sailor pub situated alongside a weir, or right to the Bird In Hand where we recently enjoyed a good meal. Both pubs have accessible toilets but the BIH has to be entered from the top of the hill, where the door currently has to be opened by arrangement due to the current restrictions.

The rest of the path from this point on is pretty straight and flat, but there are a few bumps and dips to keep your eyes open for.

At the end of the cycle route follow the signs along the River Avon into Bath and enjoy the delights of the city.

Warmley station

Water fountain

The rough bit just after the crossing

Section along the railway line leading to Bitton station

Bitton station

End of the path but still some way to go along the River Avon into Bath

Brockholes Nature Reserve, Preston New Road, Samlesbury, Preston, Lancashire. PR5 0AG.

Distance: There are around 4 miles of accessible nature trails to explore within the confines of the actual nature reserve, though you can extend the day by exploring the cycleway that crosses through the actual nature reserve. My route due largely to being on a tight schedule was just under 3 miles.

Terrain: The car park is vast with lots of spacious disabled parking. The accessible paths are wide and good for all types of wheelchairs (powered and manual).
There are a few hills to go up or down depending which route you take. None a very steep or very long. The surface on these is a little loose so assistance may be required in a couple of places. I use a Batec Scrambler and had no issues anywhere.

A few sections are on wide but muddy paths but there are plenty puddles to rinse off wheels.

Facilities on site: The site is managed by the Lancashire Wildlife Trust - entry is free but all vehicles parking have to pay £5, this includes blue badge holders. If on a budget there is space to park on the road outside the actual reserve.
Dogs are not allowed unless its an accredited guide or assistance dog with a jacket on.
There is a fabulous floating raft visitor centre that is bigger than it sounds! This also has a cafe and disabled toilet. This is closed Mon and Tues, but do check the reserves own website for further info.
In the middle of the reserve is an adventure playground - excellent for kids and in my case my wife to burn off some energy!

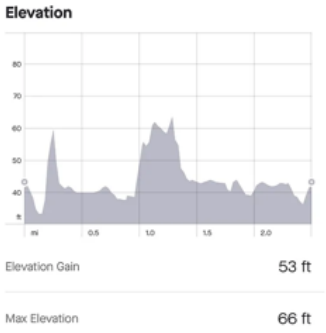
All enclosed hides (currently closed due to Covid) are accessible and have disabled viewing places.

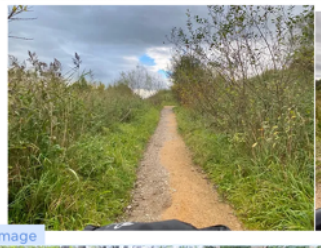
https://www.brockholes.org

Route: We did the carpark and the east section first then looped around up the lesser steep slopes to join the official accessible paths.

What might you see? The reserve has many ponds in addition to the main lake, so lots of fowl, geese, and waders. Many insects on the meadow sections.

A really beautiful and well considered nature reserve that has something for all abilities and ages.





Image

Calke Abbey, gardens and estate, Derbyshire, Ticknall. Derbyshire, DE73 7JF

Calke Abbey , gardens and estate is located in Ticknall, Derbyshire.
A huge country estate build on the grounds of an abbey that is no longer in existence.
https://www.nationaltrust.org.uk/calke-abbey

The estate is managed and ran by the National Trust (NT). Excellent for cycling and exploring by power chair, Batec or mobility scooter. As with many NT locations they do have one at present and soon two Tramper mobility vehicles for disabled guests to use. I would recommend you book one prior to your visit should you wish to use one. No charge but donations in lieu of use are welcomed.

There are many very old oak and other species tree's on the estate, The Old Man of Calke is an ancient oak and is over 1,200 years old.

Route: I wish we had more time to explore but didn't as we called in on our way back from Hampshire to Huddersfield. That said we will be going back to explore this location further. On our visit we did 2.5 miles, though you could far far more.

Terrain: Road, hardened path, grass track, forest path, but much on established good quality hard standing.

We were told by the visitor information office that there is around 8 miles of track, and paths to explore. They also offered a map and highlighted area's not suitable due to steepness or steps.

The country house is accessible in parts on the ground floor but the NT are looking at how they can make other parts of it accessible. There is also a chapel that is on the top of a raised part of land, you can get near it but there are several steps to reach the actual chapel.

Facilities on site: Ample free blue Badge parking, there is an admission charge for visitors but as in our case we are National Trust members therefor it was free to visit.
Cycle hire available. Dogs permitted but only assistance / guide dogs allowed in the premise.

Stable block and cafe. Fully accessible cafe and shop and disabled / general toilets.
Other toilets located in other parts of the estate.

What might you see? During our visit (feb) the gardens were covered in Snowdrops, lots of different fauna and flora, tree's and shrubs.
The estate has a herds of deer, Red and fallow. Listen for various woodpecker and enjoy many type of birds singing and foraging.

Castle Hill, Castle Hill Side, Almondbury, Huddersfield, West Yorkshire. HD4 6TA

Distance: Castle Hill is not a large site - the path is not even a mile long, but does take you to the highest point for miles so is well worth your visiting it.

Terrain: An accessible path has been created that allows you to circumnavigate the whole feature. Some paths are narrow but wide enough for anyone using a wheelchair, power chair , Mountain Trike or other mobility equipment.

Facilities on site: Sadly none. A cafe used to be here but it was demolished a number of years ago.

Good sized car park, no specific Blue Badge disabled parking area.

Castle Hill. The history of human activity on the Castle Hill goes back over 4000 years. The site was developed as an iron age hill fort, surrounded by defensive ditches and ramparts. In the Middle Ages there was a castle on the hill, of which the well remains. The present tower was built to commemorate Queen Victoria's Diamond Jubilee of 1897
No camping, barbeques or fires are allowed due to the damage that has been sustained to the ancient monument and vegetation. The use of kite buggies is discouraged due to the damage they can cause to the monument and in regards to safety for other visitors. Castle Hill has unpredictable winds for any kite flyer and they should not be used in high winds or thunderstorms.

Dogs are welcome.

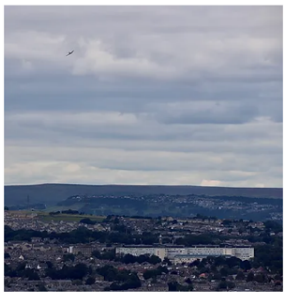
Route: from the car park head east to the carpark access point, follow the road down and right- pick up the accessible path leading right. This takes you around the perimeter of the Iron Age site, excellent distant views of Huddersfield and the surrounding area.
Just follow the path.

There is a section that means you have to avoid a steep hill but its negotiable.

No stiles or gates.
https://www.tripadvisor.co.uk/Attraction_Review-g190748-d4473209-Reviews-Castle_Hill-Huddersfield_West_Yorkshire_England.html

Castle Hill
The first people to live on

BATEC
MOBILITY



Image

Castle Hill
A special place

Chatsworth Estate, gardens and ground, Derbyshire, Bakewell DE45 1PP.

Chatsworth House, gardens, ground and estate is located a few miles away from Bakewell in Derbyshire. The ancestral home to the current Duke & Duchess of Devonshire.

Built and developed in the 16th century the house hosts a vast multimillion pound art and historic collection of tapestry, furniture and pottery. The very large majestic house is covered with extra architectural stone statues, ornate structures and opulence such as the gold leaf. The formal gardens and enormous fountain is a sight to behold when it is operating. Much of the estate is also accessible - but it is vast. Less mobile visitors can use either wheelchairs, or one of the number of mobility scooters available free to loan - it is recommended that you book these ahead of any planned visit.
The estate also provide a buggy tour - on electric golf cart type vehicles.

The house and gardens have also been the backdrop for many tv and film productions.

Visitors can visit the estate and pay £5 to park and visit the grounds, if you wish you can also pay the extra fees and visit the gardens and house. If required a free carer ticket can be secured when you book.
Much of the house, gardens and estate are accessible, manual wheelchairs / smaller mobility scooters for the house and power chair / mobility scooters everywhere else. Please see the official web site for further info on tickets, parking and full facilities. https://www.chatsworth.org

Route: My route was just part of the estate, visiting a number of large sculptures that are on display from the Burning Man festival in Nevade, USA. Very large metal sculptures - many being interactive and also shoot fire from each during darkness.
We did 2.6 miles as time was limited on the day of our visit, but plan to stay longer and you can rack up many more miles if you wish...So forgive me for not detailing a prescribed route as it is great to set out, enjoy and explore.

Terrain: Tarmac, paths, courtyard, gravel track, a few moderate slops to negotiate, you can also use the grass paths but these may be difficult depending if they are wet or how capable any mobility equipment you might be using is.

Facilities on site: Blue badge parking (you still have to pay), much of the carpark is sloped so if not careful you may find transferring to a wheelchair a little testing. If you park at the top of the carpark (left side) of the actual house then the ground is level.
There are a number of disabled toilets, and a nice cafe.

Dogs are permitted in the grounds / estate but please keep under control as there are deer and sheep. Guide and assistance dogs are permitted in the house and formal gardens.

What might you see? Deer, Wagtails, mandarin ducks, geese, heron, kingfisher, stoat, weasel, buzzards, kestrel and many other species.

During our visit there was a further display in the grounds - many very large sculptures - brought over from the Burning Man festival in Nevada.

Centenary Riverside Park, Nature Reserve, Rotherham, South Yorkshire, S60 1DS.

Distance: 1 mile. If you want a longer outing you can find various cycleways and other paths alongside the River Don.

Terrain: Wide path - then wide dirt path. some parts on grass. Small section on wooden boardwalk.

A couple of small slopes, the first down to the riverside path, a little and at times small sections of undulating path- then a short climb back up the path you came down to the river level on.

Obstacles - the ground is a little uneven and as mentioned earlier a few little inclines to tackle.

To get into the reserve you have to get through a large black A frame- the distance is approx. 56cm at the most narrow point.

Also do not go if there has been a lot of rain prior to you visit - the reserve is on a floodplain, therefore if the reserve has been flooded then the riverside section will be extremely dirty with lots of silt on the paths.

I also noted evidence that the river level can be far higher then the reserves lower level so large branches may be deposited once the flood waters subside. I have provided a tele number below - you can ring the local wildlife trust to ask their advice prior to your visit.

Facilities on site: None.

Parking - either on street on in the unmade car parking area. No disabled bays, it is free parking for all.

Dogs are allowed on the reserve.

Nearby there is a pub called the Riverside, they have a disabled toilet and outside seating area. Due to covid you place your order using the "Hungry Horse" app.

The reserve: Centenary Riverside is a 4.5 hectare wetland reserve nestled alongside the River Don. The site consists of a beautiful wildflower meadow bank brimming with butterflies and insects, and a series of ponds and wetlands that attract a huge variety of birds, mammals and insects.

https://www.wildsheffield.com/wp-content/uploads/2018/04/Centenary-Riverside-leaflet.pdf

This site is excellent for butterflies with 23 different species having been recorded, and is also home to a variety of damsel and dragonflies. Sand martins can be seen darting around in the summer and moorhens and reed warblers nest amongst the reeds.

The site was developed on one of the largest steel foundries in the area. Known as the Seven Sisters, it produced 550,000 tons of steel a year. But when the foundry closed in 1993, the site became overgrown. In 2006, Sheffield & Rotherham Wildlife Trust took over the wasteland and transformed it into a wildlife haven.

The site's industrial heritage has not been forgotten and glimpses of the past can be seen around site; from 'Steel Henge', to the concrete building foundations, now key island habitats for many important species such as kingfisher.

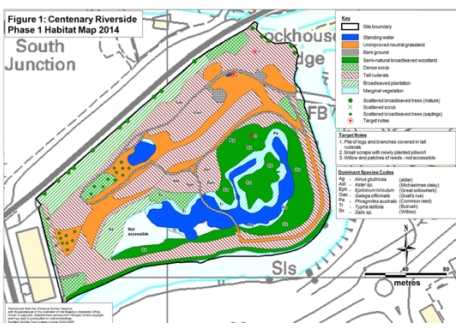
Centenary Riverside also plays a key role in Rotherham's future; designed as a floodplain, it forms part of Rotherham's flood alleviation scheme which holds back potential flood water and protects industrial and residential areas nearby.

If you need to get in touch with us about Centenary Riverside, please email us or call us on 0114 263 4335.

https://www.wildsheffield.com/reserves/centenary-riverside/

Route: from the carpark head into the obvious corner where there Black locked gate and A frame are. The narrowest part of the A frame is ,,,,

Once through the gate go across the very wide bridge over the River ~Don. Head straight and follow the obvious dirt path. You pass a few nice sculptures and sand made lake. Keep to the well drained path and head towards the large bakery. Follow the path around to the left. The track has a few little up and downs. Ignore the wooden stairs to the lower level that you will see on your right. Once you pass the large metal structures circle you rejoin the path you came in on. Turn right and then take the next right path, down a little sloped path, turn right at the bottom and follow the path as it meanders through the floodplain. Bear left at the huge wooden deckchairs - go through the large wooded arch and follow the path onto the wooden boardwalk. This path brings you back to the bottom of the sloped path that you came down on. Up this path and turn right - then soon you arrive back to the car parking area.



Clumber Park, National Trust, Worksop, South Yorkshire. S80 3AZ

Distance: You really can cover a lot of miles on and in the grounds of this estate, typically I cover around 16 miles though obviously you can do as much or as little as you like.

Terrain: Much is on tarmac - wide paths, if you choose to do the larger circular route then much is on wide dirt path and bridleway. A few moderate hills to tackle.

Facilities on site: The site is owned and operated by the National Trust and so has a good standard of disabled and guest facilities. Free to visit and park if you are a National Trust member, if not then the cost is £5 per adult, £2.50 for a child, or £12.50 for a family. Clumber Park recently installed a full Changing Places facility by the main café.

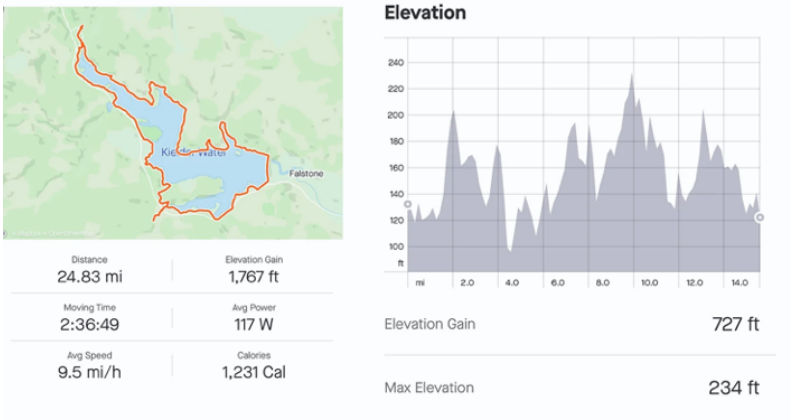
https://www.nationaltrust.org.uk/clumber-park

Lots of disabled parking, Good cafe and disabled toilets at the main visitor centre. There is a bike hire centre that also have two electric Trampers available for you to loan. They also do std and electric bikes that people can hire. Dogs are permitted.

Route: There is a fantastic and long route (16 miles) that can be followed using the centres Trampers , or your own electric power chair / or powered front wheel. Easy to follow numbered signposts. Therefor I haven't added a step by step route to follow.

Highlights - a beautiful & ancient forest and grounds. Stunning buildings and lake.
Wildlife in abundance, songbirds, Geese, Fowl, Woodpeckers, Grebes, Egrets, Owls, Deer, Badgers, Squirrels, voles, mice, stoats, Kingfisher. Buzzard, Kestrel, Heron. Cuckoo, Lark, Swallow, Swallow, House Martin. Many species of Butterfly, Moth, Dragonfly, Damselfly.

A couple of bird hides to visit- thought sadly no disabled viewing points provided.
Often I loose all mobile signal so bear that in mind if you are doing the longer route.
There are no steps, or stiles or gates to negotiate.



Cromwell Bottom Nature Reserve, Elland, access from Brookfoot Mills, Elland Rd, Brighouse.

West Yorkshire. HD6 2RW

Distance- 4 miles.
(manual wheelchair users will need some assistance).

Terrain: Some good quality paths , large sections on compacted gravel. A few slopes to get up and down.

Cromwell Bottom Nature Reserve is a true hidden gem of Calderdale.

They really have made the site as accessible as possible considering the topography of the site.

Cromwell Bottom Nature Reserve is a delightful privately-run woodland and meadow nature reserve. The committee, volunteers and members are all very forward thinking and helpful. Very approachable and obliging.

There is a café and disables loo on site, in a cabin (see the map). There are several gates both in and around the reserve so taking a Radar key is a must.

Paths- generally the paths are compacted gravel and dirt, the route marked by a thick red line is excellent for wheeled visitors. There are a few slopes to negotiate, long but not too steep, assistance may be required due to tired arms if self-propelling. The great thing about the site is like anywhere – you can choose how much ground you want to cover according to your fitness etc. or battery power if using a power chair or powered front wheel.

My suggested route is about 4 miles in total.
The start is from the road adjacent and leading to Brookfoot Mills, Elland. Sadly, no specific disabled parking area so I park and position a small traffic cone near my vehicle to maintain the space I require. From the car head to the canal and turn right- you will be on the tow path on the right of the canal. Follow the canal to a stone and cobbled bridge, very wide but the cobbles could be slippy if wet. It's not a hugely steep bridge to cross. On the other side bear right and follow the canal until you reach Cromwell Bottom Lock. Just after the lock you will see a gate to Cromwell Bottom Nature Reserve. Unlock the gate with your Radar key and the gate will swing toward you. Lots of room to pass. Please re-secure the gate whilst you are in the reserve. Follow the path into the woods. Look out for the many nest and bat boxes that are in the trees.
The path is wide and compacted so is good for wheels. Soon you come to a left turn, this is a wide path but does get narrow, there are steps at the far end. Also, the path is elevated with drops either side – so please don't go any further than the very wide initial section of this path. Carry on along the main path – soon you will reach a timber viewing platform on your left. The left side of this has a modified handrail to allow those on wheels and children to enjoy the view. Look out for deer and reed dwelling birds here. From the platform stay on the obvious path, ignore the little path that goes back to the canal on your right – keep straight then cross the very wide bridge over the river. Look out for Herons on the banks below you. Across the bridge and take the right-hand path to a bench, follow this path downward and

you come to a bird feeding station on your right. The wheeled viewing section is just after the lower level stepped viewing point. Look out for all the common birds but also Nuthatch, Bullfinch, I saw Goldcrests here too.

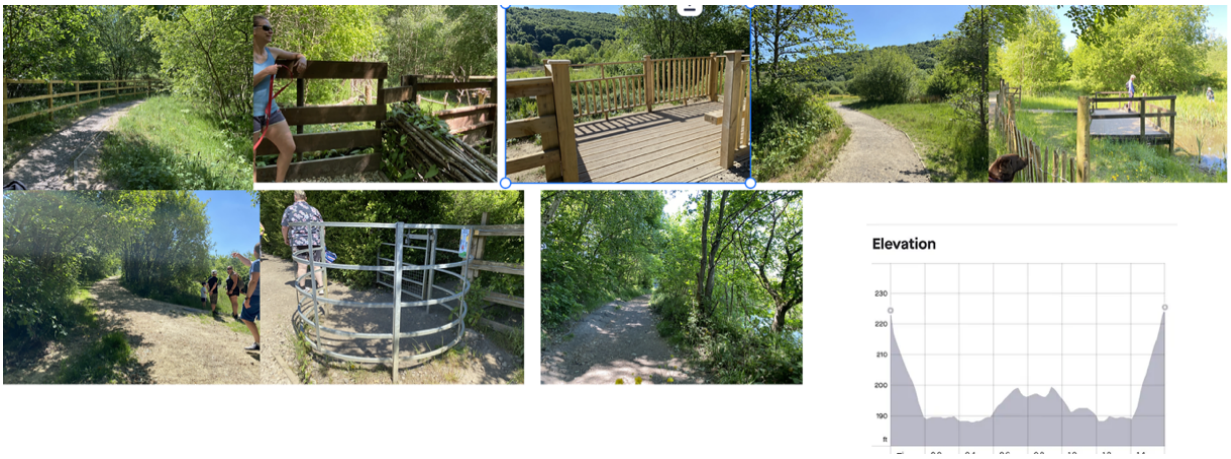
After the feeding station keep to the path. Soon you come to a crossroads, Here you can go to the café and disabled loo if it's a Sunday , Sunday is the only day that these are available – sadly due to the Corona Virus these remain closed, but do check Cromwell Bottoms own web site and social media sites to see if these have opened. To get to the café and toilets you go through the gate – again a Radar key is needed, once through the gate bear right across another wide bridge over the river. You will soon come to the cabins and facilities.

From the café – back to the gate – but pass it and keep going on the path by the river. You will soon reach another gate on your left. Here you can either re-enter the reserve or do as I did which is follow the path further. You will see a packhorse bridge on your right, take the path just after this and you can go through more wood and eventually find yourself with elevated views of the river. Look out for Kingfishers, Herons and Deer. From this point head back the way you came, left at the packhorse bridge then re-enter the reserve by the Radar key gate now on your right. Once through the gate bear right and head up the hill, it's not too steep but will tire your arms if on a manual wheelchair or mountain trike, assistance may be required here. This path takes you up to the meadows, great for butterflies, moths and small mammals. Follow the main path, it eventually brings you down to just above the bird feeding station you passed earlier. You will see steps in front of you – but as you near you can bear right and go down the accessible slope. Now back on the main path, bear right.

After the bridge over the river you will see a well-made path on your right- a linear route that takes in more woodland and eventually more meadow. Also, a lovely pond dipping and viewing platform on your right. Accessed by a little swing gate – the gap is wide to accommodate power and wheelchairs. From here you can head further on or turn around and head back to the main path. It is uphill but not too steep. Once you get to the main path turn right and head back to the gate that you initially entered the reserve on.

Once back on the canal you may see a barge further along the path, it moves location but if there they do refreshments, ice creams etc.

Then back to the car by following the canal (on your left) towpath.



Cusworth Hall, Park & Gardens, Cusworth, Doncaster, DN5 7TU

Described as the jewel of Doncaster Cusworth Hall, park and gardens is in the village of Cusworth, South Yorkshire. Built in 1740 for William Wrightson the country estate is now a country house. - park and gardens. Set in acres of gardens, several lakes, woodland, and meadow.

Route: During our visit we did 3.32 miles - though if you stay within the near grounds you will do less miles.
There are a number of cycle and farm lane and paths entering and leaving the grounds so if you wish you could add many more miles on.

Terrain: Tarmac, hardened footpath, if you head further the out of the main estate (optional) then the paths are on grass, wood / forest paths, and cycleways.

No steps (except one stone slab on an optional route extension) all gates are wide - a few bollards but sufficient gaps for all equipment.

The estate behind the main hall drops down to the lake's. Long sweeping slope down on good hard standing paths, a challenge for manual wheelchair users to get back up- assistance will be needed unless your arms are very strong! Thankfully my Batec Electric made light work of the hills.

Facilities on site: Ample free Blue Badge parking if you park in a disabled bay and display your badge. None Blue Badge car users have to pay and display a ticket , a few quid.
Good cafe with disabled and general toilets / baby change facilities.
The cafe has two indoor rooms - both accessible, one allows all dogs inside. There is a covered outdoor seating area too. Children's play area.

Dogs are permitted throughout the park.
During our visit we didn't visit the museum so I am n to able to write if any of it is accessible.
https://www.cusworthhall.co.uk

We parked near the Hall then headed down past the main hall into the Shrubbery Gardens- from here we explored the lakeside paths. The first two have good hard standing paths - the third lake is on wood chipping and grass, quite muddy in places. We also explored some of the outlying area's, one optional path leads to a farmers bridge over a beck, caution NO SIDE PROTECTION! but wide enough for all users.
As you cross the bridge you have to negotiate a large stone slab that creates a 4 inch step form on the left rear wheelchair wheel! I needed a little hand to get over this safely. Capable off road mobility vehicles with 4 wheels would not likely have any problem getting over the slab.

What might you see? All the common garden and lake wildlife inc Heron, Swans, Coote, Moorhen, Ducks, Geese, Woodpecker, Nuthatch, Wren, Meadow Pipit, Larks, Buzzards, R Kites, Gulls, Kingfisher, Weasel, Stoat.

Dartington Hall, Gds and estate. Tower Road Totnes, TQ9 6EE

Route: This route is 3.2 miles long and takes in the hall grounds, the river paths, the deer park and formal gardens.

The routes are well signposted , accessible long route and short route. There is also a helpful accessible route guide available from the information office.

Terrain: Tarmac, well established path, grass, woodland path, gravel.
There are a few steep sections so help or a powered attachment or power chair will makes things much easier. There are several wide gates to pass, no stiles and the places with steps can be avoided.

Facilities on site: Ample parking but all inc Blue Badge users have to pay. I believe it was £2.50 for 3 hours.
There is a fee for entering the formal gardens - though if your used to say National Trust estates you will be disappointed with the gardens- much are over grown and neglected.

Toilets are available inc a disabled toilet in the historic hall. Service-able - functional but rather scruffy.

There is a lovely accessible cafe and pub on site, The White Hart and Green Cafe.

Dartington Hall is a 12th century house built in a courtyard design-linked with King Henry 8th.
The formal grounds.

Dogs are allowed in the grounds - but only service dogs are allowed in the cafe, pub, hall and formal garden.

Dartington Hall is a member of the Countryside Mobility Scheme - they have a Tramper available for members to use for a small fee (£2:50 per hour). Membership of the scheme is £10:00 per year but this allows you to use trampers at many locations -again for a small fee.

https://www.countrysidemobility.org/locations/dartington-hall-gardens-estate

https://www.dartington.org

Darlington Hall , grounds and gardens
St Mary's Church
Elevation
Distance
3.02 mi
Elevation Gain
215 ft
Moving Time
1:02:03
Avg Power
161 W
Avg Speed
2.9 mi/h
Calories
667 Cal
Elevation Gain
215 ft
Max Elevation
192 ft

Deeside Way, Ballater, Aberdeenshire, Scotland.

The Deeside Way is a disused railway line that runs from Aberdeen to Ballater. This is 41 mile in total. Running from the Old Royal Deeside Railway station - all the way to Aberdeen.
The section we did starts in Ballater where there is ample free parking and some excellent cafe's and restaurants. The town also has a all abilities toilet, near the main car park.

Route: Much is on hardened path, tarmac, and some sections that could be a little muddy. A few sections have inclines back down to a crossing point then up the other side - mainly at places were you have to cross the main road. The section we did was Ballater to Cambus O May. At the Cambus O May there are two cafes, one is a bakery, the other a cheese manufacturer and cafe, this one has a disabled toilet too.

Terrain: All good and sound, wide, no steps or stiles.

Facilities: Ballater - lots of great places to eat and drink.
Cambus O May - two cafes.

Things to see: Plenty of the usual birds around, during our visit we saw heron, blackbirds, thrush, robin, buzzard. You may be lucky enough to see red squirrel, deer, and golden eagle. We debated for a while if the large raptor we saw was a buzzard or a golden eagle. It was massive, and had very fingered wing tip feather wing tips? Its cry was also quite different from buzzards too - a more short blast shriek as opposed to the longer shriek...?

https://www.google.com/maps/d/viewer?mid=1p8TpAeWbB5GPkeICuHgI9wqG9TE&ll=57.05643345535022%2C-2.9874647618151773&z=11

If you do visit Ballater - do take time to explore the town, lots of history and royal connections, with King George, Queen Victoria and Prince Albert, Queen Elizabeth 2nd and of course our new monarch King Charles 3rd.

Denso Marston Nature Reserve, Charlestown, Baildon, Bradford, West Yorkshire. BD17 7AX

Distance - 1.7 miles.

Denso Marston is an industrial factory on Otley Road, Baildon, West Yorkshire. The reserve was created in 1991 and is approx. 7 acres in size. Located between the River Aire and the A6038 Otley Road. Unfortunately there isn't any parking at the reserve, parking is in a lay-by on the A6038 Otley Road, just near St James Church. The road is quite busy so please take care crossing.
The path to the reserve is on the opposite side of the road, you should see a signpost. The gate is a large kissing gate that should allow you to pass if on a powerchair. I use a Batec power attachment and could still get around the gate. Once through the gate head down the tarmac path for several hundred meters, its not too hilly - just a gentle downward slope. The gate to the reserve is on your right, its a wide one so shouldn't be an issue.

Most of the paths are well drained and reasonably wide. Some are on dirt so expect to get mucky wheels after rain or during the winter.

Follow the path away from the gate, soon you will see a path heading left away from you, you can go a way up here but I stuck to the main path, (therefore I can not inform you what lies beyond).

Follow this path and eventually you will come to a clearing, here you will find a bird feeding station on your right. Sadly disabled access viewing is not great, you can view from a few feet away but no closer.

Further down the main path you will come to a pond on your left, a decked platform is here but wheeled access is not provided. Though you can get as close as you need just past it.

After the pond follow the path further and across a little bridge, wide enough for any scooter or wheelchair and no steps, just a slight gradient at the ends. After the bridge you follow the track, I decided to just keep going to the river bank and kept going. Its a linear extension but quite nice.

Caution - further on this path the side of the path has collapsed, So maybe a good point to turn around carefully. As I had people with me I pressed on with someone to steady my passage one the narrow collapsed bit. There isn't a great need to do this bit but you do get a nice view of the river.

Turnaround or if you did not add this section head back to the main path, I found a track to the left that was Rooty in places. Not a huge issue just take care. Look out for lifting panels either side of the path, lots of hiding amphibians seeking shelter.

Eventually the path re-joins the main pathway. Retrace you steps and soon you come to the second bird hide on your left. The frontage nearest you is not suitable if your in a wheelchair - but if you can fit between the structure and a small tree you can reach a better low viewing side, wet grass might make this challenging.
After the bird hide head back retracing your route.

The reserve does have a disabled loo but the reserve is not staffed all day . The web site states contact the warden who can open the facilities.

What you may see? you will see the usual array of British birds, lots of Nuthatch and Blue tits.

Treecreeper, Kingfisher, Heron and deer. The river Aires gaining a reputation for Otters so do keep your eyes open.

Dove Stone Reservoir (RSPB), Bank Lane, Greenfield, Lancashire. OL3 7NE

Distance: My route is 6.27 miles, but this includes a very steep climb to Chew Reservoir. This is an optional add to what many call the standard route. It adds approx. 1.2 miles return and involves a very steep in places hard standing wide track. The less hilly standard route is about 5 miles.

Terrain: Mainly on tarmac, wide track. Std route – a few steep but small hills that you may need a little assistance on. I have climbed this with a Mountain Trike which was hard work but doable. As I use a Batec Scrambler I have no issues.

Added optional linear route to Chew Reservoir.

This is one big climb, so only suitable for good quality electric mobility equipment. Some short sections are hard due to the surface being a little loose. I needed a push on a few bits. Also, the Batec motor did get very hot so cut out a couple of times due to the climb being huge, the terrain being steep. We made it to the top and my wife was still alive. A huge grin on my face. I do push my mobility equipment to its capabilities and sometimes beyond.

Facilities on site. Disabled parking, free if you have a blue badge. Toilets including disabled located in the car park. At busy times an ice cream van and burger van are often located in the car park.

The site is free, but you do have to pay for parking unless you have a blue badge.

Dogs are allowed. Please note there may be Grouse, Pheasant and nesting birds on the ground so keep dogs on leads please.

I would suggest you avoid Dove Stone Reservoir at weekends as it gets extremely busy.

No steps, no styles. There are a couple of wide gates including on the added section to Chew Reservoir that can all be opened with a standard Radar key.

The route. From the car park head up the hill. Stay to the right of the reservoir and go up past the sailing club. You come to a gate, on the right is the Radar key operated wide gate (please lock it). Keep going straight on. On your left is a small natural Memorial wood, wide gates. Often lots of interesting birds and insects to be found. After the wood keep heading up the path. You reach a wide bridge.

You can add the Chew Reservoir if you bear right and follow the steep path up, up and up. There are no barriers except a Radar key padlock on a 7-bar gate near about half the way up. It's a testing climb for both mobility equipment and if like myself you wife is giving assistance when needed.

Needless to say, Deb didn't need to visit the gym after our outing today. If you get to the top – well done. On the way up and down you get amazing views and often great skies. When you get back to the bottom look out for a dirt path on your right that re-joins the standard route. The terrain on his is a little rutty and bumpy. There is also a couple of small streams to wheel through, (avoid if it has been raining recently, as the path will be filthy and the streams a little deeper).

Standard route. After the wide bridge over the stream you come to a junction. Bear left.

You then have a short dog-legged climb that skirts the wood and then a level path on the SE side of Dove Stone Reservoir.

At the end of the path is another wide bridge, just before it is an accessible picnic area.

Back on the path - over the bridge and soon you are bearing left on the top dam path, very wide with great views on both sides.

At the end of this section is another wide bridge. After this bear left and climb – look for a gate on your left (again a Radar key). Through the gate and then you have a downhill section. Keep to the right of the path as it is smoother. It is a little steep in places.

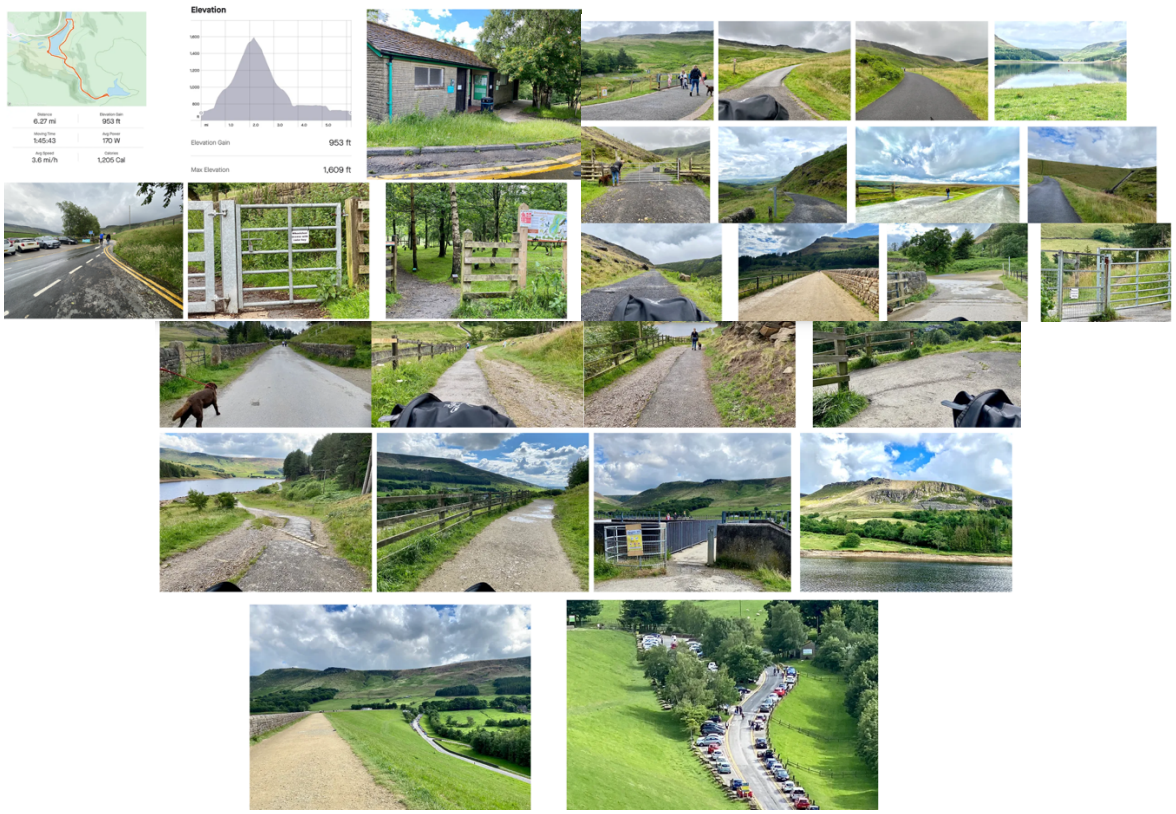
This levels and you are now moving along the level path, reservoir on your left-woods on your right.

At the end of this path is a left turn down to the main dam path. Head along here to the end and back to the car park.

What might you see? Lots of lovely flowers and Orchids along the route.

Many different fowl, many different songbirds. Short Eared Owls live in the woods on the SE side of Dove Stone Reservoir. I have also heard Tawny and caught a glimpse of a Little Owl. Swifts and Swallows. Peregrines are also known to nest in the rocky outcrops.

On the water lots of ducks and geese. A beautiful location that I always enjoy regardless of the weather.



Dunham Massey House, National Trust, Dunham Massey Hall, Altincham, WA14 4SJ.

Distance: 4,7 miles, though you can lengthen or shorten your route. Terrain: Mostly on wide tarmac path, some sections on woodland wide compacted path, some optional sections on well cut grass. There are a few gradual hills but these can be missed out. The main path around the deer park is fairly level and good for wheels.

Facilities on site: Plenty of good parking, Disabled parking available, free to park and free admission for National Trust Members. If your not a member then you will have top pay to park and enter the grounds. https://www.nationaltrust.org.uk/dunham-massey

A lovely visitor centre and excellent cafe with disabled toilets. The staff in the visitor centre will happily give you a map to help you find you way around.

Footpaths are easy to follow. The main hill section is down to the old preserved water mill. You can miss this out to avoid the hill.

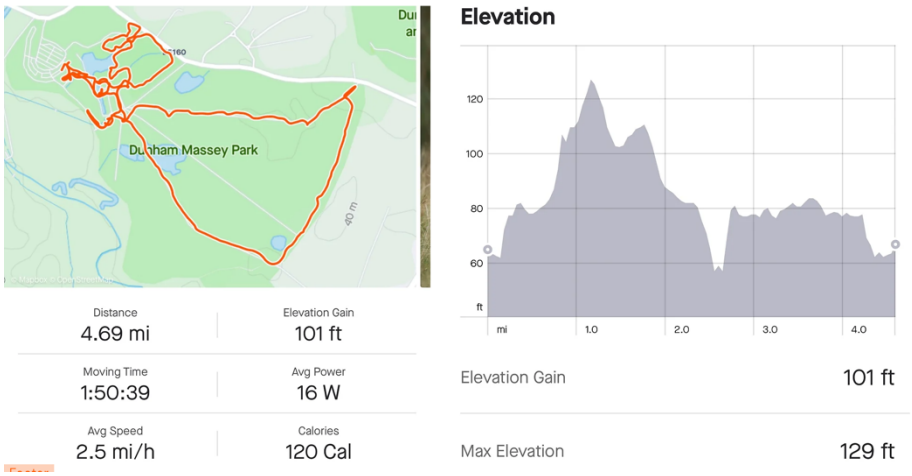
Plenty of lovely level paths to follow, a few large wide gates to pass - built to keep the parks deer in.

What might you see? I guarantee you will see at least two species of deer! The deer here are well used to people and will come quite close. If your eating take care as they are quite greedy.

Lots of rabbits and hares. Many types of birds around the grounds.

In the extensive grounds you will see many wildflowers and many species of butterfly and moths.

A beautiful place to visit.



East Marton, Skipton. Leeds Liverpool Canal Linear route. BD23 3LP

Distance: up to 6.5 miles. Terrain: Short sections on the road, then onto the canal towpath.

Two gates to go through – but these are wide enough for all users, Trampers, Terrain Hoppers, Quadrix, wheelchairs etc.

A couple of short hilly up and down bits with loose gravel paths, so assistance might be required. I use a Batec Scrambler and needed assistance on 1 section due to it being steep and with a curve in the path – so a run at it wasn't possible. Should be no problem for rear wheel driven mobility equipment. Manual wheelchair users will struggle on a few up and down sections unless your arms are very strong- you have great wheelchair skills or have assistance. These sections are at the side of the canal locks.

The longest steepest section is on the road from the car parking area. Near the Cross Keys Inn. Please be careful on this road section as paths are not provided.

The Cross Keys Inn does do excellent food, but due to covid it was closed during my visit. There is also a café called the Habit, but this was also closed. Please contact them directly to check if they disabled toilets and or are open.

Good Phone coverage as there are a couple of phone masts on route.

The route: I park outside the cottages next to the Cross Keys Inn, no specific blue badge areas), head towards the pub and bear left down the hill adjacent the red phone box. If someone is assisting, you on the return route- there is a Defibrillator in the phone box! As its quite a hill.

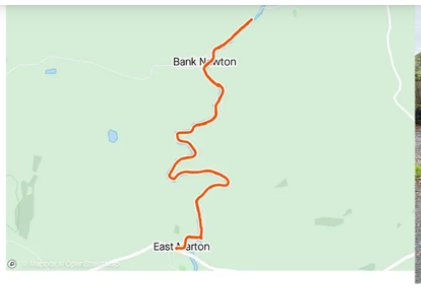
No footpath but every time I have visited the roads have been very quiet.

Follow the road down past the stables and Habit Café, you then reach a bridge to the canal. Immediately after the bridge take the track on the right that leads to the canal. Follow this to the right- take care as it's a sneaky little slope with a curve! Then follow the canal as far as you want to go. The canal will be on your left side.

Along the way are a few roots and little rocky sections but if care is taken these shouldn't present a problem. A couple of wide gates to pass. After a while you will see the towpath ends – but follow the path up to the bridge – cross the bridge and resume on the opposite side (left) of the canal.

I follow the canal past a series of locks and to a gate to the road. Here I turn around and head back the way I came.

What will you see? Often numerous different fowl, large flocks of geese, Swans, Oyster Catcher. Curlew, Kestrel, Heron, Kingfisher. Lots of different Butterfly & moths. Dragonfly, Damselfly. Voles, Shrew and Otters have been spotted. Lots of different plants along the way, we noticed many wild Orchids which was nice to see.



Distance	Elevation Gain
6.61 mi	138 ft
Moving Time	**Avg Power**
2:08:20	158 W
Avg Speed	**Calories**
3.1 mi/h	1,358 Cal

Falkirk Wheel, Lime Rd, Falkirk, Scotland. FK1 4RS

About the Falkirk Wheel.: The Falkirk Wheel is a unique in the world boat lifting/lowering mechanical marvel, possibly the gem of the Scottish Canals system. Two canals, the Forth & Clyde, which connected the Firth of Forth and the Firth of Clyde, and the Union canals are now connected by this magnificent engineering device, incredible too that to lift or lower a large boat consumes around the same energy that would power 8 electric kettles,(1.5kWh for each rotation). The wheel uses ancient principles set out by Archimedes over 2000 years ago. The colossal machine weights around 1800 tonnes.

The Falkirk Wheel opened in 2002, replacing a flight of 11 traditional canal locks. The Forth & Clyde canal is 100 feet lower than the Union canal. This waterway connection now takes a few minutes, instead of it being an all day transition. Of course mostly leisure boat traffic use the canals, but imagine how useful this time saving devise would of meant to the operators of the cargo barge operators and workers back in the Victorian era? 11 locks with 44 lock gates and all the sluices to wind.

The site of the Falkirk Wheel transforms a contaminated former tar works. The wheel and the area around it are now used for many other uses, SUP, kayak, canoe, water zorbing, and numerous more. The towpaths of both canals are excellent to walk, wheel on or bike. Another great feature of the higher Union canal is the Rough tunnel, that leads up to the Falkirk Wheel. From this height you are rewarded with a high vantage point of the highlands to the north.

Distance: The site of the actual wheel is over a few kilometers, however, you can add as many miles on either way by exploring the towpaths of both waterways.

Terrain: All is wheelchair friendly, a long slope between the two canals

Facilities on site: An excellent visitor centre and café with good accessible facilities. Blue Badge parking is either at the main attraction carpark or you can use the on street parking along a service road, this is well signposted. The larger general carpark has a height restriction barrier of 2.1m.

You can also board a barge and take a 60 min cruise along the canal, using the wheel.

Dogs are allowed -only assistance / guide dogs.

Lots of wildlife visits and lives around the site and canals, otter, kingfisher, and less shy animals are often seen.

Glasgow to Edinburgh Canoe Trail
GLASGOW EDINBURGH
Welcome to The Falkirk Wheel
You Are Here
THE FALKIRK WHEEL
Portaging around The Falkirk Wheel
Paddling through The Falkirk Wheel
Follow us
Scottish Canals
EDINBURGH
For a complete guide to paddling across central Scotland visit
glasgowtoedinburghcanoetrail.info

Local Attractions
visitfalkirk.com
visitfalkirk
YOU ARE HERE

THE FALKIRK WHEEL
TRAIL
KEY TO THE FALKIRK WHEEL ESTATE
INFORMATION
TOILETS

Scottish Canals

Fairburn Ings, RSPB, Newton Lane, Castleford, West Yorkshire. WF10 2BH.

Distance: Route 1 My route is approx. 5.5 miles, however this can easily be extended by another couple of miles - staying in the Fairburn Ings locality. You can also add the river side (distant) and do more along the top path from the Coal Pits section - though I have not tested this section yet.

Distance: Route 2 Sets of from the carpark and visitor centre - but goes further and to the bottom end of the nature reserve - approx. 5 miles in total. ! reasonably short steep uphill, a nice steady downhill, then an alternative lower path back to the top of the shared path from route 1 - see pics labeled Route 2 at the bottom of this page.

Terrain: Mostly wide descent dry dirt path. Small sections on wooden north shore , take care as the edging is not huge and you could if not careful pop a wheel over the edging. That said the paths are wide so you can keep safe by staying away from the edge.

There are a few hills to climb, also on a slight loose surface. I use a Batec and so as my weight is at the back - on my wheelchair. I can get a bit of front wheel spinning, a good run and if needed a little pushed assistance might be needed.

Rear wheel drive scooter shouldn't have any issue on any of the hills.

Manual self propelled wheelchair users will get tired and assistance may be needed. Power wheels and smart drives may have traction problems. Mountain Trikes would be ok but would be quite tired I feel. No gates and no stiles, no steps. Dogs on lead are allowed.

The bird hides are suitable for wheelchair users, except the Bob Dickens hide as this is down a fairly steep hill. I have never visited the Lin Dike Hide as I stay on the Roy Taylor Trail path.

Facilities on site: Fairburn Ings is managed by the RSPB, a car parking fee is required for none RSPB members, the cost is £4 per vehicle.
Normally the visitor centre has toilets, disabled toilet, small cafe with vending machines and a retail section. Due to the pandemic the visitor centre and toilets are all closed. There are portable toilets in the car park, there was not a disabled toilet portaloo at the time of my visit.

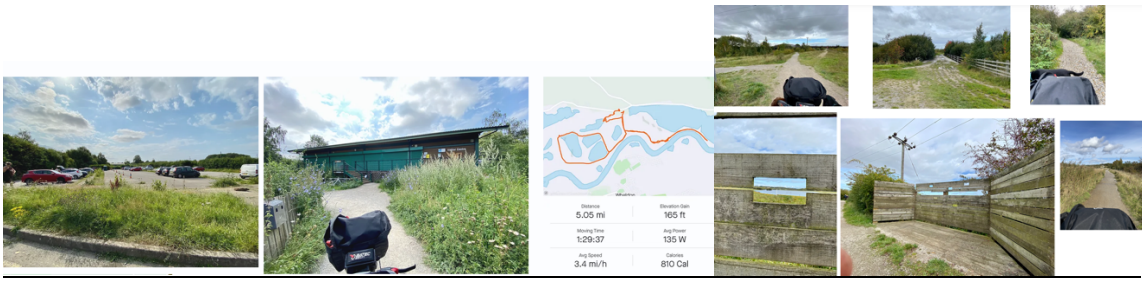
Route: 1 From the car park head to the western end and start the trail, you go past the visitor centre. Keep to the path, a nice bird feeding station is found just past the visitor centre. From hear follow the path to the right along the discovery trail, a lovely open bird hide with disabled viewing points, from here go right to another bird feeding station. Stay on the path and you will soon reach a pond dipping and viewing area. Great for seeing nesting fowl, dragon and damselfly,. The space by the pond is huge so you don't need to go right to the waters edge. The edging (toe board) is only a few inch high so stay a few feet away from the edge. From the pond head left and bear right. This takes you to the Kingfisher Screen. Plenty of suitable wheelchair viewing points. You often see Kingfishers here - quite close. Deer, and a huge Heron.

From the Kingfisher Screen head up the hill. Bear right at the top, your now on the Roy Taylor Trail. At the top of the next hill I turn right and do this section anti-clockwise. This is a lovely circular wander with great vista views of the surrounding lower. When you do a full circle you can either go back up down the hill you came up on or if wanting to be more adventurous take the immediate right footpath to the Lin Dike section, though I have never been on this part.

I go back down the hill I came up - through the open (no gate) part then take the good wide path to the right. This takes you through woodland and to the Village Bay open hide. Here I turn around and head back to the Kingfisher Screen - then the car park.
https://www.rspb.org.uk/globalassets/downloads/documents/reserves/fairburn-ings-trail-guide.pdf

What might you see? Lots of fowl, Heron, Egrets, Green Woodpecker, Kingfisher, Gulls, Geese, many different ducks, Spoonbill, Black Necked Grebe, Grebes , ~Cuckoo, Bittern have been seen, Swallow, Swift, Sand Martin, also keep an eye skyward for raptors touring the area. Many different butterfly and Moth, as well as different small mammals.

https://www.rspb.org.uk/reserves-and-events/reserves-a-z/fairburn-ings/



Route 2 From the visitor centre -follow the path around the front - as route 1 until you get to the Kingfisher Screen, Up the hill -through the large gate and follow the top path - another gravel hill to a signpost. Here you will see a sign for the Roy Taylor Route - follow this up and down the wide up and down a bit path. You eventually reach a Radar key gate - pass through this and then follow a path to your right (after the gate and the bridge you have passed under. This is a lovely path with good views to the right and views of the brook on your left. The path has a few short gravel sections and one rough section, but most is easy. There are a couple of viewing screens along here and an accessible bird hide (currently closed due to Covid). This path leads eventually to a radar key gate that leads to the road. - I don't go through as the road does NOT have a footpath but is wide and doable for capable mobility equipment users.

The return route is the way you came- back through the first radar gate and under the bridge. Soon you reach a split in the path, left takes you back up the Roy Taylor route - but I go right here and follow the wide path along the river, at the end you have a little hill to climb - this leads you back to the shared path you came in on. You could then take the right hand path after the boulder - this is covered in Route 1.

Please don’t try a shortcut and head along the road to the carpark where you started. My wife, our dogs and I did and the road does not have a footpath. Vehicles do also travel very fast with a few blind bends just to make it more hazardous…

Far Ings Nature Reserve, Lincolnshire Wildlife Trust, Barton- Upon- Humber, DN18 5RG

Far Ings Nature Reserve is located on the south bank of the river Humber , in an area called Barton-Upon-Humber. The site is operated by the Lincolnshire Wildlife Trust.
https://www.lincstrust.org.uk/get-involved/top-reserves/far-ings

The area, reserve and nature here is a testament to the incredible work carried out by the Lincolnshire Wildlife Trust- turning an area that was formerly an industrial area connected with the tile and cement industry.

Some of the reserve is also flood plain for the Humber river. Before you visit do check to ensure the reserve is open.

Terrain and facilities on site. A mix of marsh, mudflat, reed and meadow with paths meandering between the various former pits.

There are two car parks - one near the visitor center and one near Ness End Farm, both accessed off Far Ings Lane.
Ness End Farm is excellent for wheelchair / mobility equipment users and has ample parking.
Handy too - that there is also a long hose pipe on a tap on the main farm building, which I used to remove the amassed dirt and mud my equipment had covering it!
I love Lincolnshire but would rather leave it behind and not take it into my van and home when I have finished my visits.

Parking at the visitor center is also excellent but there is not a hose pipe if needed after your visit.

The reserve is free to visit and doesn't charge for parking, ample Blue Badge parking available on flat surfaces. Only guide and assistance dogs are permitted on the reserve. There is also a little linear nature trail.

The visitor center was closed during my visit - it operates limited opening hours so do check-but does have a disabled toilet. It also states it has a small cafe. There is a toilet at the Ness Farm end too - though I didn't visit it to see how accessible it was.

Terrain: Mixed, tarmac, grass path, dirt path. Large gradual ramp up to the Humber embankment if you choose to explore this end. Note there is a slope to come down to re-enter the reserve at the Ness Farm end- but you will need a Radar key and it can be quite muddy- its a gradual dirt slope down. You can tour the reserve around the visitor center then head out and right on Far Ings Lane to explore the Ness End Farm section.

Numerous Radar key swing gates to negotiate that are a little awkward if you are on your own. I looked at coming back up to the Humber embankment from the Ness End Farm end but is was too steep ands quite muddy. So I came back on the lane to the visitor centre car park.

6 x viewing hides. Due to the amount of mud during my visit I was not able to access them all. I did check out the Scrapes hide, and the Target Lane hide. Both had disabled viewing points for wheelchairs inside.

I was really looking forward to the Scrapes hide as it has been a really good / reliable place to see the elusive Bittern. To get to the Scrapes hides you have to travel up to the hide via a grass sloped path,

normally my Batec mobility device would manage this kind of slope but during my visit it was very muddy. Hence I got stuck mid way up the slope. I should of called it a day and turned around at this point - but that's not how I am wired sadly. I sat and tried a few different tactics to get up the slope with no success. Eventually after numerous failed attempts two bird watchers saw my problem and helped me to get up the slope. I spent several hours in the hide and was rewarded with a view of my target species - the Bittern...

The gate to the Scrape hide from the Ness End Farm end is also rather difficult to operate the catch.

I reported the issues I had experienced to the reserve manager - who offered the excuse that the reserve was made to be well protected from anti-social behavior hence the gates etc. Sadly he offered little in the way of how they (the LWT) might be able to improve accessibility.

What might you see here: Bittern -if your very lucky. Water fowl, geese, water rail on occasions. ~Reed Buntings, many other species.

Formby Nature reserve, Victoria Road, Formby, Liverpool, Lancashire. L37 1LJ.

Distance: Approx. 4 miles.

Terrain: Tarmac, path, wooden boardwalk, sand dusted paths. Woodland and meadow path - dirt path, wide. A few wide bridges.

The paths lead to the beach - at the end of the well made path the stand becomes soft and quite deep - so access onto the beach will be very hard. Unless you have a willing person to assist you.
Away from the beach and the paths are good- the sections in the pine woods are a little undulating but ok. Manual self-propelling wheelchair users might struggle to get around all.

Facilities on site: The reserve is managed by the National Trust.
No cafe, there are toilets provided. Picnic benches are provided.

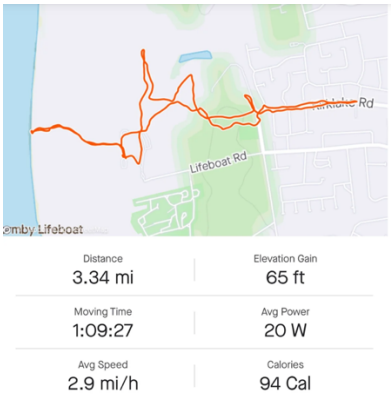
National Trust members have to pay £7.50 per vehicle. Free to National Trust members.

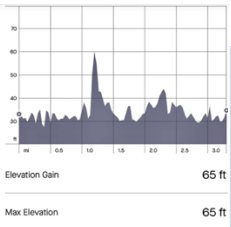
https://www.nationaltrust.org.uk/formby

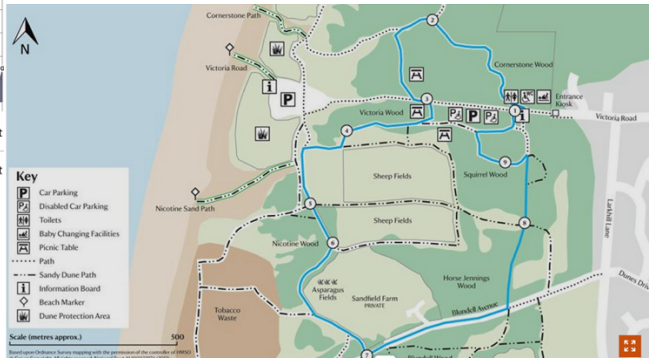
https://www.nationaltrust.org.uk/formby/trails/formby-red-squirrel-walk

What might you see? Formby is one of the few places in England where Red Squirrels can still be seen. Stunning views and lovely forest.

Many species of wildlife to see if you are lucky.







Fountains Abbey & Studley Royal, Nr Ripon, HG4 3DY North Yorkshire.

Fountain Abbey and Studley Royal are managed by the National Trust.

Distance: Various routes can be completed, circular, linear, just Fountain Abbey & Water Park, or Fountains Abbey, Water Park and Studley Royal.

My route takes in the abbey, the beautiful water park and Studley - so is around 4 miles. Though this can be increased or decreased depending on which parts you want to see.

Terrain: Gradual slopes, some steeper sections, the odd shortish steep bit. Most official paths are hard standing except around the actual abbey, if you go off-piste then many of the tracks are on mown grass and dirt path. A real bonus being the actual ruins are pretty good accessibility wise. No steps, no stiles, a few wide enough gates.

Facilities on site: The site is operated by the National Trust and so parking and admission is free if you are a member. If not then you have to pay admission. A great visitor centre - excellent cafe and disabled toilets.

Many disabled free blue badge parking.

At the bottom end of the abbey estate is another cafe. Do check what facilities are operating on the day of your visit regarding the pandemic.

Dogs are permitted on leads - or if obedient you can allow them to be off lead.

What will you see? Fountains Abbey is one of the largest and best preserved ruined Cistercian monasteries in England. It is located approximately 3 miles (5 kilometers) south-west of Ripon in North Yorkshire, near to the village of Aldfield. Founded in 1132, the abbey operated for 407 years becoming one of the wealthiest monasteries in England until its dissolution in 1539 under the order of Henry VIII.

The abbey is a Grade I listed building owned by the National Trust and part of the designated Studley Royal Park including the Ruins of Fountains Abbey UNESCO World Heritage Site.

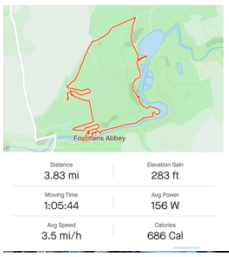
The gardens, fountains and connecting waterways are stunning.

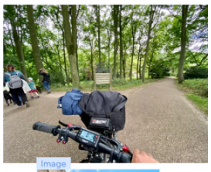
Wildlife, lots of different trees, shrubs and wildflowers. Many different insects and birds. A number of different raptors and many deer - esp in Studley Royal that has residents herds of captive deer.

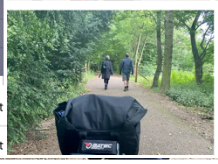
A great place to visit during the rutting season (Oct) though it is suggested you stay a distance as the male deer have one thing on their minds.

https://en.wikipedia.org/wiki/Fountains_Abbey

https://www.nationaltrust.org.uk/fountains-abbey-and-studley-royal-water-garden







Foxgloves Covert, Catterick Garrison, North Yorkshire. DL9 3PZ.

Distance: The accessible trail is approx. 1 mile in length but packs in a lot of different topography, woodland, ponds , wooden boardwalk, wide bridges, forest and moorland.

Terrain: Road, woodland path, wide wooden boardwalk, wide wooden bridges all on accessible and wheelchair suitable paths. The dedicated accessible route is well marked out (red route and is easy to follow).

Facilities on site: A visitor centre that does have a disabled toilet, access ramp, small shop, and tea / coffee making facilities. Take your own favorite beverage and use the kitchen.
Dedicated Blue Badge parking near the visitor centre. Most hides have wheelchair access and viewing points, ponds have pond dipping platforms that are accessible. Dogs are permitted on leads.

There is no charge to visit the reserve but they kindly ask for a small donation for parking and visiting. Its only a few pounds.

About the reserve: The nature reserve was built by members of the Royal Dragoon Guards on their return from the first Gulf War in 1992, they used their buildings skills and heavy equipment to turn what was a former tank testing / driving area into what is now an award winning and site of special scientific interest.

There are a number of different routes - but as I am a wheelchair user I chose the route marked with red markers on well located and easy to follow signposts. As it was built by the military expect it to be clean - well organized and very structured.

The nature reserve is accessed by driving into the military base at Catterick, You have to report to the guard Room House on the base. Follow the satnav using postcode DL9 3PZ. You will need some form of photo ID, Blue Badge or driving license. If like myself you drive and use a wheelchair then note there is not any access for a wheelchair user to the Guard Room / House. Speak with the armed Guard's (sentries) on the gate who will send someone into the guard room / house for you. Here you will be issued with a day pass and told how to get to the nature reserve.

You can drive all the way to the Nature Reserve Visitor Centre and park there so again if on your own a soldier will help you access the gate to the actual nature reserve.

Go through the electric gate and head up the wide path - until you reach the wooden visitor centre on your left, Blue Badge users can park near this - and then pickup the red markers for the accessible nature trail.

Foxgloves Covert

If needed you can ring the guard room / house on the following number 01748873325 to check that the reserve is open before you travel - or to ask any questions.
https://www.foxglovecovert.org.uk/

What might you see? The reserve has many different types of habitat, many different woodland birds, fowl on the lakes, Kingfisher, Woodpecker, Sparrowhawk, Owls, Deer and Badgers.

You also have a good chance of seeing different types of tanks, armored vehicles and attack helicopters if there is an exercise happening during you visit. An amazing place

Distance	Elevation Gain
0.93 mi	65 ft
Moving Time	Avg Power
14:57	119 W
Avg Speed	Calories
3.8 mi/h	119 Cal

Elevation Gain	65 f
Max Elevation	660 f

Frampton Marsh, RSPB Nature Reserve, Roads Farmhouse, Frampton Roads, Frampton, Boston, Lincolnshire, PE20 1AY.

Distance: *My route was a total of 3.36 miles but this included a short extension out of the nature reserve and onto the marsh defense wall (a continuous raised earth bank that has a path along the top).*

https://www.rspb.org.uk/reserves-and-events/reserves-a-z/frampton-marsh/

Terrain: Specific disabled parking adjacent to the visitor centre, level and wide bays. No height barrier - handy if you drive a van.

The first section is on a wide tarmac and compacted path. The path then is on compacted earth but this is well trodden and drains quickly. Being Lincolnshire the reserve is fairly flat except ramps to access the hides. Suitable for all types of wheelchair -except to the Marsh sea wall as it is quite steep -so assistance might be needed.

No stiles, a few gates that's swing both ways and have bridleway style long latch openers. Some of the gates are quite awkward to open if you are on your own as they are difficult to reach. One gate to the 360 Hide is so big and heavy that even my able bodied wife found it hard to use. It does have a pull lever to unfasten but this is still difficult. Presume this part of Lincolnshire has T Rex wandering the marsh lands as the gates are massive?

Facilities on site: A visitor centre that sells hot drinks, it has a disabled toilet too. No dogs allowed onto the reserve except accredited guide and assistance dogs -in their service jackets.

You can view the RSPB's full accessibility statement by clicking on the following link

https://www.accessibilityguides.org/content/rspb-frampton-marsh

All of the bird hides are fully accessible, no steps and wide doorways. There is a small pond with a wooden walkway -caution - NO EDGE PROTECTION FOR WHEELS...

What might you see? All types of fowl, geese esp autumn when numbers increase hugely, Hen Harrier, Marsh Harrier, Waders, smaller birds, Egrets, Merlin, Hobby. Pintail, Wheatear, Curlew, Lapwing and many more.

Also mammals visit and hunt here.

The reserve is on the edge of one of Britain’s largest salt marsh and so all sorts of species can and do drop in.

Haldon Forest Park, Near Exeter. EX6 7XR.

Route: This route takes in around 2:36 miles of the forest park. On tarmac, gravel and well established forest paths. There are lots of paths further to explore depending on the capability of you equipment or confidence in using the Trampers that are available on site.

Terrain: This is quite a hilly site bit free of stiles and gates. A lot is on shared use paths. Facilities on site: Excellent parking and cafe. The site is operated by Forestry England. Free for members of Forestry England or you can visit and pay a car parking fee, £4 for 3 hours inc Blue Badge users. Ample disabled parking. Excellent disabled toilets etc. Dogs are permitted as long as you are a responsible dog owner.

Countryside Mobility Scheme, this site also have Trampers available - managed and part of the South West Countryside Mobility Scheme. People can join and then use a Tramper at many locations operated by Forestry England and more. Membership is a mere £10 per year and then minimal cost for hire of the Tramper at one of the sites. Brilliant scheme ...

https://www.countrysidemobility.org

https://www.forestryengland.uk/haldon-forest-park

So even if you don't have your own mobility equipment or would rather dirty someone else's then this is a great scheme aimed at helping people explore the wildest locations. On site there are also Segway Tours, Go-Ape and many other activities for the more mobile person.

Haw Park Wood, (Anglers Country Park), Wakefield, West Yorkshire. WF4 2EB

The start point for the wander is at Anglers Country Park, as featured in route No 57
https://www.accessiblenatureuk.com/55-anglers-country-park-wakefield

https://www.wakefield.gov.uk/sport-health-and-leisure/parks-and-countryside/parks/haw-park-wood

http://www.fohpww.co.uk/about-the-woods/

Route: My route is almost 3 miles in length though there are many other tracks spurring off, and also the Trans-Pennine Cycle route that can be accessed from Haw Wood and Anglers Country Park.

Terrain: Most is on wide dirt track - so it will be quite muddy if its been wet or is raining. Today wasn't too bad. There are a few little sneaky hills to climb but nothing most mobility equipment will be able to tackle.

There are a few open access gaps next to car barriers but the gap is wide enough for all mobility equipment. There are also a few Radar key locked gates to get through- should be doable if you are on your own.

Facilities on site: At Anglers Country Park there are disabled toilets, a lovely and reasonable cafe, ample Blue Badge parking. A small fee is charged for none Blue Badge car parking.

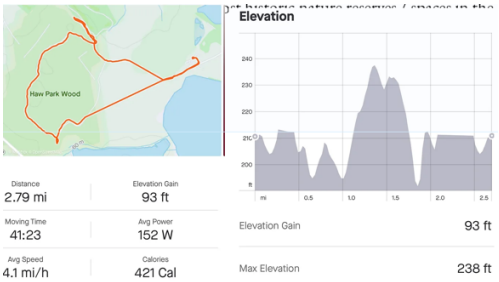
Dogs are permitted in both the Anglers Country Park and in Haw Park Wood.

About the site and what might you see. Haw Park Wood is part of a historic country house estate - owned by Charles Waterton, it was finished in 1826. It was the first actual nature reserve ever created - due to Waterton's love of the natural world. He installed wildlife viewing points, towers and hides. He also had habitat areas created - and so bird boxes were born. He also was famed for buying live Hedgehogs and setting them free on his huge estate - little did he know that in 2021 Hedgehogs would be considered as being "at risk" in the UK.

A very lovely forest that is well managed and has much to explore.
Deer, mice, fox, Badgers (likely) many types of small birds and a good selection of predators. We saw a Merlin which was a lovely sight. So if its been dry of late do visit and enjoy perhaps one of the most historic nature reserves / spaces in the UK

Charles Waterton's Well
Haw Park Wood

.


Haw Park Wood
Elevation
240
230
220
210
200
ft
mi
0.5
1.0
1.5
2.0
2.5
Distance
2.79 mi
Elevation Gain
93 ft
Moving Time
41:23
Avg Power
152 W
Avg Speed
4.1 mi/h
Calories
421 Cal
Elevation Gain
93 ft
Max Elevation
238 ft

The Hawk Conservancy Trust, Visitor Centre, Sarson Lane, Weyhill, Andover. Hampshire.

SP11 8DY

The Hawk Conservancy Trust is a charity that hosts a large collection of raptors, it has species representing many parts of the world. They have also been awarded numerous awards for the quality of their care, the quality of their attraction and the conservation work that they do.

They have a hospital, they also partake in breeding programmes for the more threatened birds of prey and birds / owls that need care if injured or poorly- where able these are nursed and then released back into the wild.

Located near Andover, the site occupies the grounds of a former zoo.

All of the birds are extremely well looked after and in beautiful condition. I have found that it is so easy to recognise when birds are not happy or distressed, and looked after incorrectly, as they shed feathers and look quite shabby. Every specimen here looked amazing and is clearly very happy and content.

The visitor centre opens daily at 09.30 am, it closes at 17.30 in the summer months and at 16.30 during winter. Do check their web site

https://www.hawk-conservancy.org/about/find-us/

They put on two main flying displays – one in the morning and one in the afternoon. I didn't really know what to expect – but have to say at times I was so taken back by the displays- truly amazing experiences with so many different birds flying. (I don't want to say more than that so not to spoil things if you do visit!).

I was also very impressed at how much thought has been paid to making sure the whole attraction and facilities are inclusive for all – regardless of your abilities. Ramps, slopes, and access all areas if you are on wheels like myself. They also have manual type wheelchairs available for visitors to use.

The staff I met too deserve a special mention. EVERYONE I met was lovely and asked if I needed anything during my visit.. awesome people who care.

For the display areas – specific disabled viewing areas are provided – arranged so people wont stand in front of you – blocking your view. Yep, its these little points that can, and do, make a huge difference to people who may be differently abled…

Facilities on site- ample free parking with disabled parking near the entrance.

Feather Café- all accessible.

Toilets and disabled facilities are excellent. Also there are numerous benches people can rest or catch their breath. Assistance and guide dogs, wearing service jackets are permitted into the attraction and café.

None service dogs are not permitted – a nice touch is a sheltered car parking area for people who have pets with them. Please though if the weather is to be sunny / warm do not take your pets- as in the hotter weather vehicles can get too warm even if they are under cover.

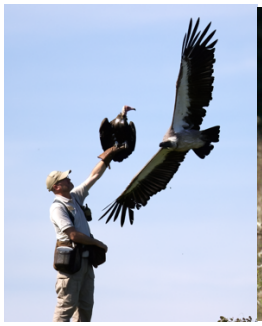
Do also have a look at the special programme of visitor experiences you can also pre-book.
There is much to see and do at this attraction, such as photography experiences and handling birds / owls. There is plenty for children – inc play areas and lots of visitor information etc.

What will you see? Lots of different raptors including owls – many up close – some even fly just above your head during the displays.

But do keep an eye skyward everywhere – during my visit I saw lots of wild buzzards, kestrels, a sparrowhawk and a peregrine all flying above and around the park.

Route- the park is not a large site with lots of paths – all accessible to explore.

The paths are all suitable for all types of mobility equipment. Do go and enjoy. If you are in to photography or just like to see raptors and owls up close you will love your visit.



Hollingworth Country Park & Lake, Littleborough, Oldham. Lancashire. OL15 0AZ.

Distance: My route is approx 3.2 miles in length - involving a circular route around the lake.
There are little off shoots off from the main route that look to be worth exploring - but I haven't as yet.

Terrain: The route is on paths, tarmac tracks, all the route detailed is on hard standing and so its perfect for wet and icy weather. The route is fairly flat with only a slight hill if you stay on the lakeside footpath.
Suitable for any type of mobility equipment inc manual wheelchairs.
No gates or restrictions anywhere.

Facilities on site: I parked at the main car park - here there are ample blue badge and general car parking. No entrance fee and free parking if you have a blue badge. Good visitor facilities, toilets and refreshments available.
Half way around the lake there is another cafe. Also midway there is an additional cafe with toilets at the Country Park Visitor Centre.
A third of the way on the route is a bird hide that overlooks the lake- sadly this is badly designed with very difficult access for someone using a mobility device or wheelchair. (e mail sent to try to get this improved).

http://www.rochdale.gov.uk/leisure-and-culture/Pages/hollingworth-lake.aspx

I can vouch for the bacon baps/butties and latte! at the halfway point cafe, also the prices are very reasonable.

~Dogs are allowed everywhere except inside the cafe buildings (unless your dog is a guide or assistance dog-wearing a jacket).

Route: From the main carpark near the Beach area, you can either go left or right as the route is circular. I went left and followed the footpath. This takes you along the side of the lake - then follow the route skirting the lake. Soon you come to a sign and entrance on your left for the country park-here is another cafe, toilets and children's play area. I spent a bit of time here and found much wildlife around. The track leads off into the valley so this could be worth exploring more. Back onto the main route - left from the Country Park excursion and follow the lake (on your right), soon you come to a turning on your right - with a no traffic barrier - here as the side is an ample width gap for you to pass. Keep on this lane, you will pass a bird hide on your right but sadly the access for a wheelchair has not been considered? Stay on the lane,
at the split in the track stay next to the lake and you arrive at the midway cafe and picnic area.
From here follow the wide track and this takes you to the bottom of the lake, past the Adventure Centre, bear right and keep to the well made and wide path. Follow this and it takes you back to the main carpark where you started.

What will you see? Lots of different fowl, Grebes, Merganser, Mallard, Coot, gulls, Canada geese, many types of other geese, Wren, Robin, Blackbird, Jay.
Look out for stoats, deer and other mammals.

A lovely location and excellent as a wet weather choice due to the excellent paths.

Hollingworth Lake
180 m

Distance
3.20 mi
Elevation Gain
45 ft
Moving Time
49:29
Avg Power
139 W
Avg Speed
3.9 mi/h
Calories
462 Cal
Elevation
Elevation Gain
45 ft
Max Elevation
576 ft

Finding your way around the Country Park
HOLLINGWORTH LAKE
Come and enjoy the Lake and its surroundings.
Circular Trail
Self Guided Trails
Pennine Bridleway
Parking
Snacks
Picnic Site
Backpackers Campsite
Bird Hide

Ile-aux-Moines, island, Brittany, France.

Ile-aux-Moines is a fairly small island in the gulf of Morhiban.
Inhabited, with lots of shops, cafe's, restaurants and bars. It is in the shape of a cross, you can reach most parts in a wheelchair, mobility scooter. The only minus is that you have to bring your own mobility vehicle. Bike hire is good for those who can pedal.

You reach the island by first parking in the carpark and then head to the ticket office on the seafront at Port Blanc, taking a regular water taxi (ferry), costing a mere 7 euros return. The crew of these ferries are great at ensuring despite your ability of mobility needs - you are well looked after and able to make the passage. Boats, wheelchairs etc. can be a testing time but in all honesty I really enjoyed my journeys by boat. I felt at ease and safe at all times - so PLEASE! if in this area make sure you give them a go.

Facilities on the island: Inclusiveness and all abilities are well catered for, both sides of the passage. so nothing to worry about amenities wise. At various locations on Ice-auz-Moines there are unisex and accessible toilets!! how fabulous.

Route: You can explore as much or as little of the island as you wish, we did about 10km in total, excluding the short boat trip-which is only a few hundred meters.

Terrain: Tarmac, road, path, trail, and woodland (if you go off-piste). A few hills bit nothing too steep. Be aware that the roads are narrow and the locals and tourists like to make progress- so be road aware...

Several of the beaches are reachable on wheels- but always get someone to check for hazards of your intended route, some lead to steps- some lead to quite rutty - tree rooted paths.

The first time we visited this island I had a puncture on my Batec- thankfully my family wanted to keep me and so arranged a van to come and collect me, after Migel and Lucas (out family) did marathon relays to arrange the rescue parties etc.... learning point - be as self sufficient as you can be, take a puncture repair kit...

What will you see? Lots of marine birds, birds of prey above, plenty of green woodpecker calling, and egrets. Much of the island has lots of insect attracting plants- so butterflies are plenty... Oh and always lookout for lizards as there are many.

The island of ILE D'Arz, Brittany, France.

The beautiful island of ILE D'Azr in Brittany, France is a archipelago consisting of 9 islands and a commune in the Morbihan department, Brittany, France. northwest France, located approx. 6 kilometers to the southwest of Vannes. It is in the Gulf of Morbihan.
Île d'Arz and Île-aux-Moines are the only two islands of the gulf that are also communes.

The island is accessed by ferries, that charge 12 Euros return for our particular journey to ILE D'Arz. The area is quite tidal so the jetty to boat height looked an issue- but, I found that the crew were very accommodating, friendly and had a "we will make it happen" attitude. More geared up for 4x wheeled disabled vehicle guests, but they coped well with my Batec (3 wheeled) set up. The trip on the ferry is a few km. Amazingly there is a disabled toilet on some of the larger ferries.

Parking at the port, lots of carparks have height barriers but we eventually found one that didn't have such a restriction. UK Blue Badge parking in Europe is in a little bit of turmoil - the official advice is speak and clarify with the respective embassy for the situation of the country you are visiting?

Facilities on the island: There are lots of disabled toilets and most places either side of the ferry have disabled toilets and access.

Route: Our route today could have been extended up to 10km or more if we had more time.

Terrain: A mix of road, track, raised boardwalk, forest and if you have a capable machine, sand.

What can you see? Many types of fowl, coastal birds such as egrets, cormorants, you could hear lots of green woodpecker, wren, and skylarks.
The islands are also rich of flowers that attract such as the hummingbird hawk moth, and many species of butterfly and moth..

Its can easily mean you leaving your comfort zone going on a boat especially if like I you are confined to a wheelchair, but! please give it a go and trust the operators of the ferry...

Sincere thanks to Lucas, Claire and François (Ali) for showing Deb and I around.

Great to put the Loopwheels Urban to good use too today, bouncing around the island with a smug grin on my face!!! very satisfying...
#loopwheels #batec

Ingbirchworth Reservoir, Sheffield. South Yorkshire. S36 7GN.

No actual car park and ignore the sign for Ingbirchworth Treatment Plant.

Parking is on street in the lovely village of Ingbirchworth. Park on the wide road running alongside a disused pub.

Distance: 1.3 miles, mostly level or slight inclines with an option to add a further hilly 1.

Terrain: A mix of path, a few little but wide bridges over streams, some road sections.

No facilities or café. But a lovely small site (1.5 miles) to wander around. If your wanting a little more 2/3rds the way round you can go up a road called Annat Royd Lane and head up quite a long hill (.5mile to the top) great open aspect and distant views across a very beautiful county. There is also a nature reserve on the right at the top (opp the large windmills). But the nature reserve at the top of the hill is only suitable for mountain goats
(not wheels) ….

Route. From Wellhome Lane head into the reservoir paths, you pass through a gate that is very wide, so you won't have a problem getting in. Once in there a few little slopes but nothing too strenuous. Just follow the path which leads you anti-clockwise around Ingbirchworth Reservoir. There are a few wide well-made bridges over streams. Look out for Brown Trout swimming in the stream as you cross.

Follow the path and soon you will have travelled around the back of the reservoir and will be heading along the far side. You will cross a wooden walkway and soon come to a bridge. Cross this and look out for a gap in the wall. It is approx. 66cm wide so was just wide enough for my wheelchair with off road wheels fitted. You could spend more time in the confines of the reservoir by not going through the gate and just staying on the path around the water – it's a lovely old wood (not ancient) and has much to see. Be warned though at the end of this particular path is a very narrow gap in the wall. Definitely not suitable for a wheelchair. If you have gone further turn around and head back to the wider gap in the wall, turn left, -

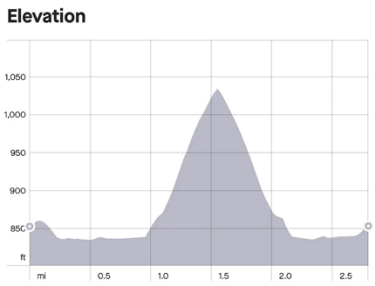
follow the road. Soon you come to a junction with Annat Royd Lane, you can add .5 miles on here and quite a hill climb on the tarmac road. It takes you up to a great vantage point at the top near the windfarm. There is a nature reserve on your right at the top, but it is NOT accessible in anyway.

Head back down the hill and turn right at the bottom junction. Follow the road around to the left then across the actual road that skirts the bottom of the reservoir. Head back to the car.

What can you see here? Lots of birds usually, Corn Buntin, Lapwings, Curlew, Grebes, Heron, Swallow, Swift, many butterfly and moths. Damsel and Dragonfly. Deer.
Some really lovely plants full of insects and caterpillars.

The narrow gap that you can avoid.

Distance	Elevation Gain
2.86 mi	216 ft
Moving Time	Avg Power
35:11	129 W
Avg Speed	Calories
4.9 mi/h	305 Cal



Elevation Gain	216 ft
Max Elevation	1,034 ft

Iona and Fionnphort. Off the island of Mull, Scotland.

The island of Iona is a small island off the southwest coast of Mull. Approx 3 miles in length and accessed by a ferry from Frionnphort. http://www.welcometoiona.com/visiting-iona/

The ferry is wheelchair accessible and runs frequently all day unless the weather disrupts the service.

Iona is a stunning location with a few farms, shops, hotels, and cafés. It is also where Iona Abbey stands, a very historic abbey which is one of the oldest Christian religious centers in Western Europe. Christianity was brought to Iona and Scotland by Columba, who travelled here from Ireland (563AD), interestingly Aidan a monk, served at Iona before he went to Northumberland and the island of Lindisfarne. In 800AD the original wooden church was replaced with stone. Possibly because of the weather but also maybe because of the seaward attacks by the Vikings? Sadly during a raid in 806AD, 68 monks were massacred in Martyrs Bay, Iona.

The abbey is still a place of worship and pilgrimage. Guests can still visit and stay in numerous places on Iona. Iona Community also have accommodation to suit everyone inc those with disabilities for people on pilgrimage / retreat. https://iona.org.uk

If you go to the abbey do check out the king's burial stones and the graveyard. Scottish, Irish, Norwegian and French royalty are all believed to be buried here? In the graveyard is also St Oran's Chapel which houses some of the gravestones / carved slabs. Oran was a friend of Columba, during the construction of the abbey and unusual request was that a live body should be buried at the abbey. Oran (apparently) put himself forward for this honor? It is written that Columba asked to see Oran's face again a few days after he was buried. When Oran's face was revealed he (unsurprisingly) was muttering blasphemy! So, his "friend" Columba obliged him further by having covering with soil, until he suffocated.

There are also two ancient cross's, St John's (inside the abbey) and St Martin's on the approach.

Fionnphort village. And ferry terminal – Fionnaphort is a small fishing port, village. Sadly, no wheelchair access to the lovely beach. Hoverer- we had a lovely wander around.

Facilities – disabled toilet at the side of the ferry ticket office and café. Radar key required.

Some café tables are accessible, but someone will need to go to the sales counter as it is down a few stairs. Excellent food and drink and very cheap..

A feature on the beach is the split rock, (Fingels rock) you can't miss it.

We also found a lovely accessible trail that leads up from Fionnphort to and around Loch Poit na h-I and further to the glen. A linear route but well worth exploring.

Wildlife – keep your eyes open and scan the sky and the shore, if lucky you may see otters, white tailed sea eagles and golden eagles passing.

Kelpies (The) and Helix Park, Falkirk, Scotland.

You can also travel along the well made path to the Falkirk Wheel.

The Kelpies are two 30m horse head sculptures, by an artist called Andy Scott, built in 2013/2014. They represent mythical shape shifting spirits - and are also a tribute to the working heavy horses of Scotland. The Forth and Clyde Canal was extended and these amazing sculptures were installed as guardians to the new waterway. Adjacent to the Kelpies area is the, a new parkland project built to connect 16 communities in the Falkirk Council Area, Scotland.
The Helix park contains wildlife reserves, sculptures, lake and children's play area's.

The Kelpies themselves are simply stunning sculptures. You can book a tour with a guide and I believe this means those who can - can enter the actual sculptures and walk up the stairs internally.
https://www.visitfalkirk.com/things-to-do/family-days-out/the-kelpies/

Route: You can do as much or as little as you wish here, the site is fairly level so even manual wheelchair users can navigate it all easily. Where there are steps then ramps have also been provided. We did a couple of miles in and around the Kelpies, but you can extend this to include more of the Helix park, and if you have time go right all the way to the famous Falkirk Wheel, a boat turning area which also has a huge boat lifting machine, quite a spectacular thing to observe.

Terrain: Excellent paths for all wheels.
Some additional sections off road for very capable mobility equipment users.

Facilities on site: Ample parking, lots of blue badge bays. Unclear if there is a charge to park as it was a bank holiday and the booth was not staffed during our visit.
Excellent toilets inc disabled (radar key) , cafe and facilities.

What might you see?: Wildlife- lots of waterfowl, reed bunting, swans, geese, grebes, lots of different insects.
During our visit we could hear some kind of raptor inside the sculptures? sounded like a peregrine but this is not confirmed.

Kielder Water & Forest, Hexham. Northumberland.

Kielder Water is a man made reservoir, it is the largest freshwater lake in Northern Europe. Fed by the river Tyne and other smaller tributaries.
Work on the reservoir commenced in 1975 and was completed in 1981. The reservoir is surrounded by one of the largest man made (and managed) forests in Europe, mainly pine trees.

Dogs are allowed as long as they are kept on a lead.

Distance: The route I do is almost 27 miles long and circumnavigates the lake. Obviously you could do part of the route and head back depending on the amount of time you want to spend wandering.

Terrain: Some sections on tarmac, mostly on wide woodland path. A good few sneaky but not over steep hills.
No stiles, a few wide opening gates. No steps.

I would suggest you always check the website for Kielder before you go, many things can change. Trees can and do fall across the accessible path.
http://www.visitkielder.com/

Note! Due to the amount of forest and water midges can be a real issue in this area. The midge season is between May and October! Depending on the weather of each year. They can really spoil a visit if they are hungry. They are attracted to humans due to our odour and the carbon dioxide we breath out. Some products do help such as insect repellent - the British Army people I know used to swear by Avon's Skin So Soft. I tried it and it does seem to work. Or you could go out of midge season.

Facilities on site: There are three carparks that you can base yourself at. Not all have a disabled toilet or cafes.
I park and base ourselves at Kielder Castle, or Tower. Which have both. The Lake route is very well signposted.

I can also recommend the accommodation at the Calvert Trust. They have accessible accommodation that suits most budgets. We recently stopped in the Macardle Lodge -very executive, you can take dogs and it has a hot tub. Note dogs are not allowed in the hot tub, and there isn't a hoist. I was helped in and out by family and friends. There is a restaurant at the Calvert Trust that also offers excellent and very reasonable food and drink.

There website is -
https://www.calvertkielder.org.uk/

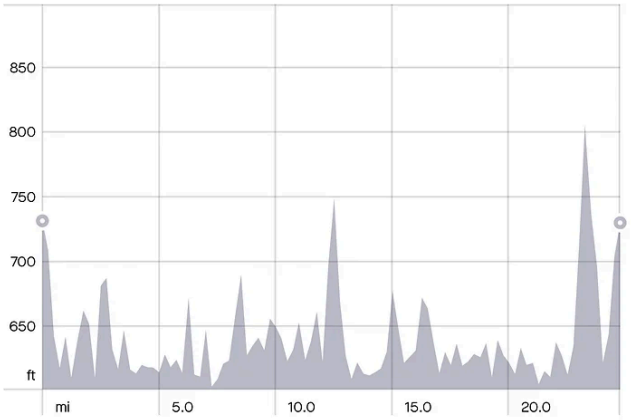
What to see at Kielder. Amazing scenery with large skies. The sky at night is incredible - Kielder has been awarded the Dark Sky " award and is popular with visiting astro viewers.

Wildlife, in abundance across the whole area. Lots of fowl, geese, and many owls. Also Kielder is the home a many Red Squirrel, though these are quite shy.

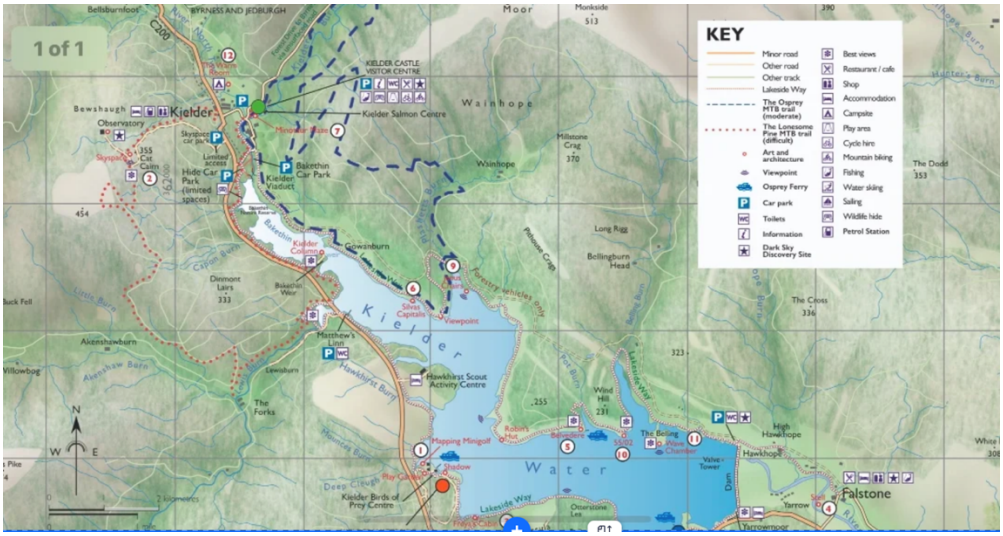
A stunning , wild and beautiful place to explore.

Distance	Elevation Gain
24.83 mi	1,767 ft
Moving Time	**Avg Power**
2:36:49	117 W
Avg Speed	**Calories**
9.5 mi/h	1,231 Cal

Elevation



Elevation Gain	1,767 ft
Max Elevation	807 ft



Kirkstall Abbey & Tea Rooms, Abbey Road, Leeds. West Yorkshire. LS5 3EH

Kirkstall Abbey lies just a few miles west of Leeds City Centre. The Abbey is the most complete example of a Cistercian monastery in Britain, c.1152 – disestablished during the dissolution of monasteries under Henry VIII. As much as it's the most complete example of its type in Britain – it is quite a ruin, but is very picturesque, especially if the clouds above it are moody.

The Abbey was a gift to the public of Leeds from a Colonel North, it has been drawn and painted as a subject by such as Turner, Girtin and Sell-Cotman.

Distance: My wander around the ground is about 2.91 miles but you can extend the route by heading out the eastern entrance onto Bridge Road (by the retail park, there's a Costa here) turn right and find the Leeds Liverpool Canal.

Terrain: Mostly on tarmac, a few sections on dirt path. No gates, no stiles or steps. A few sneaky hills so if using and self-propelling a manual wheelchair you may need a little assistance.

Wheelchair powered attachments and mobility scooters will not have any problems.

Dogs are allowed if kept on leads.

Facilities: Normally disabled toilets are located at both the Abbey Tea Rooms and the café immediately in front of the Abbey. The Abbey and both tea rooms were closed due to the pandemic – but do check their website for further information.

https://museumsandgalleries.leeds.gov.uk/kirkstall-abbey/visit-kirkstall-abbey/

Parking is free to all visitors, there are plenty of disabled parking bays provided.

From the car park – head across the busy (crossing provided) Kirkstall Road. Enter the gate.
I turn right once in the grounds, on well-made wide paths, head right and take the right-hand turn by the river. This path takes you alongside the River Aire with many ancient trees around you. Go as far as where the path narrows and turn around. Head back towards the Abbey. Choose you route or explore the grounds. The best route is to head to the front of the Abbey and look at the huge structure towering above you. It's quite a marvel. From the main entrance follow the path around to the right – this takes you behind the monastery.

Follow this path – taking in the new fish ladder that is being built on the river. To allow Salmon to get passed the weir to their spawning grounds. Head into the far eastern corner of the grounds, a few slopes on wide paths to negotiate. All along this path are vast nettle beds and wildflowers.
Kirkstall Abbey & Tea Rooms

Both are excellent for finding many insects, ladybirds, bugs, butterfly and moths.

Further along the path drops down and leads to a wide bridge, the beck is a great place to spot fowl, and kingfishers. The beck and the River Aire have both been frequented by Otters- so keep your eyes open and keep quite. Although I didn't see any Otters during my visit I did see Otter Spraints by the beck side..

Lots of wildlife to see on the river, in the grounds of and around the Abbey. Nice to see Ravens and a

huge Heron today too.
Enjoy.

Leighton Moss Wetlands, RSPB, Stores Lane, Silverdale, Carnforth. Lancashire. LA5 0SW.

Distance: There are a number of accessible paths that you can explore, a distance of up to 5 miles within the actual reserve.

Terrain: Hardened path, wooden boardwalk, track, and single-track woodland path.

Please note that the toe board on the wooden boardwalk is only a few inches in height. The wooden boardwalk is raised over water and takes you over and through the reed bed. It is wide enough to allow you to enjoy wandering the reed bed without getting too near the edges of the constructed path.

Route: The paths are easy to follow and well signposted. Most of the hides have specific wheelchair viewing bays.

No stiles, steps but ramps are provided for wheelchair users to get past these, a very level site with a very slight and short section of hill.
One gate that opens very wide. Only one slight hazard on the lane part that leads to the furthest hide, a little rocky section across the lane, passable with care or a good place to turn around and retrace your tracks.

Facilities on site: The reserve is managed by the RSPB, so an admission charge is made (£4 adults) but free for RSPB members, much thought has been given to making as much of the reserve accessible. Good disabled parking outside the main visitor centre, ample parking across a lane if all the disabled parking is taken. Disabled toilets are provided, might be a little tight for space if you use a power chair. There is a cafe but this is located upstairs. A stairlift id provided - but the staff will help take your order and bring it to you if you can not use the stairlift. Sensory garden and ponds. Due to Corona some parts and the cafe and shop were closed (14/8/20).

Dogs are not allowed unless its an accredited guide or assistance dog, and wearing its jacket.
Do have a look at the RSPB Leighton Moss web site and the full Accessible Statement for detailed information.
https://www.rspb.org.uk/reserves-and-events/reserves-a-z/leighton-moss/

Leighton Moss boasts the largest reed bed in north-west England and is home to a wide range of spectacular wildlife including otters, bearded tits, marsh harriers, egrets, Bittern and red deer. Many beautiful Dragonfly and Butterfly. We also had a quick glimpse of a Weasel and it ran across our path.

See for yourself. visit the hides, explore the trails and enjoy amazing views. There is also a sky tower for those who can climb stairs.

Image

Lindisfarne (aka Holy Island), Northumberland.

Route: The island is located off the main Northumberland coast. To get to the island you have to cross the causeway, so you will need to check and stick to the tide timetable info. If you do get stuck on the island you will have to wait for the causeway to be passable when the tide goes out again. PLEASE be warned - leave well before the causeway is to close, there are no barriers or gates to prevent you trying - but plenty of people have come to grief by trying to get across when they shouldn't!

https://www.lindisfarne.org.uk

You can go up to the castle but the last part of the path to the actual castle has steps. If you do head up to the castle you are rewarded with stunning views of the Northumberland coast, usually you can see the Farne Islands, Bamburgh Castle and looking back the whole island of Lindisfarne.

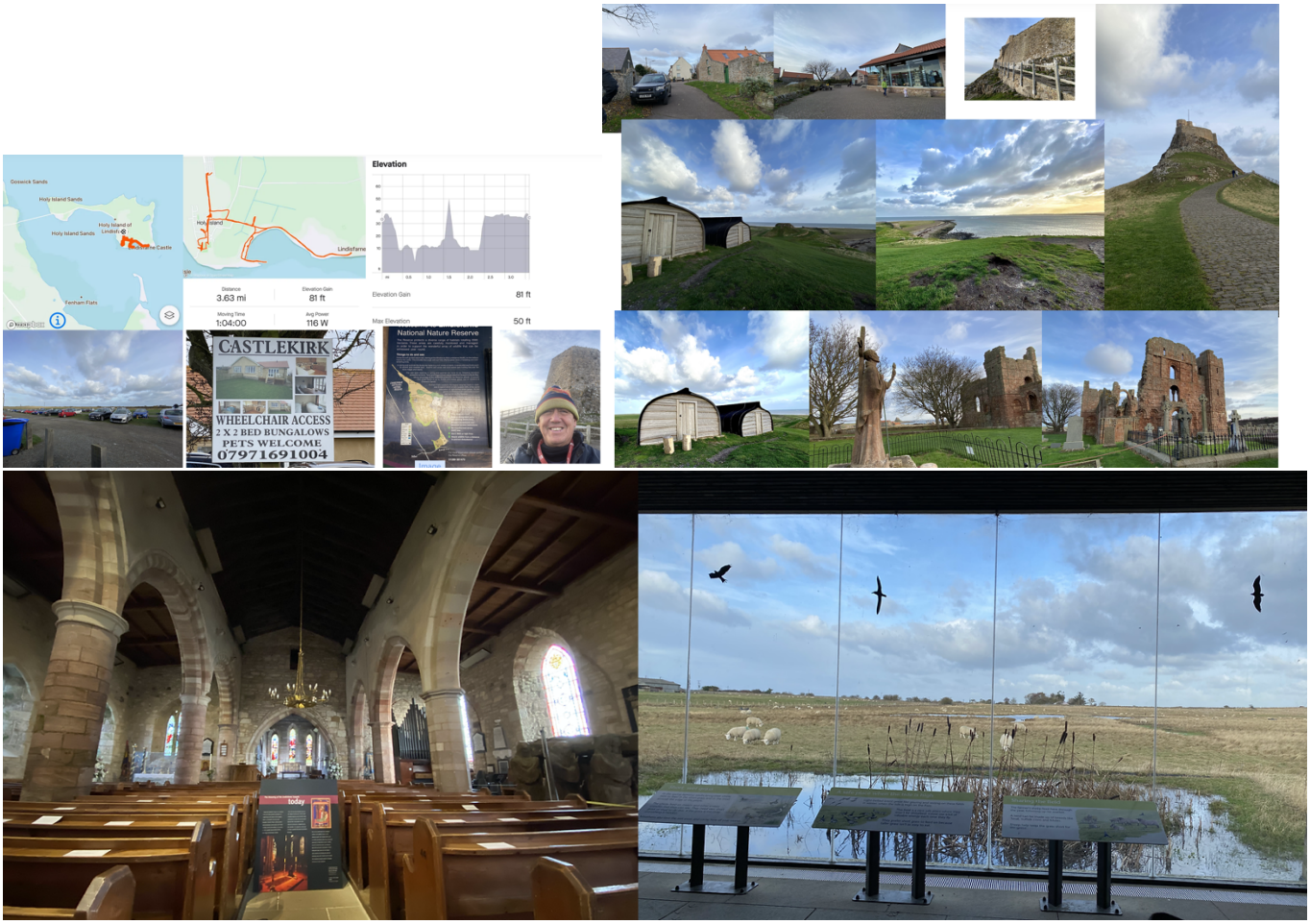
Facilities on site: There is plenty of car parking on the island but in warmer months and at weekends these will be very busy. If you have a Blue Badge and want to avoid paying to park then ignore the first large carpark and head into the village-here you will find a specific Blue Badge car park.
On the island are numerous cafe's and pubs, there are also disabled toilets available.

Terrain: The paths around the village are generally wheelchair accessible. The path up to the actual castle is steep but with a power chair or powered front wheel device such as the Batec Scrambler it is achievable.
There are numerous paths around the headland but these are on grass and it is quite rutted / hilly.
The harbour is a great place to spot visiting waders, seals and Eider ducks.

The abbey is not accessible as there are steps leading to it, but its still a great place to visit with much to see from a little distance away. St Aidans church is accessible with a double opening door and ramp inside.

There is no need to describe a route around the island as its a fun place to discover on your own. Well worth a visit regardless of your physical ability.

What will you see? The original priory was one of the first places to be attacked by the Vikings, on the 8th June 793! a raiding party attacked the monks. Earlier Cuthbert (634 to 687), monk, Bishop and later hermit was a growing force in the Celtic church. He went to live as a hermit on the Farne Islands - which must have been very bleak....He was declared a saint after supposed miracles involving him during and after he died in 687.
Now according to history monks carried his body with them for several years - whilst in Durham one monk carrying his coffin stumbled - quick as a flash he came up with the " this is a sign that Cuthbert wants to be buried here!".. So he was buried in Durham. Later Henry 8th ordered his raiders to clear the wealth - Cuthbert's coffin was covered in precious metal and jewels. Supposedly when the raiders opened up the coffin his body was very well preserved.


Elevation
Distance
3.63 mi
Elevation Gain
81 ft
Moving Time
1:04:00
Avg Power
116 W
Elevation Gain
81 ft
Max Elevation
50 ft
CASTLEKIRK
WHEELCHAIR ACCESS
2 X 2 BED BUNGALOWS
PETS WELCOME
07971691004
National Nature Reserve

Linn of Dee, Braemar, Aberdeenshire, Scotland, AB35 5YJ

The Linn of Dee is a deep gorge on the river Dee, a few miles from Braemar. To get to it you drive the several miles from Braemar village up the mostly single track (with passing places) road. A car park is located at the end. The area is managed by the National Trust Scotland.
The area and trails are really more suited to people who can wander, but! - if like I you have to explore on wheels then it is still worth a visit. Sadly the riverside path is NOT wheelchair accessible, but you can still achieve over 6 miles or more if your happy to tootle around the area on the roads.

https://www.nts.org.uk/visit/places/mar-lodge-estate/highlights/linn-of-dee

What is it? The river Dee flows down towards Braemar and eventually winds its way to Aberdeen.
At the Linn of Dee the river is restricted into a narrow gorge, it has carved its way through the bedrock, forming quite a spectacular river feature. The location was also a firm favorite with Queen Victoria and Prince Albert, though they no doubt had lots of servants to set up a picnic camp and refreshments...

Route: From the carpark, head down the road to the bridge, look over the low bridge wall up and down the gorge, after heavy rain it will be roaring like a lion.
You can go over the bridge and onto a track - to a locked gate, I managed to limbo underneath the gate and headed up the track form quite a distance. I turned around and we headed back downtime road that we had driven up to reach the area. Although you can. not get riverside - you can immerse yourself in the stunning countryside and glens either side. During our wander we did see several red squirrels gathering food.
Terrain: As much of the actual trails have rocks, roots and sadly steps then I was restricted to stay on the tarmac road.

Facilities on site; The site is managed by the Natio0nal Trust Scotland, it is free to park for National Trust members.
If you are not a member then they charge £3 per vehicle.

Dogs are allowed everywhere.

No cafe - but there are toilets in the carpark, portable ones - one was suitable for wheelchairs.

What might you see? Red squirrel, deer, heron, moorland birds, siskin, linnet, we also saw dragonflies, and as we visited in September so many different types of fungi.

Loch Frisa, Island of Mull. Scotland.

Loch Frisa, is the largest freshwater loch on the beautiful island of Mull. It is not a wide loch but is over 5 miles in length. Thankfully you can make your way along a compacted gravel road – used by the forestry operation and service vehicles, a wide road with a few good but steady up's and down's, though nothing too steep. The total length you could travel end to end is around 8 miles (not checked).

https://getoutside.ordnancesurvey.co.uk/local/loch-frisa-argyll-and-bute. The road that forms this route can be accessed from both ends of the loch. The carpark off the Salen to Tobermory road gives a longer route before you get to see the loch – but there is an accessible wildlife hide at this end. The Dervaig end carpark offers a much shorter distance before you see the loch. If you are able then I would recommend you start at one end and make your way along the whole length.

I really enjoyed the higher vantage point that the road route provides you with. Being higher, looking down, gives a great position to look for white tailed sea eagles, it also gives you a good position for spotting the golden eagles that frequent the area, usually seen flying to the higher ground around the loch. Keep an eye out too for deer, mammals, and moorland birds that live and visit. I the warmer months adder and lizards may be seen basking in the sun. Caution – adders are the UK's only venomous snake! They will often seek shelter if they hear you approaching – but during the spring breeding season they may be preoccupied with courtship etc. Inquisitive dogs could easily be bitten so worth always keeping dogs under your control- which is also a good idea as sheep, goats and deer live here too.

Loch Garten RSPB, Abernethy RSPB, Loch Garten & Loch Malachie. Nethy Bridge PH25 3EF

Loch Garten and Loch Malachie, Garten and Abernethy are all linked. So you can do as much or as little as you want or have the energy or battery capacity for.
We did a trail called the "two lochs trail" first. well signposted, taking you through the pine forest. How you mobilise / if you use mobility equipment / and its capability will dictate which route you explore.
I use a Batec powered attachment on my wheelchair, with loop wheels to smooth out the bumps. There are a couple of short sections where traction was an issue so help was needed in the way of a small push. 4 wheeled off road scooters should be ok, i.e. Tramper etc.

Facilities on site: Ample parking at the Loch Garten welcome centre, and toilets for all abilities are provided.
Ramps are provided where needed, i.e. to enter the visitor centre and Nature Hub. The Nature Hub was a little disappointing - there are numerous lookout points / windows. But all were either too high or too low for myself in a regular lightweight wheelchair, I could see out but had little chance of being able to use a camera and lens very well. There are windows either side so at least you can see the wildlife.
Dogs on leads are welcome but only guide and assistance dog in jackets are permitted into the Nature Hub wildlife centre.

What might you see? Crested tit, coal, great, blue tit, chaffinch, siskin, crossbill, woodpecker, various mammals, red squirrel, deer. Goshawk, osprey - both have cameras on the nest sites when they are nesting.

Lock Muick, Ballatar, Aberdeenshire, Scotland.AB35 5SU

When we planned a visit to the highlands-we had in our mind a true highlands experience? One of the hardest things for us to adjust to since I became a wheelchair dependent person is the lack of freedom and spontaneous way we could explore. Rough terrain, steep inclines and barriers to much freedom on wheels exist but we hoped to explore and get a taste of the true wild highlands.

The walk from the car park at the Spittal of Glen Muick delivers this and more.
We visited on Wednesday 21st September 2022, a day after the new king of Gt Britain and the commonwealth had travelled back to Scotland, to his Highland retreat, that lies within the Balmoral Estate.. To personally grieve the loss of his mother, to debrief, and hopefully relax after the last 10 days of mourning, ceremony and of course the huge state funeral for Queen Elizabeth 2nd.
https://www.visitscotland.com/info/see-do/loch-muick-p254641

The route: We covered a route of 6 miles - a linear route that we hoped would take us to Glas-allt Shiel, the former hunting lodge, built for Queen Victoria. The lodge has a few names, Glas-allt Shiel, the widows hut, or widows house. It was built in 1868 and is located at the western end of the north shore, built as Queen Victoria couldn't face using the other lodge at Allt-na-giubhsaich as it was full of memories she shared with Prince Albert.

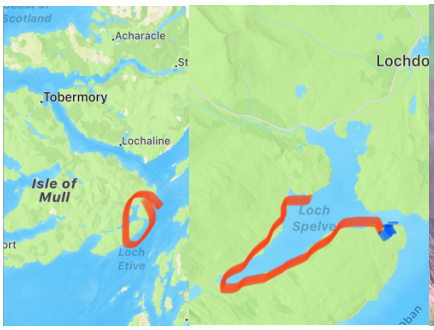
From the carpark you head down the road into the glen, across a wooden but wide and sturdy bridge, then up to the lodges Allt-na giiubhsaich, I doubt little has changed with this lodge complex since Queen Victoria and Prince Albert used them prior to 1868. The huge rhododendron plants have taken over much of the site. They stand out harshly against the natural fauna of a wild Scottish glen!
As you reach the first bothy bear left and follow the path along to the loch, and hopefully to Glas-allt-allt Shiel. Sadly due to a large rock fall we were unable to make it all the way along this path. boulders blocked the path. It was tempting to try and get over them with my wheelchair and Batec, but! as its such a remote location I didn't want to risk toppling out of my wheelchair. So we turned around here and retraced our route, We managed 3 miles there and of course 3 miles back, we were fully immersed in the incredible scenery. I will of course communicate to the Balmoral Estate and ask if they can hopefully make some adjustments and create a more passable route for those like I on wheels.

Terrain: Tarmac, then well trodden wide unmade paths, some sections are a little rocky but passable with care. Very capable off road mobility scooters may be able to get over the boulder field that is 3 miles up the path.

What might you see? Stunning scenery, a beautiful loch, heathers and moorland / glen fauna. Depending on when you visit you may see deer, fox, rabbits, grouse, moorland birds, owls, skylark, swallow, do also be careful and keep an eye out for lizards and adders. We were lucky to see an adult male as it basked in the sun. (adders are the UK's only venomous snake, urgent medical attention will need to be sought should a person or animal be bitten by one). That said the will often sense you are around before you are aware they are, but please be careful.

Additional accessible accommodation info:
Fully accessible holiday accommodation can be hard to find in the more rural areas of the UK. We stopped at the accessible complex called Crathie Opportunity Holidays. The have several cottages that have a full / proper wet room , profiling beds, accessible armchairs and if needed hoists. The cottages are self contained and a fantastic place to base yourselves for a true highland getaway...
https://www.crathieholidays.org.uk

Loch Spelve, Loch Etive from Croggan, Island of Mull, Scotland.



Loch Spelve and Loch Etive, Loch Spelve opens in to the larger body of water (Etive) , located on the south east corner of Mull.

Parking is difficult when the island is busy – there is a grass parking area off the road after the pier at Croggan, follow the road until you pass the last few farmhouses and enter a small wooded area. You can park here. Please don't try to park in the passing places here or on any of the single-track roads around Mull. It can cause chaos and bad feelings from other road users and of course the locals who are usually welcoming. Park in the parking area and explore the Loch by wandering along the road. Be aware of other road users, You can retrace your route and go many miles along the shoreline. Keep an eye open for resident peacocks, deer on the glen, many types of birds feeding along the shoreline. The best time to visit is after high tide, when the water level drops birds start to feed on the shore. Keep an look out for white tailed sea eagles and golden eagles ad they can show up anywhere on Mull. Also Loch Spelve is where I would live if I was an otter!! So stay quiet – keeps dogs on a lead and scan the shoreline – you never know what you may see.

If you do see an otter there are a few basics to prolong the experience, keep calm and quiet, move slow and never towards them. The best success I have had is to basically find a quiet spot out of the way with some form of cover – a large rock, tree etc. Peep out and they will often come closer to you- especially if they have caught a crab or fish and want to eat it.

Loweswater, Maggies Bridge, Cumbria, CA13 0RU

https://www.lakedistrict.gov.uk/visiting/things-to-do/walking/mileswithoutstiles/mws26

This route is brought to us by Caroline Fishpool, who recently visited the area.

Taken from the Miles without stiles, route 26, Loweswater.

Route length approx. 4km in total, starting at Maggies Bridge, limited parking.

Route: The route (2km each way) starts at the small car park at Maggie's Bridge (spaces for six to eight cars) and follows a stone track to Watergate Farm. This is a tranquil and unspoilt corner of the Lake District. The views across Loweswater to the craggy southern slopes of Fellbarrow are probably unchanged for decades. Over your left shoulder is the steep and rocky northern end of Mellbreak, a reminder that the high fells around Buttermere are not that far away.

The track goes past the farm (ignore the short-cut over the grass) and through a gate into Holme Wood, taking you to the lakeshore. The route is now fully accessible for wheelchairs. There is a small stream to cross before you reach a small lakeshore bothy. This is a beautiful place to stop and rest and take in the peacefulness of the surroundings.

A new path continues past the bothy and alongside the shoreline for 0.5 km or 0.3 miles, where it re-joins the main track, turn left here to return to Watergate Farm. The main path to the right from this junction is too rough for wheelchairs but walkers could continue on past Hudson Place to the road. A right turn will lead you back along the western shore of Loweswater, on tarmac roads, to complete a fantastic little circuit.

Lyme House, gardens and estate. Stockport, Lancashire.

Address: Lyme House, DISLEY, STOCKPORT, SK12 2NR, (NATIONAL TRUST).
https://www.nationaltrust.org.uk/visit/cheshire-greater-manchester/lyme

Lyme House is owned by the National Trust, it is the former country home to the Legh family, given to the National Trust in 1947. The house is the largest in the Peak District National Park and is set in around 1300 acres. You can explore some parts of the house, all of the grounds, formal gardens and shops / cafés. The history of the previous owners of this land dates back to 1346, the first owner of the estate being Sir Danyers. Sir Danyers did a noble act for King Richard II– he retrieved the standards of the Black Prince at the Battle of Crécy. The ownership then passed to his eldest granddaughter Margaret when Sir Danyers passed away in 1354. Margaret then married the first Piers Legh in 1388. However good fortune left Piers in 1400, as he was executed by King Richard II's rival for the throne. The second Sir Piers Legh (II) was wounded in the Battle of Agincourt.

The house has been used in numerous tv and film productions- you may recognise it from the Jayne Ayre novel - adapted to film Pride & Prejudice, as it was the setting of the home of Mr Darcy. It was used as a location in a film called 'The Awakening". It also appeared in the tv series "the village", and Red Dwarf.

The accessible routes: All types and capabilities of accessibility equipment have plenty to explore here. Very capable off-road scooters can tackle the steeper footpaths around the estate, front wheel attachment wheelchair users like I can keep on the well-made roads and footpaths. You can enjoy the estate even if you do not own your own mobility equipment as the estate have a Tramper mobility scooter -pre-bookable. Speak with the reception team on 01663762023 to discuss further. Manual wheelchair users will find the paths rather steep in places so assistance may be required. During our visit we covered nearly 6 miles- taking in the gardens, the deer park and facilities. We could easily have done many more miles. Some paths have steps- there are alternative routes so these can be avoided.

Facilities on site: level disabled parking, disabled toilets, shuttle service for people needing assistance from A to B, café's (some accessible), accessible picnic benches, Dogs are allowed (under control) throughout the estates. Accredited guide and assistance dogs are permitted everywhere.

What will you see: A very grand building with stunning gardens, grounds and lakes. There are red deer – some can come quite close if you are quiet. The grounds and gardens around the house are beautiful, with many scents and blooms.

Wildlife: red deer, moorland birds, fowl, garden birds, gs woodpecker, skylark, buzzards, kestrel, hobby, butterfly's, moth's and damsel and dragonfly.

Lyndon Nature Reserve & Rutland Water, Oakham, Leicestershire, LE15 8RN.

Distance: The route within Lyndon Nature Reserve, that is operated by the Leicestershire & Rutland Wildlife Trust is a linear route from the visitor centre to the furthest wildlife hide at Manton Bay (on Rutland Water). The stay within the reserve paths and trails are around 2 ½ miles return trip. However, you can the head out of Lyndon Nature Reserve and pick up the cycle route around Rutland Water. Pick your distance. I did a total of 10 miles as it was a warm day and I didn't want to overheat my very hairy chocolate Labrador Merlin.

A full route around the whole of Rutland is around 24 miles or so.
Or as my wife and a friend did – you can miss out the peninsular bit and reduce the full circumnavigate of the lake to 15.3 miles.

Or just do part as I did – reserve then to a Landmark called the Normanton Chapel and back (10 miles all in).

Terrain: Coming from Yorkshire we are well used to hills? Much of the topography around Rutland looks fairly flat. Which turned out to be quite deceiving. The route that I did had some fairly steep little sections that meant front wheel traction of my Batec was tested in places. At one point I needed a little help as the front wheel drive dragging my weight and my baggage up a gravel covered slope was beyond my combined ability. I weigh about 82 kg (almost 13 stone). I am sure a lighter person with the same equipment would fly up!

Deb (my wife) and Rob our great friend did the full lake route but no the peninsular , both are well versed at mobility matters – their findings being that a wheeled dependent person could do the route they did, four wheel (rear wheel drive) should have no problems. Front single power-wheel users such as Batec, Triride, Klaxon etc. might need a little assistance on a few sections.

All routes: Fairly wide gravel shared path cycleway / footpath. A few steeper sections.
Lots of wide gates but these were not latched - they were all auto shut by a weight on a chain arrangement. These were a bit of a faff on my own. A plus being that as the place is fairly well visited – kind people were happy to open the gates for me to pass. A few gates had both a weighted gate and a cattle grid to the side.

Facilities on site: We parked at Lyndon Nature Reserve and based ourselves there.
Good ample parking, disabled toilet, and drinks available.
As Lyndon Nature Reserve is operated by the Leicestershire & Rutland Wildlife Trust you can park for free as long as you pay to enter the nature reserve. £6 per adults, cheaper for children. They also offer a 1 + plus carer free for disabled persons.

https://www.lrwt.org.uk/wildlife/rutland-ospreys
Disabled people can also hire a mobility scooter from the above. They only have one so you would need to book it first. Cost is £25 less £15 deposit refunded on return. They also loan you a mobile with a network that works within the reserve. You are limited to using the scooter within the nature reserve.

Some of the track in the reserve is along used by reserve vehicles so has tyre tracks.

You can also park at Rutland Water Park, a pay to park location with bike hire, disabled toilets, and a few cafes.
Parking costs £6 for up to 5 hours or £8 for more than 5 hours.
https://anglianwaterparks.co.uk/rutland-water-park/visitor-information

General mobile network coverage was patchy I noted.

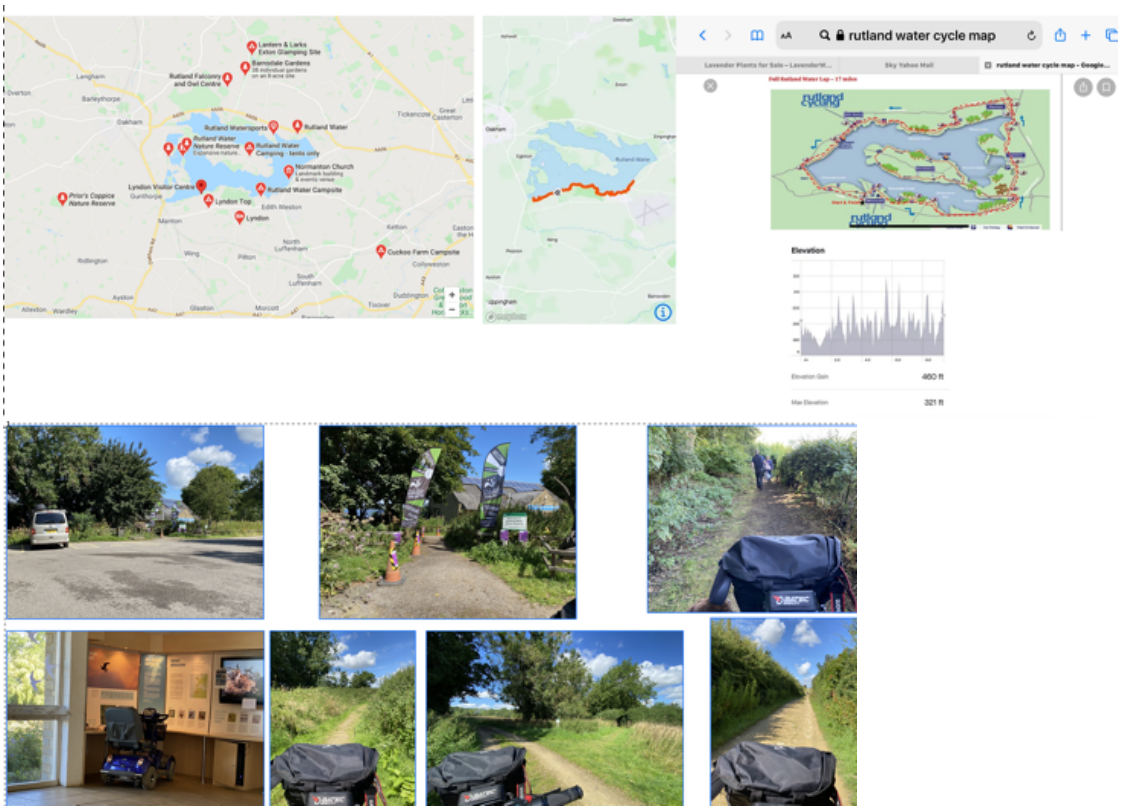
What might you see? Rutland Water Nature Reserve has been regularly voted as the UK's best nature reserve. This vast wetland is one of the best places to watch birds in the UK. Search for rare spring migrants, admire fishing ospreys in the summer, enjoy the autumn wader passage and marvel at huge flocks of winter wildfowl. With events year round, walking trails and two visitor centers, you'll be sure of an immersive wildlife experience for the whole family.

Lots of fowl, geese, swan, Lapwing, Gulls, Turns, Reed Buntin, Pied Wags, Gt C Grebe. Coot, Egrets Gt and small, Heron, Kingfisher, Buzzards, Kestrel, Hobby. Lots and lots of other species.

From May to September they have been so historically lucky to have nesting Osprey. This year (2020) they reared four chicks. We visited 19th July and were rewarded by seeing all six Osprey, Incredible.

The reserve is also teeming with different Butterfly and Moth species, as well as Dragonfly and Damsel.

Many beautiful wildflower meadows rich and full of creatures.



Manvers Lake, Station Rd, Wath-Upon_Dearne, Rotherham, South Yorkshire. S63 7DG.

Route: My route was 1:6 mile long, there are a few other tracks to explore if you wish. I went clockwise from the Waterfront centre but you could do this route either way!

Terrain: Tarmac, country path, wide wooden bridges, grass, a few A frames but very wide.
No steps or stiles, two short but steeper sections that 4 wheeled mobility equipment should be ok on, my Batec / wheelchair combo needed a little push as I lost traction on the up-no problems on the little downhill.

Facilities on site: Plenty of car parking but all have to pay and display. Cafe - operating a take out service with outdoor benches. Toilets and disabled toilets are available but you have to get over a small threshold to enter the building.

Dogs are allowed everywhere except the inside of the cafe - unless either a guide or assistance dog.

http://www.manverslaketrust.co.uk

Mawdach Trail, Wales.

Distance:19 miles return trip.

The Mawddach Trail footpath walk and cycle route winds for 9.5 miles (15km) along the disused railway track on the southern edge of the spectacular Mawddach estuary. Whilst the trail can be joined at several points it starts at the picturesque market town of Dolgellau and finishes by crossing the iconic railway bridge over the mouth of the estuary into Barmouth.

Terrain: Mostly on wide tarmac cycleway. Gentle slopes.

Facilities on site: I park at the Dogellau car park, it was free for Blue Badge users but do check this is still the case.

There are lots of nice cafe's and disabled toilets in Dogellau. A nice restaurant with outdoor searing in Barmouth.

Dogs are permitted on the route.

http://www.mawddachtrail.co.uk/mawddach-trail.html

http://www.mawddachestuary.co.uk/adaptive-active.html

A very scenic route that sets of in lovely Dogellau and takes you to Barmouth then back - all along the disused railway. Much to see and experience. During the week often low flying fast jets can be seen flying low.

Mere Sands Nature Reserve, Lancashire Wildlife Trust (LWT), Holmeswood Road, Ormskirk, Lancashire, L40 1TG.

Distance: The reserve covers 42 hectares of wet and woodland. You can cover just under 4 miles of accessible trails, indeed 95% of the reserve is suitable for Batec's, Klaxon, Triride, Firefly, Freewheel, manual wheelchairs (self-propelled) and indeed any mobility scooter. In fact this is one of the most accessible nature reserves I have ever visited.

Terrain: The paths are quite wide with a few wide bridges. A few small, tree root sections but these will not be an issue for any user. No stiles or steps except to the Redwing Bird Hide. No gates if you visit when the reserve is open.
If you park at the visitor centre, you can access the trails and viewing platforms – however these are currently closed due to the pandemic. Do check Mere Sands LWT web site for further information –

https://www.lancswt.org.uk/nature-reserves/mere-sands-wood-nature-reserve

Facilities on site: Car parking – quite a large car park with a few disabled parking bays. All car park users must pay £2. This includes Blue Badge holders. People can hire a mobility scooter when the visitor centre is open normally.

All dogs are allowed so long as they are kept on a lead - and you clean up any mess they leave.

There is a visitor centre that is accessible but no café. Also, I was unable to check if there are any disabled / std toilets during my visit. The web site does state toilets are provided. A new visitor centre is planned for the future.

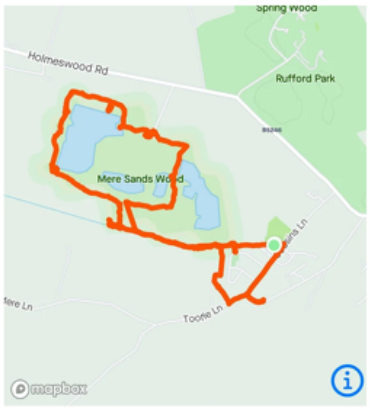
Most of the bird hides are accessible – with lower viewing points in each hide. The Redwing Bird hide has a 4-inch step.

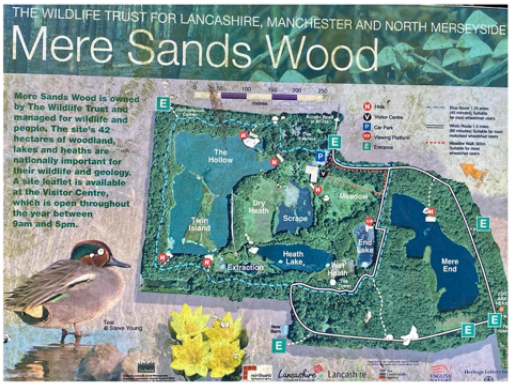
Although most (6 hides have a viewing area for the disabled visitor – there are wooden benches secured to the floor, these might hamper your use of the viewing point – though I managed, and I use a Batec powered front wheel attachment. The windows above the disabled viewing areas open bottom to top – fairly easy to open but impossible to close when you leave unless you have assistance from another person.

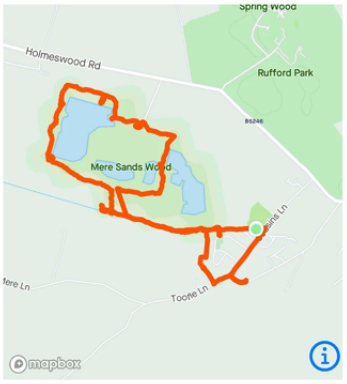
There are many signposts around the reserve, I followed the accessible "White Route" signs.

There are 3 routes you can follow, Blue (most wheelchair users), 1.25 miles, White (suitable for most motorised wheelchair users, 1.5 miles) and the Meadow walk (all wheelchair users, 300m).

What might you see? A beautiful woodland and wetland / Lakeland nature reserve. Lots of wild forest and meadow flowers. Tree Sparrow, Water Rail, Gt. C Grebe, Little Grebe, Roe Deer, Kingfisher, all the usual small songbirds, many fowl. Badger, Tawny Owl, Woodpecker, many species of Moth and Butterfly, Dragonfly and Damselfly.
The reserve is also the home to Red Squirrels, but sadly these were not about during my visit.







Note the Redwing Bird hide - with a step, pictured below.

Middleton Park & Leeds Urban Bike Park, Town Street, Middleton, Leeds, West Yorkshire LS10 3SH.

Distance: Various distances can be covered in this park – including the (Green classification route) sections of the Urban Bike Park.

Terrain: Various, tarmac, path, woodland trail.

Facilities on site. Disabled toilets at the café in Middleton Park, there is also a café and bike shop at the Urban Bike Park. I was unable to check if they have a disabled toilet in the Urban Bike Park centre on my visit. Both cafes are operating a reduced access service so check with their own web sites to see what services they are opening on the day of your planned visit. Plenty of disabled bay / Blue Badge parking at both the Urban Bike Park and Middleton Park.

https://www.leeds.gov.uk/leisure/parks-and-countryside/major-parks/middleton-park

https://www.leedsurbanbikepark.com/

If your free to visit on a Thursday or Friday and fancy exploring using a Mountain Trike or riding a hand powered Hand Bike then see the link to Experience Community below. For a small charge you can take part in a supervised ramble on top spec disability equipment.

http://www.experiencecommunity.co.uk/

Route: It's hard to believe that your only 4 miles from the centre of Leeds as you wander around this site. Spread out over 470 acres including a nature reserve and ancient woodland. A lake and pond can be found too. There are a few cross road barriers but ample space and dropped kerbs are provided. Dogs are allowed as it's a public park.

A great place to wander and discover so a descriptive route isn't necessary for planning a visit. Go, explore and enjoy.

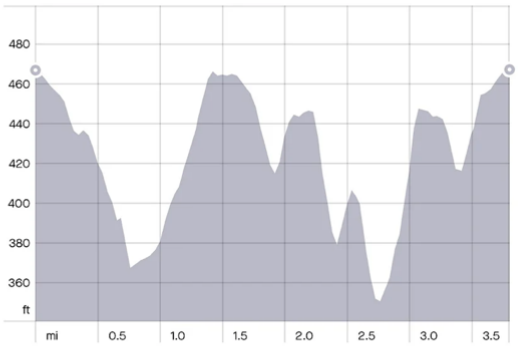
It's a great location to visit on even a wet day as I did, plenty of wild flowers along the paths with a number of moths and butterfly. Rewilding is a big feature of the park – allowing flowers and vegetation to flourish – creating abundant habitats for species to thrive.
A lovely Dragonfly followed me around the fishing lake.

What might you see? Squirrels, occasional Deer, smaller mammals, lots of colourful Jays in the Middleton Park & Leeds Urban Bike Park in the woods, and many smaller songbirds. Treecreeper, Nuthatch, Wren, Goldcrest. Dragonfly, Damselfly, Moths, Butterfly. A large family of Swans were on the fishing lake along with Coot and Moorhen. Red Kite, Buzzard and a few Kestrel. I could also hear a Cuckoo but didn't manage to catch a glimpse.

Middleton and Leeds Urban Bike Park

Distance	Elevation Gain
3.88 mi	304 ft
Moving Time	Avg Power
1:05:21	125 W
Avg Speed	Calories
3.6 mi/h	546 Cal

Elevation



Elevation Gain	304 ft
Max Elevation	467 ft

Monsall Trail, Hassop Road, Hassop, Derbyshire, DE45 1NW

Distance: 17 miles return trip.

Terrain: The Monsall Trail is a walk, cycle and bridleway on a disused railway line.
The trail is tarmac and smooth.
It has a gradual slope to climb from Hassop to Chee Dale (the turning point) then a slight downhill return to Hassop.

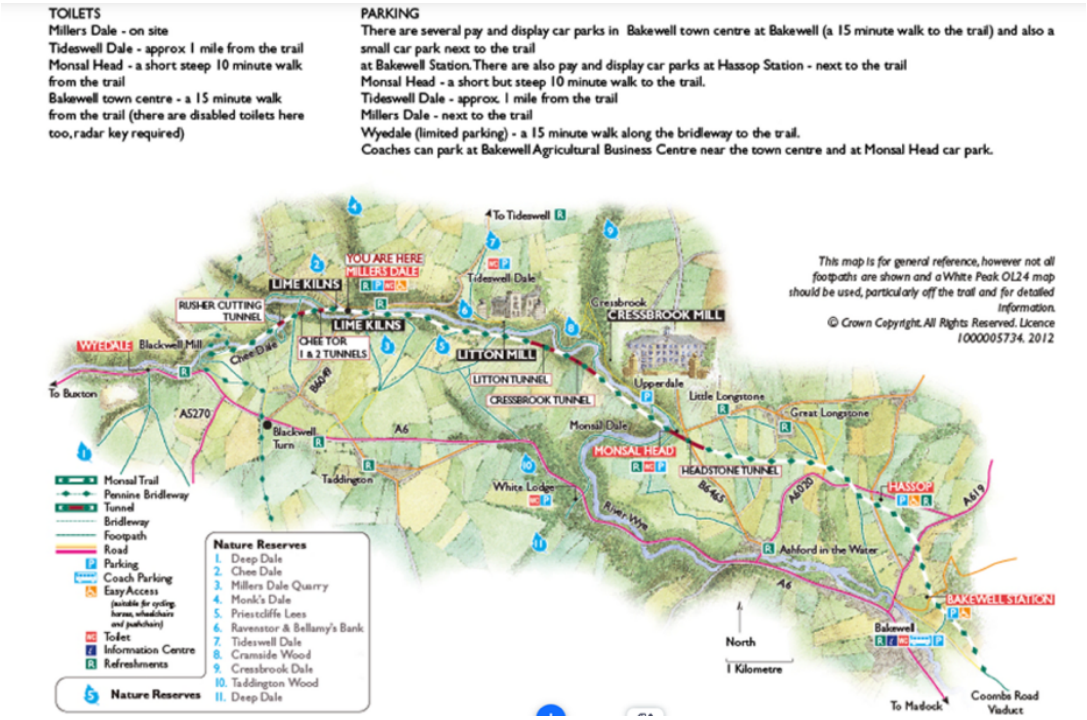
Facilities on site: I always park at Hassop which has a large pay and display car park, Blue Badge users have to pay to park thought its not too expensive. There is a nice cafe and disabled toilets at the Hassop site. The cafe has a large under cover seating area too.
https://www.hassopstation.co.uk/?gclid=EAIaIQobChMIu8Lcr8HA6gIVV-7tCh05GgWvEAAYASAAEgJCN_D_BwE

https://www.peakdistrict.gov.uk/visiting/places-to-visit/trails/monsaltrail

There is another cafe on the route at Millers Dale Quarry, again disabled toilets are provided.
Hassop also has a bike hire centre. Dogs are permitted on the route.

What will you see. The Monsall Trail takes in many industrial heritage sites, viaducts and tunnels to explore, all wide and all on an excellent tarmac surface.

Lots of wildflowers along the route. Many different species of insect and birds, mammals can be seen.



Newborough Warren / Tywyn Niwbwrch, Llanfairpwllgwyngyll, Holyhead, Wales, LL61RS.

Route: Newborough Warren is one of the largest and finest dune systems in Britain.

The dunes, coastal marshes, sandy and rocky shores have been shaped over thousands of years by the wind and sea and are home to a dazzling array of plants and animals.

Newborough Warren and Ynys Llanddwyn was declared the first coastal National Nature Reserve in Wales in 1955. The Corsican pine trees that make up Newborough Forest were planted between 1947 and 1965 to provide timber and to stabilise the shifting sand dunes.

Today it is a popular area for recreation and home to wildlife, especially red squirrels.

The Cefni Estuary and the pools behind the Pen Cob embankment are a sanctuary for birds and other wildlife and there are views across the estuary over an expanse of coastal marsh, open sand and sea.

As such there are many area's a disabled person using mobility equipment can venture - that said we were a little disappointed as we hoped we would be able to explore more of the reserve. People on foot are well catered for, you can walk and access beautiful and wilder places - but for those like I on wheels ,the reserve offers a tantalizing glimpse of wilder places but you can't reach them. If your happy to explore places and do ;tittle sections off road - do sections on the fire track and road then there is a lot to see. As the location is next to the sand dunes - and much of the forest is on sand / soil then you may as we found be unable to venture on all of the routes - wind shifts the sand which is a real problem for progress if your using mobility equipment.

We parked at the main carpark, a large carpark with ample and free blue badge parking. The route we did was a mile in length - you could do more but as mentioned earlier we wanted to link up to the other car park - explore the path adjacent to the dunes and see more of the forest.

Terrain: Tarmac, road, small sections of wooden boardwalk, single track trail , some of firmer ground - but often patches of loose sand.
There are a few small hills and again we found these were frequented with sections of deep loose sand.

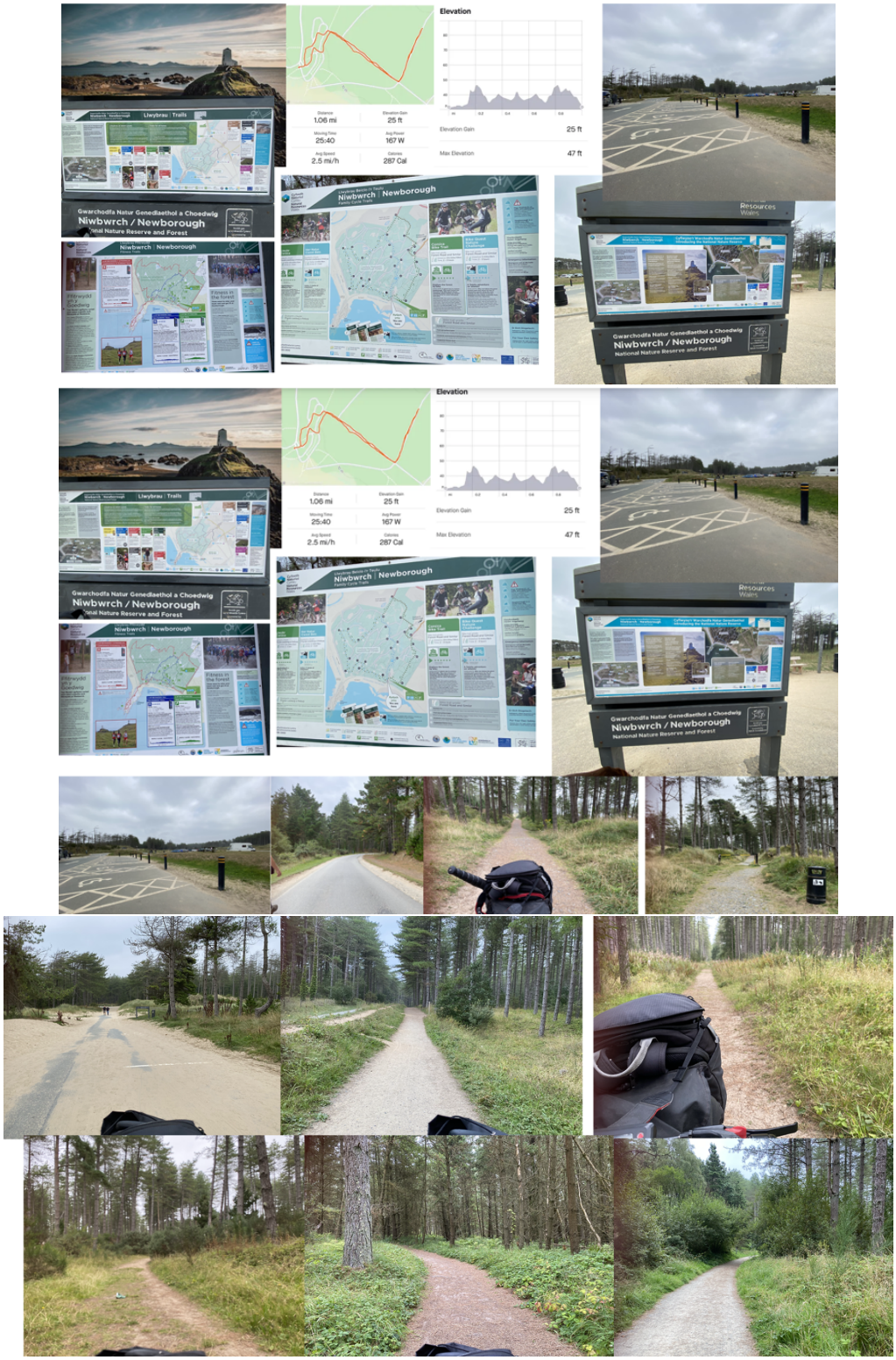
The accessible information is rather lacking at the reserve -so do read up about the site on the web address given below.

Facilities on site: Parking, toilets inc a disabled toilet. Dogs are permitted everywhere, water bowl / drinks bottle filling station.

https://naturalresources.wales/days-out/things-to-do/walking-trail-grades-and-other-information/?lang=en

What might you see?: Red Squirrel - apparently over a hundred live around the reserve - so do look for them.

If you have a very capable off road mobility device you may well be able to explore much more than we were able.



North Cave Wetland YWT, Dryham Lane, Brough, East Yorkshire, HU15 2LY

North Cave Wetlands is a former quarry in the East Riding Of Yorkshire. As sections are made available they are taken on by the Yorkshire Wildlife Trust - and returned back to places for nature to thrive. Large parts of the quarry will be added to this reserve making it even better.

https://www.ywt.org.uk/nature-reserves/north-cave-wetlands-nature-reserve

Many amazing species nest, roost, feed and drop in to the site, you really do not know what you might see during your visit.

Distance: My route is circular and is 1.85 miles long.

Terrain: The car park is a wide country lane, two disabled bays are marked out - but be careful how you position your vehicle as people park close together.
The road is ok for wheelchairs etc. - once in the actual reserve then the path is grassed - a few tree roots, a few rather bumpy bits -largely due to the activities of rabbits etc. All gates are wide, no stiles.

Facilities on site: The site is free to visit. there are two disabled toilets onsite - the key is available from the mobile canteen that operates most days, generally closing at 2;30pm. The reserve is open but check on what time the gate is to be locked - it will state a time on the gate. You can access the site when the gate is locked using the bridleway access but if you are staying after the gates get locked and your vehicle is locked in- well you will be stuck. Dogs are not allowed onto the actual nature reserve unless its an accredited guide or assistance dog in a service jacket

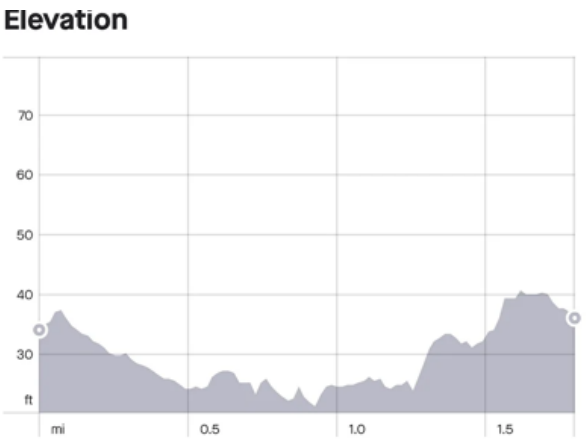
Route: I always go down the main track to the bottom elevated hide, on the way to this there is a hide on your right - and a couple of viewing points on your left. There is a ramp to the elevated lagoon hide on the left at the end. Sadly closed due to covid but do check the website for further information.
From this hide head back the way you approached - you will see wide gate on your left. Enter the reserve here and follow the well worn and obvious path. You get great views of the lagoon on your right , and views of the quarry on your left. At the end bear right and this brings you along the rear of the lagoon.

There is an open hide on your right and a few ponds to study. Keep going and bear right - soon you come to a path on your right - this leads to a hide that is accessed up steps. Even if you are unable do step travel along this as you often get smaller birds and raptors overhead. Head back the way you came and bear right at the end - this takes you along the side of the lagoon - some nice viewing points and a further accessible hide (if open due to covid). Keep on this path and soon you come out back on the lane were you parked the car. I always finish my visit with a cup of tea and a slice of cake from the canteen wagon, sitting in the open lagoon hide watching the wildlife below.

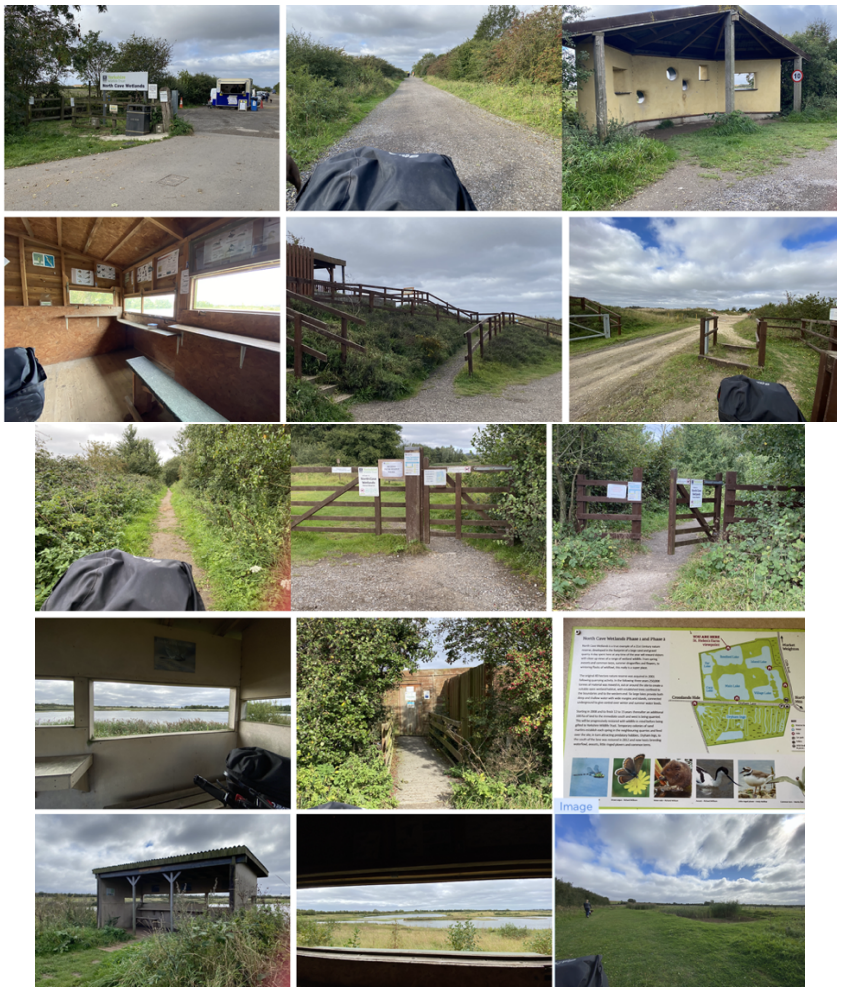
What might you see: Expect anything during your visit as it is often a high activity site. Lots of various geese, fowl, occasionally rarer birds fly in, Egret, Heron, Harriers, Spoonbill, Osprey, Crane, waders, Avocet, Hobby, Merlin. There are also stoat, Hares and rabbits living on the reserve. The reserve also

has cattle and sheep in the adjoining fields. In summer lots of insects and dragonfly etc.

Distance	Elevation Gain
1.85 mi	19 ft
Moving Time	Avg Power
40:53	161 W
Avg Speed	Calories
2.7 mi/h	440 Cal



Elevation Gain	19 ft
Max Elevation	41 ft



Nostell Priory, National Trust, Doncaster Road, Wragby, Wakefield. West Yorkshire. WF4 1QE

Route: My route concentrated around the outside of the main house, formal gardens and one of the lakes, and was around 2 miles in length. You can explore the extensive grounds further and do a tour of the many paths around the estate if you wish. It would be easy to do many more miles that are very accessible. No gates and no stiles, routes with steps are easily avoided. The accessible paths are sign-posted and you can also get a map from the National Trust staff.

Terrain: Well presented wide footpaths, more loose but compacted gravel paths, some areas on highly maintained and mown grass-ways. The estate has a few hills to negotiate but nothing hugely steep.

Facilities on site: The site is operated by the National Trust – currently visitors have top prebook before you attend due to covid. You can also prebook a disabled parking area by the stable block and café.

Note, NT member prices- per car £5 Gardens only- £7:20 per adult, £3:60 per child

House and gardens - £11:90 per adult, £5:90 per child. In both cases family tickets are also available.

All of the facilities / attractions are free if you are a National Trust member. These include entry into the gardens and the actual house. There is a lift in the house to allow less mobile people / wheelchair users etc. to reach the various floor levels. The lift is quite small so do check if taking your own mobility equipment that it and you can fit in the lift!

Dogs are permitted in the outer grounds only – except guide and assistance dogs wearing their service jackets.

The site have a limited number of TGA mobility scooters, that visitors can use free of charge, it is advisable to prebook these ahead of your visit. Conditions apply and full instruction and a disclaimer need to be completed before you are let loose.

The National Trust also run a free golf buggy type transfer from the main carpark to the café / stable block facilities for those who can walk but not great distances.

About Nostell Priory and parkland. More commonly called Nostell, the estate surrounds a large Palladian styled country house. Dating from 1733, built by the Winn Family. It is known as Nostell Priory as the site was once the location of a priory.

The estate was purchased in 1654 by the London alderman, Sir Rowland Winn, after its last owner, Sir John Wolstenholme, was declared bankrupt in 1650. Construction of the present house started in 1733, and the furniture, furnishings and decorations made for the house remain in situ. The Winns were textile merchants in London, George Wynne of Gwydir was appointed Draper to Elizabeth I, his grandson, Sir George Winn was created 1st Baronet of Nostell in 1660 and the family subsequently owed its wealth to the coal under the estate, and later from leasing land in Lincolnshire for mining iron ore during the Industrial Revolution.

The house was built by James Paine for Sir Rowland Winn 4th Bart on the site of a 12th-century priory dedicated to Saint Oswald. Robert Adam was commissioned to design additional wings, only one of which was completed, and complete the staterooms. Adam added a double staircase to the front of the house, and designed buildings on the estate, including the stable block.

Nostell Priory is home to a large collection of Chippendale furniture, all made for the house and commissioned by Sir Rowland Winn 5th Bart and his wife Sabine Winn. Thomas Chippendale was born in Otley in 1718 and had workshops in St Martins Lane, London. The Nostell Priory art collection includes The Procession to Calvary by Pieter Brueghel the Younger, William Hogarth's Scene from Shakespeare's The Tempest - the first depiction in a painting of any scene from Shakespeare's plays - and a self-portrait by Angelica Kauffman, as well as Rowland Lockey's copy of the painting by Hans Holbein (c1527 but now lost) of Sir Thomas More and Family; this copy was commissioned in 1592 by the More family and came to Nostell in the 18th century, and is said to be the most faithful to the destroyed original.

A longcase clock, with an almost completely wooden internal mechanism, made by John Harrison in 1717, is housed in the billiard room. Harrison, whose father Henry is thought to have been an estate carpenter, was born within half a mile of the estate. He was referred to as John "Longitude" Harrison, after devoting his life to solving the problem of finding longitude at sea by creating an accurate marine timekeeper. Known as H4, this chronometer can be seen at the Royal Observatory, Greenwich, London.

The Adam stable block has undergone a major renovation and is now open as a visitor centre for the house and parkland.

Nostell Priory occupies 121 hectares (300 acres) of parkland. Within the grounds and gardens are lakeside walks. The main facade of the house faces east towards a grass vista. Leading to the lake on the west side of the house is the west lawn. The parkland has lakeside and woodland walks, views of the druid's bridge and walks to the restored Obelisk Lodge, a parkland gatehouse, through wildflower meadows. The park was purchased from Lord St Oswald by the National Trust with funding from the Heritage Lottery fund. This grant enabled the trust to acquire pictures, books, and furniture from the family. The Obelisk Lodge was built in the 17th century and inhabited until the late 1950s.

Nostell is one of the great houses of the north of England. It was created not simply as a home, but also to send out an important message about the Winn family who owned it.

The Winns originally made money from the London textile trade during the Tudor period. During the following century the family used their wealth to invest in property and land. This included the Nostell estate in Yorkshire, which was bought in 1654. Owning land brought the family new and regular income. In a society that valued land ownership above all else, it also brought status.

By the early 18th century the family had been knighted and were firmly members of the gentry class. They now wanted to replace their existing home with a fashionable new house that could show off and add to this status. The results were spectacular. The cost was huge.

Most of Nostell was designed and built by two generations of Winns between c.1727 and 1785. The main structure of the house was created for the 4th baronet Sir Rowland Winn as a replacement for an older house already on the estate. The work was overseen by architect James Paine from the mid-1730s and follows a symmetrical and relatively plain design known as Palladianism. This was fashionable in the early 18th century and was thought to express order and stability. Building a grand house in the latest design was not only an expression of good taste. It was probably also intended to

support Winn's early political ambitions in the region by acting as a place to entertain and impress. Winn was never elected and the scale and cost of the work meant the house was far from complete by the time the 4th baronet died in 1765.

Nostell was inherited by the 5th baronet (also called Sir Rowland Winn) and his wife, Swiss heiress Sabine d'Hervart. They picked up the project with new vigor, employing fashionable architect Robert Adam and leading craftsmen such as Thomas Chippendale and Joseph Rose. Designs were updated and expanded, particularly after the birth of a son and heir in 1775. Lack of money again slowed progress and work came to an abrupt end with the 5th baronet's death in a carriage accident in 1785.

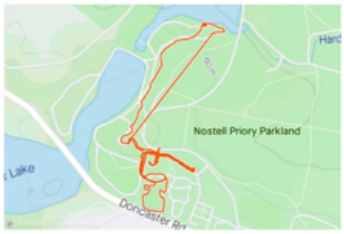
With the death of the 5th baronet, Nostell was left a grand, but unfinished vision. Many rooms were undecorated and shut up. A plan by Adam for four new wings had got no further than the empty shell of one. The turn of the century saw a complex family soap opera play out. The baronetcy died out and Nostell was eventually inherited in 1817 by Rowland and Sabine's grandson, Charles Winn. Winn had part of the house redecorated, but he had neither the money nor interest to complete the major building plans of the previous century – indeed he thought Nostell "overgrown" and a "burden". Charles' real interest was in history. He bought much of the old furniture, books, paintings and objects of antiquarian interest which are still a major feature of the house today. Charles also added 'Priory' to the name, a reference back to the monastery that had been on the site before 1540. Perhaps it was an attempt to make up for the loss of the family title by making the house seem older and more distinguished?

The Winn family continued to face financial challenges. Selling Nostell was a real possibility until the discovery of ironstone on another Winn estate in north Lincolnshire. Combined with the coal that had long been mined on the Nostell estate, Winn fortunes were revived thanks to the Scunthorpe steel industry. This business success was masterminded by Charles Winn's son (another Rowland), who inherited in 1874. He invested in repairing and refurbishing the house. In many ways this time marked the point Nostell finally fulfilled its original purpose. As well as being a successful businessman, Rowland Winn was a major player in the Conservative Party, rising from M.P. to Chief Whip. The house played an important role in supporting his career, playing host to everything from mass political rallies to more intimate weekends with guests of influence and status. In 1885 he was made 1st Baron St Oswald (named after the saint to which the original Nostell Priory had been dedicated). The dream of the 18th century Winns had been realised.

In 1953 the house was given to the National Trust, with full management taken over from the family in 1997. From a chequered past defined by exclusivity and money, Nostell is now a place of wonder and enjoyment for everyone.

Wildlife: Many types of garden bird, buzzard, occasional Red Kite, Sparrowhawk. Geese, fowl, GC Grebe. Swan, Heron etc. Over the water lots of dragon and damselfly, lots of moths, butterfly and caterpillars.

Many owls can be heard at dusk. One would expect that there will be plenty of different bat species too. Deer, vole, squirrel's- during our visit these were building their nests above our chosen picnic location. Quite a hazard from things falling from above.



Distance	Elevation Gain
1.97 mi	135 ft
Moving Time	Avg Power
43:05	129 W
Avg Speed	Calories
2.7 mi/h	371 Cal

Elevation Gain	135 ft
Max Elevation	225 ft

Nosterfield Nature Reserve, West Tanfield, Ripon. North Yorkshire. DL8 2QZ

Route: From the carpark at Nosterfield Nature Reserve you have two paths to follow, both lead to viewing screens and bird hides. Both paths are linear routes (there and back again) , the south west path is shorter than the north east heading path. To do both paths and return to the main carpark is approx 2 miles. (Available optional add on). You can also link up Nosterfield Nature Reserve to the nearby Nosterfield Quarry nature area - this involves getting there by using sections of A and B roads. To include the would extend the route to around 4 miles in total. There is a small parking lay-by on Flask Lane - footpaths woodland path, to get to the far hide involves a hill down and a hill at the other end on loose gravel).

Terrain: The car park is level, the paths are wide enough for any mobility equipment to pass. Both path routes have an A frame to negotiate but these are wide enough for most scooters and wheelchair / attachment combo's. The North East path has a gentle incline to climb, though the surface is solid and wide.

New route info for different wheeled users: The main route is suitable for paraplegic and tetraplegic wheelchair users in manual wheelchairs , there is a slight hill on the North East path which might mean you need assistance if unable to self propel or on wheelchair fitness.

All of the reserve is suitable for all powered wheelchairs, front power attachments, such a Batec, and hybrids, mountain trikes, freewheels, e motion type wheels and smart drives etc.

Facilities on site: A few viewing screens overlooking the lakes, not all have a viewing point for a wheelchair user. All hides are accessible and but have std door widths , there are steps to the main hide but there is a slope so those like I, on wheels can access it. The doors to the hides are quite heavy and open inwards. The hides are spacious except for the burden of heavy (sheepskin covered) bench seats. I am quite strong being a paraplegic and I could not move the bench seats out of the way of reaching the wheelchair viewing bays. So assistance will be to an advantage.
The reserve is free, as is the car parking- there is one Blue Badge parking bay located at then far end near the main hide. No toilets but there is a pub in Nosterfield Village, sadly The Freemasons Arms does NOT have a disabled toilet.

Dogs are permitted but only guide and assistance dogs are allowed in the hides.

https://www.luct.org.uk/nosterfield

For the optional add on see
https://www.birdguides.com/sites/europe/britain-ireland/britain/england/north-yorkshire/nosterfield-quarry/

What might you see? All types of fowl, inc geese, swan, Heron, Egrets, Lapwing, various waders, song birds. Always worth keeping an eye skyward -during my visit two Peregrine were climbing high ands sweeping down to pick off a bird in flight. The site is visited by Buzzard, Honey Buzzard on occasions, Merlin, Hobby, Marsh Harrier. Recent sightings of Osprey fishing.
There is also an Osprey nesting pole in the nearby Nosterfield Quarry nature area - though none have

so far taken up the offer of a free home.

A real bonus of both of these sites is the abundance of flowers and insect attracting bushes both sides of the paths. Dragon and Damselfly, moths and butterfly's seemed to like the site. Their proximity was excellent for myself as a wheelchair user (full-time) as I could get near enough to be able to use my macro lens!

Optional add on to Nosterfields Quarry Nature area,

Oakwell Hall and country park, Nova Ln, Birstall, Batley. West Yorkshire. WF17 9LF

Oakwell Hall & county park, is an Elizabethan manor house in Birstall, West Yorkshire, England. The Grade I listed hall is set in period gardens surrounded by 110 acres of country park. The house was built for John Batt. A recarved stone dated 1583 above the main entrance probably indicates the date of construction. The hall and grounds are steeped in history, from the royalist stronghold and battle at the nearby "battle of Adwalton Moor (1643), to a visit from Charlotte Bronte who featured the hall as "Fieldhead" in her novel "Shirley". The location and hall have been used in numerous tv and film productions too.

Facilities on site: Ample parking - but there are height barriers to the carparks, you can park on the road outside the grounds.
Cafe's, shop, visitor centre and disabled toilets. Dogs are welcome but only service and guide dogs are allowed inside any of the buildings. Limited access into the hall and some of the gardens if your on wheels.

Route: There are a number of different routes around the hall and grounds, for our visit we covered much of the bridleway that meanders around the grounds, some tricky sections for my Batec (powered front wheel and wheelchair combo), but achievable with a little support and care taken. On the downhill / uphill bridleways are wooden water run off boards, you can pass these or if your mobility equipment can handle go straight over them... The wheelchair accessible section is quite short 1/3 of a mile but we combined it with parts of the bridleway and did approx. 3 miles in total. The bridleway includes a section called Warren , its other name is "bloody lane" in reference to the carnage from the battle that took place further up the lane. Some of the paths have gates, these are fitted with Radar keys, so make sure you have one if you want to explore more.
The site from the hall is quite hilly, thankfully, on the steeper slopes the park have provided zigzag paths to make the gradient easier.

Ogden Water Country Park, Ogden Lane, Halifax. West Yorkshire. HX2 8XZ.

Distance: My route is only 2.2 miles in length. There are a number of bridleways linking Ogden Water Country Park to surrounding moorland but I have not tested these.

Terrain: The main part of the route around the reservoir is reasonably level. There are couple of hills. One from the carpark down to the reservoir. Not massively steep and downhill. Then at the end of the route you have to climb back up the hill. Not massively steep but quite long, if self-propelling yourself in a manual wheelchair your arms will get tired, you may need some assistance.

Most of the route is on woodland dirt trail, quite wide, a few sections on tarmac.

There are a couple of gates that require a Radar key to open fully. Some assistance may be required as the gates are accessed by a concrete sloped area. On one the gate falls away from you when you open it - meaning its difficult to pull it back toward you to resecure it. The other gate involves negotiating the gate and fence which narrows causing some degree of awkwardness if your on your own.

Facilities on site: Car parking area , a few disabled bays on a slight slope. Parking is free but you are asked to pop £0.50p into an honesty slot.

http://www.ogdenwater.org.uk/

There is a toilet block and disabled toilet. This is adjacent to the small cafe, near the Promenade.

Dogs are permitted by please keep on a lead. At certain times of the year various algae are present in the water so best keep dogs away from the actual reservoir.

Route: From the main car park head west to a gate. There is a dropped kerb. Go through the wide gate and head down the path. A little hilly but all downhill. Bear right at the bottom and follow the path. The path then bears left over a wide bridge. Keep left all the way around the reservoir. Another wide bridge to cross.
Eventually after a Radar key gate you bear left onto the reservoir road- named the Promenade.
The little cafe and toilet block are located off the hill as you make your way back to the car park.

What might you see. Lots of fowl on the reservoir. Small birds in and around the dense forest. A number of Owls are frequent visitors / resident. A number of different species of Bat live at Ogden too. I often see Deer in the woods.

Distance	Elevation Gain
2.11 mi	111 ft
Moving Time	**Avg Power**
35:40	30 W
Avg Speed	**Calories**
3.6 mi/h	71 Cal

Elevation

Elevation Gain	111 ft
Max Elevation	1,048 ft

Old Moor, RSPB, Dearne Valley, Old Moor lane, Bolton upon Dearne, Barnsley. South Yorkshire. S73 0YF

Route: The route is two linear wanders, mostly on compacted gravel, some hard standing, some parts over wide bridges, some on mud though these areas can be bypassed. To do both sections will mean covering around 2.8 miles. You can extend the route by heading onto the Trans-pennine Trail from the carpark.

Terrain: Garden area - small slope on looser gravel - this can be avoided.
Left linear route to the Bittern Bus Stop and hides - hard standing and one shallow slope.
Right linear route to the Wader Scrape Hides etc. one slope -long but not steep.

No steps - no gates, no steep slopes, no styles.

A great place for everyone to explore. The staff and volunteers are very helpful so just ask them if you need anything to assist your visit.
https://www.rspb.org.uk/reserves-and-events/reserves-a-z/dearne-valley-old-moor/

Facilities on site: Carpark with ample free Blue Badge parking, the whole carpark is level.
Courtyard - under cover area.
Disabled toilets, not large but big enough for a wheelchair to enter. One toilet accessed from the courtyard and one inside the building.
Cafe - accessed via an internal lift- a good size and should be enough room for all but the biggest mobility scooters. If you are on your own then ask the shop staff to grab the lift door for you as it is a manual opening door and a little awkward on your own.
The cafe is excellent - I can vouch for the bacon butties, vegan menu and of course coffee and cakes!

On the site the RSPB operate a mobility scooter for visitors to use. You may need to book this before your planned visit.

There is a boot wash area by the garden that is handy for washing down wheels if required.

All of the 6 hides are accessible for wheelchair users. large mobility scooters may struggle as they are not huge hides, except the Family hide which is massive. All of the hides have viewing points for wheelchair users - signs in place stating "priority for disabled visitors" but you may need to politely prompt the hardy visitors who may have set up their scopes as the disabled viewing areas were not being used when they arrive.

There are a few viewing points and screens around the reserve- disabled visitors have been catered for so you can see the wildlife.

A couple of the hides have a tighter entrance area - so opening the door is a maneuvering test if you are on your own.

Dogs not allowed accept accredited guide and assistance dogs.

Children's play area provided. Do also check the RSPB web site to find out about any events they may be running.
There are some wooden platforms overlooking ponds - excellent for viewing but be aware there is not any edge protection to stop wheels and you rolling over the edge.

The reserve is free for RSPB Members - a charge is made for none members to visit £5 per adult and £2.50 for a child. Good that a free carer place can be claimed for your visit if you are disabled.

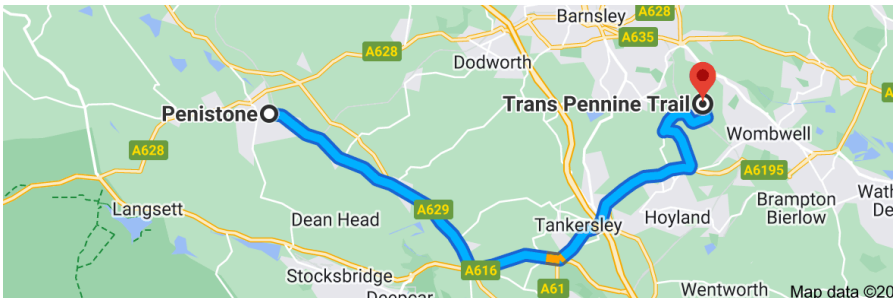
What might you see? All the types of woodland bird and waterfowl, waders, geese, gulls, Egrets, Heron, Grebes, Bullfinch, Greenfinch, all the tits inc Long Tailed, Bearded Tits on the reed beds. Marsh Harrier, Buzzard, Kestrel, Owl. Stars of the reserve are the Bittern which you can hear during spring booming their call. Water Rail, Snipe. Stoat, and if your really lucky Otter and Grass Snakes.

Penistone to Wortley , South Yorkshire. Trans Pennine Trail.

Distance: 12.4 miles each way.

The trail from Penistone to Worley and back is so accessible for everyone. You can access the Trans Pennine Trail from numerous points.
Please see the web site https://www.transpenninetrail.org.uk/wp-content/uploads/downloads/Penistone2_Q.pdf
For further info etc.
There is also a nice “treasure hunt” that I have copied from the web site below.

There is much opportunity to see all kinds of wildlife along the trail, birds, mammals and always keep an eye for raptors hunting, often at your eye level in the fields, meadows and habitats either side of the trail.



Top Tips:

- From Penistone car park to Wortley the Trail is all off road, with access ramps to different locations, but take care crossing the one access track at about half way.
- This route is 5 miles (8 km) each way – if that is too far you could do it in two parts, from either end at Penistone and Cote Green car parks. Black Moor crossing is a suitable place to turn round.
- From Penistone to Thurgoland there is a line of tarmac surfacing, from Thurgoland to Wortley the surface is compacted stone that can get muddy through Wortley cutting. Where possible a grass strip exists along the trail to provide better access for horse riders. Please give horse riders and walkers plenty of room and if you are on a bike please slow down as you approach them.
- Penistone has a range of shops and café for refreshments whilst Cote Green carpark is next to the Pennine Equine livery and store where ice creams are available. Pubs and café's in Wortley village and Thurgoland are just off the trail.

Every effort will be made to ensure all the clues are in place and the Trail is usable. If you do find any problems please let us know and we will rectify it.

Kindly produced with the help of Sarah Ford, TPT Contact Officer for Barnsley MBC
Trans Pennine Trail Office, c/o Barnsley MBC, Economy Culture & Housing, PO Box 597, Barnsley S70 9EW

Trans Pennine Trail

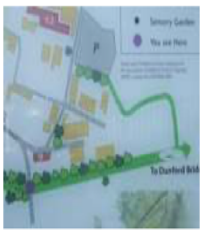
Trail Treasure Hunt
Penistone to Wortley

www.transpenninetrail.org.uk

LOCAL ACCESS FORUM BARNSLEY
NHS Barnsley
Supported by The National Lottery through the Millennium Commission

Start from: Penistone TPT car park (small car park next to Tesco's) or you could start at Cote Green Car park, Finkle Street, Wortley but you will have to do the questions in reverse order. If starting at Cote Green you will need to turn left to answer questions 9 & 10 before heading towards Penistone

How to do the Treasure Hunt: On your way look out for the object in each photograph. When you spot it, simply answer the question next to the photograph. All the questions can be answered from the Trail, although they may be about things you can see in the distance rather than things on the Trail.

	**Question 1: Looking at the information board near Station Road bridge. What is situated at point 9 that makes you think this is a former railway line?** **Answer:**
	Question 2: Where are you and what is the Grid reference for your location? (look for 6 numbers) **Answer:**
	Question 3: Where the TPT splits into two the information board should help you find out which family owned much of the land in Oxspring after the invasion of William the Conqueror? **Answer:**
	Question 4: Sections of the Trail have been called different things relating to the area. What does the black metal arch tell this section is called? **Answer:**

	Question 5: There is one former level crossing on this section of the Trail. What is it called? **Answer:**
	Question 6: Crossing over the River Don far below, what is the name of the viaduct? **Answer:**
	Question 7: When would you not want to be going through Thurgoland Tunnels without a torch? **Answer:**
	Question 8: How far is it by road to Wortley Top Forge? **Answer:**
	Question 9: Stay on this part of the Trail and after passing access to Cote Green Car park what looks like something from the old rail-way? **Answer:**
	Question 10: The Trail continues into Sheffield after the underpass through some woodlands. What are they called? **Answer:**

Potteric Carr Nature Reserve, Mallard Way, Doncaster. South Yorkshire. DN4 8DB

Distance: There are many trails to explore around Potteric Carr Nature Reserve.

The route I usually do is around 5 miles, though you can do as much or as little as you desire.

There is a wheelchair route marked out with signposts - that I follow but I also go off piste!

Terrain: The reserve is around woodland and wetland on reasonably wide paths. The paths are well trodden as the reserve is widely used by naturalists, bird watchers etc.

Some sections are on compacted wide dirt tracks - some on tarmac, a few sections if you chose to do them are narrow but passable for all wheelchair / powerchair and pushchairs / prams. A few paths on the reserve have steps but these are not on my chosen route. There are also no gates to be negotiated.

Facilities: There is a lovely café at Potteric Carr, also toilets and a disabled loo.

Please check before you go to see if the reserve is open and what facilities are available – such as the toilets, cafe and hides.

The site is operated by the Yorkshire Wildlife Trust (YWT), there is an admission charge for none members of the YWT, £4.50 per person, Children £3.00 and they have a concessions rate of £3.50

Carers are admitted free. The car park is quite large, there is a disabled parking area.

There is now a Tramper Mobility Scooter available for a half or full day hire- you will need to book this.

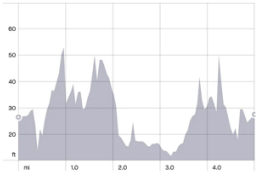
Entry to the reserve is along a path from the car park to the visitor centre, go up the ramp and through the entrance – if you're on a wide mobility scooter etc then the staff can open up the double door for you.

Go out the café door onto the wooden section – here is a great place to see the first lake – red beds, usual fowl and perhaps the elusive Bittern!

Head down the ramp towards the reserve trails. There is an accessible route marked out but do explore further – many of the paths are ok for most mobility scooters / wheelchairs. There are a few paths with steps at the end but these are obvious so you can spot them and avoid.

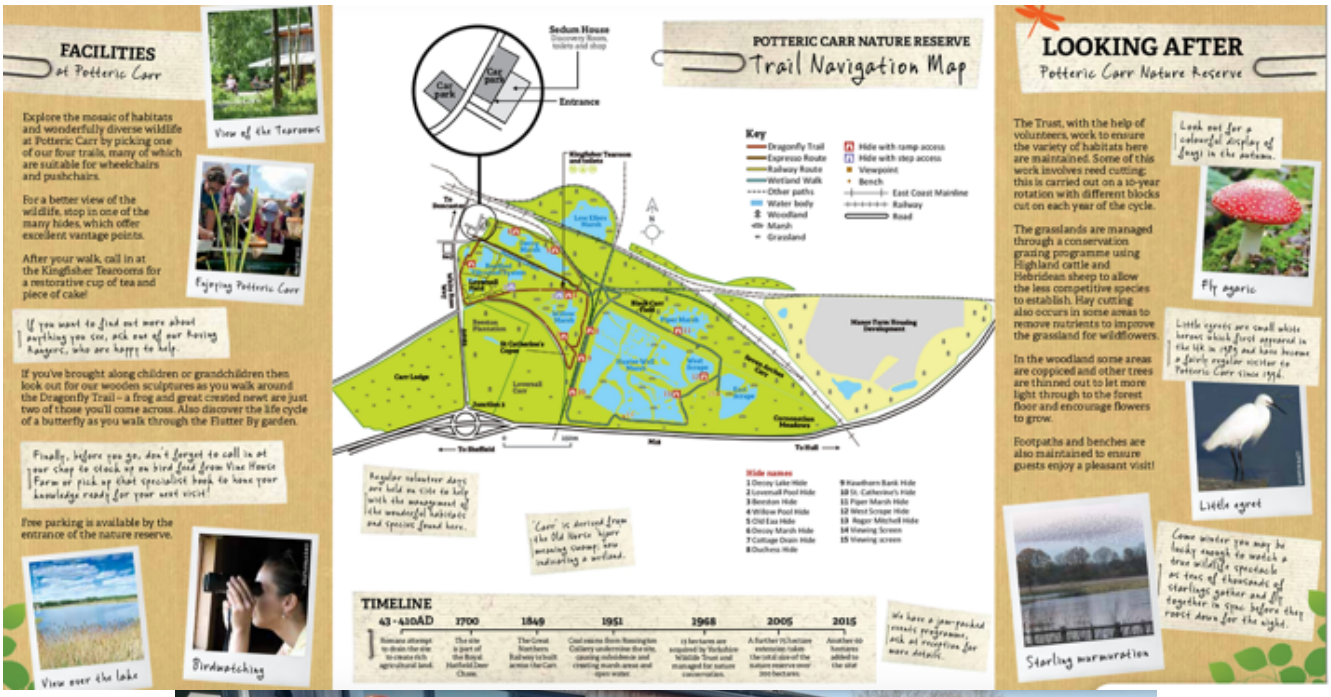
My own route takes in the main paths and extends to the far end of the reserve. There are a couple of little hills – but these are not too steep.

Most of the nature reserves wildlife hides are accessible to wheelchair users, wheelchair viewing points are in most hides. The hides have wooden movable benches in them that you can move . – the openable windows open from bottom to top so can be a little awkward if you are on your own.



Elevation Gain	141 ft
Max Elevation	54 ft

Distance	5.06 mi
Elevation Gain	141 ft
Moving Time	1:39:05
Avg Power	22 W
Avg Speed	3.1 mi/h
Max Elevation	54 ft



Potteric Carr Nature Reserve

Wildlife is in abundance at Potteric, all the usual British species , Deer, Stoats, voles.

Excellent for British butterflies, dragon fly and Damsel.

There are Bittern , Kingfisher, Marsh Harrier, Avocet, frequent at the reserve so keep your eyes and ears open. It really is one of my most highly recommended wildlife locations to visit.

Pugneys Country Park, Asdale Way, off Denby Dale Road, Wakefield. West Yorkshire. WF2 7EQ.

Distance: Approx 1.7 miles depending if you do just the circular around the lake route - or take a few of the tracks off the main route.

Terrain: Much is on tarmac footpath with the remainder on dirt path, Can be extremely muddy if the weather has been poor.
Fairly flat route except the gentle slope at the far end of the lake. No gates or stiles.

Facilities on site: Excellent cafe with disabled toilets at the waterspouts centre.
Plenty of free parking for blue badge users. Small charge form parking for none blue badge users.

https://www.wakefield.gov.uk/sport-health-and-leisure/parks-and-countryside/parks/pugneys-country-park?

Dogs are permitted all over the park. They even have a place to wash your dog for .50p

Any the side of the centre is a handy coin (50p) warm hosepipe, excellent for swilling off dogs and mucky wheels.

A word of caution - various algae can be present in summer months that could harm your dog.

The route. From the carpark I head left and do the circular wander around the lake. Past the kiddies play area, top to the area with a shallow sandy beach area. Follow the path all the way. You get great views of Sandal Castle up on the hill- overlooking the country park. The little detour to the castle is not suitable for wheelchairs.
Follow the path and you will see a few paths to bird hides - these were closed due to covid during my visit.

Stay with the lake on your right and you can't go wrong.

It is possible to link up with New Miller Dam but this involves moving on the road as the pavement is either none existent or narrow.

What might you see? All types of fowl, geese, divers, Grebes, Coot, swans, in the wooded area Robin, blackbird, tits, finch. Occasionally waders can be seen on the waters edge. Heron, Egret.

Queen Elizabeth II Country Park, Ashington, NE63 9AT.

Route: My route is around 1.75 miles (circular) around the lake. There are numerous paths leading off the main path- many on short grass. Some leading to a cycleway.

Facilities on site:
The country park is set within many hectares of a former industrial site. The carpark is part tarmac and part gravel.

We were staying at the Premier Inn (Ashington) and used this location to explore further the beautiful Northumberland coast. It would have been rude to not actually explore the nature reserve as it was in such close proximity to our chosen accommodation, indeed the carpark is the same for the hotel and the country park.

We do stay at Travelodge's and Premier Inn's often as usually they are well equipped for disabled guests. Our room had a full wet room and was fully accessible. Next-door to the hotel is a pub / restaurant that is open from 07:00 till midnight. Excellent disabled facilities and quite good value for money across the whole menu. No charge for parking in the carpark.

Premier Inn do allow service / guide dogs to stay. The Country Park is dog and wheelchair friendly.

https://www.northumberland.gov.uk/Local/Country-parks-visitor-centres-coastal-sitesPubl/Queen-Elizabeth-II-Country-Park.aspx

Terrain: Paths, grass paths, woodland, lake side with some wooden stages - though I didn't use or venture to these.
No steps or narrow gates.

About the nature reserve: The site is on the grounds of the former Woodhorn Colliery, this operated from 1894 and closed in 1981. Since closing the grounds have been re-wilded with a 16 hectare lake being the centre piece. Marsh, reed bed and woodland now occupy the site. There is also a museum in part of the country park and a miniature railway (that operates in the summer).

What can you see? Lots / many types of water fowl, geese, duck, waders, swans, Cormorant, Kingfisher, Buzzards, kestrel.
We also saw a few Water Voles which is quite a rare thing to see sadly these days. We also saw many woodland birds, inc Bullfinch, Robin and other species.

Rabbit Ings Country Park, Lund Hill Lane, Royston, Barnsley. South Yorkshire. S71 4BB

Route No 60 is dedicated to my Daughter Hannah and her family, one, we visited on her birthday, and two, I could only get up to the upper part of the country park with assistance from Houssem my son in law. We had a lovely wander.

Route: More suitable for powered mobility equipment - and depending on it and your ability you may still need a push on the upper section if you wish to do it.
The routes are accessed via a gap in metal A frames. the Min width of the A frame is 800mm.

My route was 4:31 miles in length though you can do shorter or longer - depending on the capability of your mobility equipment. If your equipment isn't great at climbing up light gravel, steep paths then you can still do the lower paths and Ruby's Pond, this is also the better option for people using manual wheelchairs.
If like myself you have a reasonably capable machine to propel you - and a helping hand on the steeper sections then do get to the top and enjoy the open vistas and distant views.

Terrain: Tarmac then wide light gravel well compacted paths. If you head to Ruby's Pond then this bit is on grass. There is a small platform by the pond but be aware it doesn't offer much edge protection to the pond side and to the grass side. It is worth visiting as during my visit there were many damselflies hoovering and landing.
Lower paths - reasonably moderate slopes, to get up to the top there are a couple of footpaths that although fairly short (200m) they are both quite steep.

Wild flower meadows, woodland area, ponds and larger lake.

Facilities on site: No cafe, but toilets are available, make sure you have your Radar key.

https://thelandtrust.org.uk/space/rabbit-ings-country-park/

Dogs are permitted.

The Park is free for everyone to enjoy. There are a few disabled parking bays.

About Rabbit Ings Country Park. Rabbit Ings is a country park located on the former colliery yard and spoil heap of the Monkton Colliery and then the Royston Drift Mine, which closed in 1989. The 64-hectare site, situated near Royston in South Yorkshire, is home to an array of wildlife – including newts, snakes and herons.
The Present and the Future The park provides soaring footpaths and cycle tracks that offer stunning views, as well as sports pitches for use by the community. Rabbit Ings was officially opened in 2011 under the ownership of Wakefield Council. In 2012 the Council transferred the land into the ownership of the Land Trust.

The rabbit. A striking image of a rabbit is carved on the hillside which can be seen from miles around. The rabbit, similar to the black rabbit on Watership Down, is a Norse image which ties in with the name of the site – 'ings' being a Norse word or description of low lying wetland and of course a rabbit! The rabbit was created with the help of 192 local school children. Spectacular views can be enjoyed from the viewpoint at the top of the hill. Whilst at the foot of the hill woodland and wetland provide a marvelous

variety of habitats where wildlife can thrive. In springtime Skylarks, Wheatear and Meadow Pipits fill the park with glorious birdsong.

Ravenseat Farm, Richmond, Richmonshire, Yorkshire Dales, DL11 6LP

About this route and Access The Dales.
Ravenseat Farm is one of the most isolated working farms in Britain, at 420m above sea level.
Better known as the farm featured in "Our Yorkshire Farm, featuring Amanda (the Yorkshire Shepherdess) & Clive Owen, who live here along with their 9 children.

The farm is a 2000 acre working sheep farm with hundreds of sheep, cows, chickens and horses.
The area is rich in beauty and quite hilly, well the fells are one of the reasons why the Yorkshire Dales are so beautiful . A stream runs through and around the farm which can be quite deep after heavy prolonged rain. Winters can also be quite harsh.

The farmland and area is a rich in wildlife, lapwing, curlew, oyster catcher, buzzards, kestrel, tawny and barn owls, meadow pipit, skylark, cuckoo, and many other species live - visit and breed here.
Insects, butterfly, moths and mammals also thrive.

Ravenseat Farm is the first of a number of accessible hubs being created by Debbie North and Access the Dales- as a fitting legacy and tribute to Andy North, Debbie's husband and soul mate who passed away tragically in 2021.
Andy and Debbie loved the dales - so much so that they relocated to a farmhouse in the locality of Ravenseat Farm. They became great friends of the Owen family.
Debbie set a goal of fund raising - to purchase a Terrain Hopper, q very capable off road disabled mobility vehicle. Generously Terrain Hopper match funded and supplied a further Terrain Hopper.

Amanda Owen is the patron of Access the Dales. Amanda and Clive appreciate the area they work and live - and see the benefits and value that their own children have gained from being raised in such a stunning location. At Ravenseat Access the Dales now have a Terrain Hopper (mini), and a Paratek off road pushed wheelchair, they also have a recumbent hand cycle. All suitable for children and smaller adults. These are available for disabled people to loan. Please see the web site for further info, booking instructions and the terms and conditions of the scheme.

https://www.access-the-dales.com

Dress for all expected weather conditions and have waterproofs with you.

Be self sufficient. There is a wooden transfer board available that you and your party may use if you need this to aid transfers on and off the equipment.

No one at Ravenseat Farm can assist with transfers. A hoist is not available.

A few house keeping rules. Dogs are allowed but MUST be kept under strict control at all times (on leads). Sheep and much wildlife nest and live on the meadows and disturbance must be kept to a minimum. Please ensure any dog foul is picked up as children play on these fells.
Only the agreed person who has booked the equipment may use that equipment.

We have all seen on the news the destruction from fires on the moor, so please be mindful and careful

at all times.

Please respect the countryside code - always close any gate and make sure you take away everything you have brought with you including banana skins and bottles etc.
https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors

Facilities on site: The nearest disabled toilet is located in Kirby Stephen several miles away. There is a sizeable toilet room in a farm building but this is only to be used as a last resort if working on the farm operations permit.
On occasions the Owen's may have a pop up cafe operating - it can be open to provide drinks etc. for passing walkers doing the coast to coast, opening this depends on farming operations - so again plan for this not being open and be self sufficient**.**

Route: For the purpose of this route guide I was loaned Debbie North's own Terrain Hopper- I followed the permitted and recommended route by Access the Dales.
The route is a total of 1.7 miles - It is a linear route around the farm and high up the fell towards the Ravenseat, the highest part of the fell.

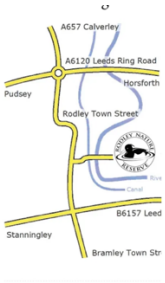
From the hub building you go back down the path and bear left and enter a gate to a meadow. Through the meadow and through another gate. follow the obvious unmarked track and bear left to cross the gill (beck, stream). the track to this is not steep but gradual, grass then on compacted hardcore. This track takes you across the gill. The Terrain Hopper will cope very well- but do avoid the very visible deep hole so not to get the front wheel stuck, as your accompanying people will have to get wet feet as they help you out!

Out the water and follow the hardcore path as you loop back onto the main track that comes up from the farm. The route avoids the farm yard so to minimise the disturbance to the going on there. Farms are busy places with heavy machinery often at work.

From leading out the gill take the path higher and higher up the fell. Do stop and take in the views (this allows those not lucky enough to be using the Terrain Hopper to rest and catch their breath!
Follow the path and you pass a number of gates. The route finishes where the gravel ends - at a gate that leads onto the moors. DO NOT go any further. This is the point to turn around - breath the so fresh air and admire the vistas and landscape.

Terrain: Track, grass, water crossing, hardcore path, rocky track.

Rodley Nature Reserve, Rodley (off the canal bank) Moss Bridge Road, accessed by car from Rodley Town Street (A657). West Yorkshire. LS13 1HP.



Distance: The reserve is not a huge site, but you can easily cover a couple of miles wandering in and around the reserve. It really does have so much to see so enjoy the variety of landscape and wildlife.

Terrain: Rodley Nature Reserve is a very flat reserve, no gates, no steps. A couple of the wildlife hides have gentle ramps leading to them.

Most of the paths are hardstanding so even after a spell of wet weather your wheels don't get too muddy.

One section to the "Managers Garden" is on some grass but plans and work has commenced to put an accessible path in. The Dragonfly ponds section is on grass, but this is well kept and not bad under your **wheels.**

Facilities on site: Ample Disabled car parking on hardstanding. Blue Badges to be displayed. Disabled toilet and accessible (pay by donation café).

Opening hours, Normally the site is only open Saturday, Sunday, and Wednesday. Winter opening hours being till 4pm, but till 5pm during the spring and summer. Guide and assistance dogs are allowed.

PLEASE NOTE – The reserve is open Saturday, Sunday and Wednesday's.

Please check Rodley Nature Reserves own Facebook and or web site for opening hours etc.

The reserve is operated by volunteers and members of the Rodley Nature Reserve Society, a very friendly and forward-thinking group of people.

I love spending time here as it has every kind of topography that attracts such a huge variety of British wildlife.

They have made sure the disabled visitor is very well catered for, all of the wildlife hides are accessible, and have easily openable shutters above specific wheelchair accessible viewing points.

Wildlife you may be lucky to see. Many different types of fowl, most small birds. Grebe, Egret, Heron, Buzzard, Red Kite, Gulls, Water rail, Oystercatcher, Goldcrest, Peregrine, Kestrel and Owls.

Deer on occasion and Mink, Otter have been reported. There are two nest boxes with cameras you can observe. During the warmer months many types of Dragon and Damselfly.

The Reserve can be accessed from Rodley Town Street via the canal swing bridge and tarmacked access to the Visitor Centre and disabled toilet facilities.

There is ramped access to the Visitor Centre. Blue Badge holders will find 3 marked spaces adjacent to the Visitor Centre and toilets – badges must be displayed.

The following hides and viewing points are linked from the entrance driveway by a hard surface footpath suitable for wheelchairs and buggies-

- Lagoon Hide (ramped access with wheelchair viewing point)
- Michael Sheldon Hide (ramped access with low viewing points)
- Duck Marsh Hide (ramped access with wheelchair viewing point)
- Willow Path Hide (direct access from pathway, wheelchair viewing point)
- Reedbed Hide (ramped access with wheelchair viewing points)
- Public Dipping Ponds
- Manager's Garden Hide – bird feeding area (with wheelchair viewing point)
- Wet Grassland Hide (ramped access with low viewing points)*
- Education Pond

The following areas can also be accessed via well maintained and firm grass tracks during drier weather –

- Dragonfly Ponds
- Riverside Walk
- The Reserve has wheelchair-friendly picnic tables available at the Visitor Centre and there is a ramped access to the picnic area on the Butterfly Bank again with wheelchair-friendly tables.

The Reserve offers the use of a mobility scooter which can be made available at the Visitor Centre – to ensure the wheelchair is available advance booking is essential please contact the Visitor Centre on 0113 2040441.

There are also a number of accessible dipping ponds.

Roker pier, Roker, Sunderland. Tyne & Wear. SR6 0PL.

Distance: The Pier is 609 metres long.

About the pier: Located in Roker, Sunderland, situated north of the mouth of the River Wear. The pier is 609 metres long with a 23 metre red and grey Aberdeen granite lighthouse at the far end. Located at the mouth of the River Wear, the light from the lighthouse can be seen 12 miles out from the harbour.

Built to protect the port of Sunderland, which was an important port to the area for shipping coal. The present pier construction commenced in 1885, and was completed in 1903. The chief engineer was Henry Hay Wake who used 45 ton blocks to make a lasting structure. He also designed a tunnel that runs through the pier – so that the lighthouse keeper could safely reach the lighthouse in bad weather.

You can see why he did this during the annual storms, some of the photographs of the huge waves crashing over the pier are quite incredible. The tunnel can still be visited if you are able to handle steps.

See the web site for further information of this –

https://rokerpier.co.uk/bookatour

Facilities nearby: There are lots of café's and restaurants along the sea front at Roker, there are also good disabled facilities, take a Radar key so you can access the disabled toilet.

There are lots of car parking with plenty of disabled parking bays. At the time of. Writing this guide parking for Blue Badge holders is free.

Note! If the weather is bad they can and do shut the pier for public safety reasons. I always check with the local Facebook groups to make sure the pier is open. When closed the gates to the pier are locked shut.

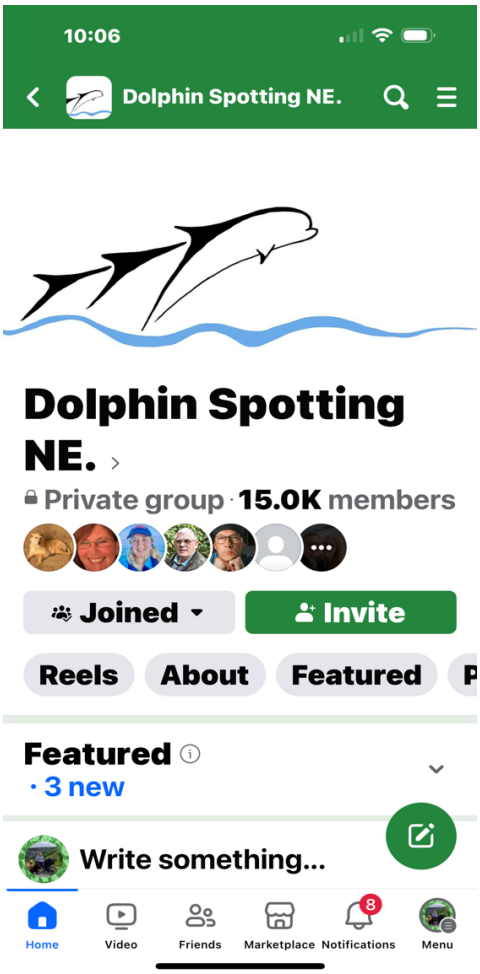
The pier is excellent for wheelchair / mobility equipment users, the surface is on cobbles so you do get a little bumpy ride, but nothing ridiculous.

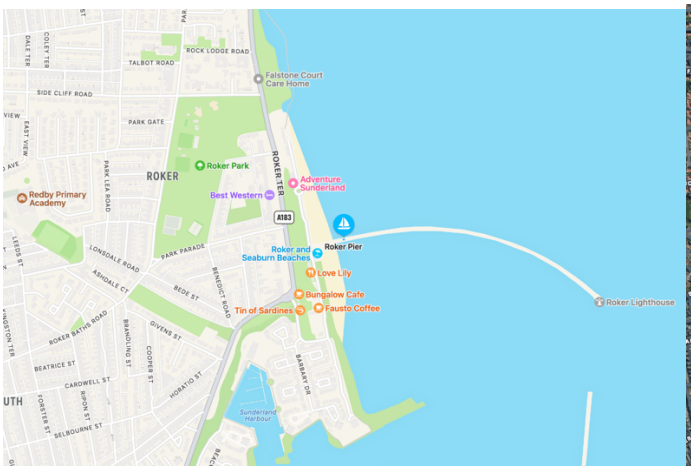
I find that Roker pier is an excellent place for seeing dolphins, an indication that the sea quality is getting better and that there are sufficient fish stocks to support such successful predators. Common dolphin and white beak dolphin have both been seen, the common dolphin being the most likely that you will see. Minke Whale and on rare occasions humpback have also put on an appearance – though I've never seen them here myself.

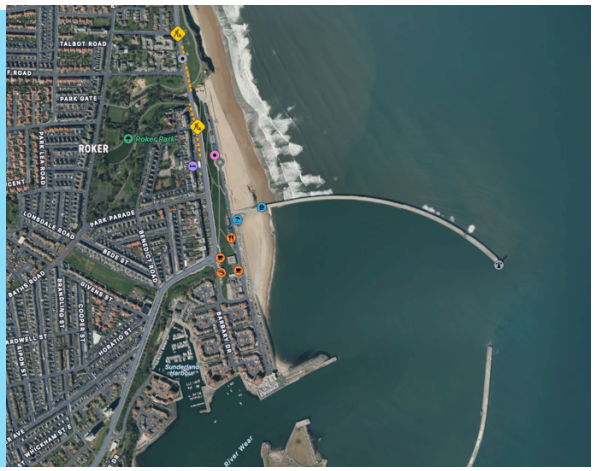
To check about dolphin activity here I visit the "Dolphin Spotting NE" Facebook page. There is a strong community of lovely and friendly people, many are also excellent wildlife photographers. They report sightings, you will really not meet a more friendly bunch anywhere.

The pier is also excellent for seeing terns diving for fish, seals and other hunting sea birds. Occasionally migrating species of bird land on the pier to take a rest whilst migrating from Europe.

There is plenty to do and see along sea front, something for everyone, every age and every ability. So do go and hopefully you will have a wonderful dolphin sighting experience.


10:06
Dolphin Spotting NE.
Dolphin Spotting NE.
Private group · 15.0K members
Joined
Invite
Reels
About
Featured
Featured
· 3 new
Write something...
Home
Video
Friends
Marketplace
Notifications
Menu


ROCK LODGE ROAD
TALBOT ROAD
Falstone Court Care Home
SIDE CLIFF ROAD
PARK GATE
ROKER
Roker Park
Redby Primary Academy
Best Western
Adventure Sunderland
ROKER TER
A183
Roker Pier
Roker and Seaburn Beaches
Love Lily
Bungalow Cafe
Tin of Sardines
Fausto Coffee
Roker Lighthouse
PARK PARADE
LONSDALE ROAD
REDE ST
ROKER BATHS ROAD
BEATRICE ST
CARDWELL ST
HORATIO ST
SELBOURNE ST
Sunderland Harbour


TALBOT ROAD
PARK GATE
ROKER
Roker Park
PARK PARADE
LONSDALE ROAD
REDE ST
HORATIO ST
Sunderland Harbour
River Wear

Rother Valley Country Park, Mansfield Road, Wales Bar, Sheffield. South Yorkshire. S265PQ

Rother Valley Country Park is located a few miles east of the M1 junction 31, in Sheffield, South Yorkshire.
The site has three large lakes which host so many water sport and recreational activities. Numerous competitions are also held on the waters here including Jet ski racing, sailing, most types of water sports are catered for.
There really is something for everyone and all abilities. For those who can there is an aquapark, cable ski, sailing, windsurfing, paddle boarding, zorbing, cycling, mountain biking and other attractions such as a miniature railway, childs play area's. You can also hire bikes, carts, etc.
The lakes and surrounding trails are also good for seeing wildlife including waterfowl, many song birds, and waders. Mammals too. There are also lots of different insects and bugs if you fancy looking for them.

Around the lakes you will find miles and miles of accessible paths and trails. Mostly on good hard standing wide paths, with smaller nature trail paths leading off them. You can also access the cycle routes that lead further afield if you wish. See the web site for further info- https://www.rvcp.co.uk

Parking: There are lots of parking for visitors, everyone has to pay for parking but this is very reasonable.

Facilities: Numerous places can be accessed for food and drinks, You are also welcome to bring your own picnics etc, many people also BBQ, this is welcomed as long as you are responsible and extinguish these properly – and take your refuse home with you.
These are several disabled toilets in the cafes and ski village. Dogs are allowed everywhere outside – only guide and assistance dogs are allowed inside the café's.

Route: From the main carpark we usually head east and do a full clockwise circuit of the lakes, the grass by the lake can be boggy so if you are using mobility equipment and it isn't capable of such just stay on the good paths.

Roundhay Park, Mansion Lane, Leeds. West Yorkshire. LS8 2HH.

Distance: My route is approx 3.85 miles long, a few long but not steep hills on good quality hard standing pavements. wide paths, the sections along the side of both lakes was quite muddy but the weather a few days before my visit was very wet and lots of snow.
I went around there larger (lower lake) first then headed up the main path (on tarmac) to the upper lake, you could do the upper lake first then take the dirt path down through the woods to the lower lake -but I didn't as I was on my own and the track was very dirty / slippery.

Terrain: Excellent wide paths - tarmac, some wide bridges, no gates no stiles.

Facilities on site: Ample free car parking, in a number of locations around and inside the park - depending if you want to drive in and park up or as I did park outside.

https://www.leeds.gov.uk/leisure/parks-and-countryside/major-parks/roundhay-park

https://www.roundhaypark.org.uk

Two cafe's , the Lakeside and the Mansion House, during covid the toilets at the Lakeside are closed. I was not able to check if a disabled toilet is located in the Mansion House - but from sketchy memory I believe there is!

Dogs are welcome in the park - guide and assistance dogs permitted (wearing jackets) in the cafe's.

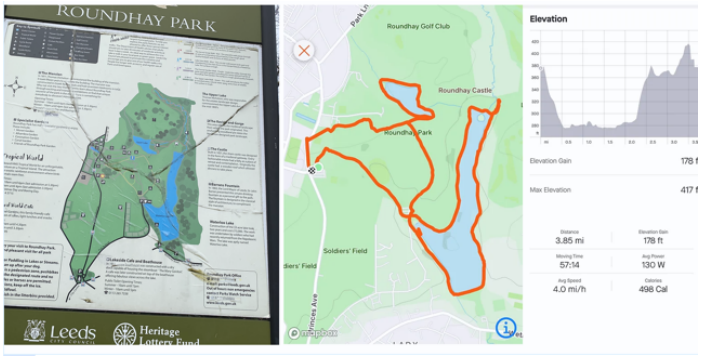
Route: I parked at the carpark near the Canal Gardens, and entered the park gates. I headed down to the lower lake and the Lakeside Cafe, I then did a clockwise circuit of the lower lake. There is a path up to the Upper lake but I chose to not do this today as I was on my own and it looked quite muddy. I don't think it would cause much issue coming down if you want to explore.
 After a full circuit of the lower lake I headed up the main route path to the Upper lake , did a anticlockwise circuit of this then headed up to the Mansion House- then back to the car park.

Visitors could add a few further wide woodland paths as there are lots running off the route I did today. Also the Canal Gardens are worth exploring but were closed during my visit as it was after 3pm!

What might you see? All the usual fowl, geese, swans, Grebe, Coot, Moorhen, gels, raven , all the usual parkland birds. Squirrels, deer sometimes seen in the park.

A lovely spacious park in a beautiful area. Ideal for any type of wheelchair / power chair.

Even though it was muddy in places during my visit there were plenty of large puddles to rinse of my wheels after my wander.


ROUNDHAY PARK
Leeds
Heritage Lottery Fund
Roundhay Golf Club
Roundhay Castle
Roundhay Park
Soldiers' Field
Princes Ave
Elevation
Elevation Gain
178 f
Max Elevation
417 f
Distance
3.85 mi
Elevation Gain
178 ft
Moving Time
57:14
Avg Power
130 W
Avg Speed
4.0 mi/h
Calories
498 Cal

Scout Dike Reservoir, Huddersfield Road, Penistone, Thurlstone, Sheffield. South Yorkshire.

S36 7GF.

Distance: The route around Scout Dike Reservoir is 2.2 miles around. There are a number of footpaths leading off the main path, but I have not explored these and feel they are not suitable for wheelchair / mobility / powered attachment users.

Dogs are allowed on leads. No café, no toilets on site.

Plenty of disabled parking in the car park but note there is a height restriction barrier to prevent larger / higher vans entering. The height limit is 6ft 6 inch maximum.

The route I researched is well marked / easily followed.

Terrain: The paths are of a good width and are well made, well drained. A couple of bridges but these are very wide so will not cause you a problem.

A few inclines to tackle – not long and not that steep – but if self- propelling in a manual wheelchair you may need a little assistance, unless you have very strong arms.

No steps, no stiles. 1 x A frame to get passed at the very end of the walk, or you can simply turn around and retrace your steps and go back the way you have already travelled. Width 52cm at the narrowest upper section.

As I use a Batec Scrambler – I was able to lower the handlebars and pass through the obstacle. It is quite wide at the bottom so manual wheelchairs will pass ok – Mountain Trikes and mobility scooters may be too wide. The gap at its narrowest is 52cm wide.

Route: From the car park head to the bottom far corner of the parking area -towards the actual exit road. The accessible path is found just after the map and signposts on your right.

Follow this well-made wide path and it will lead you all the way (anti-clockwise) around the reservoir. Along the route you have a couple of bridges to cross, but both are wide enough for mobility scooter / wheelchair users.

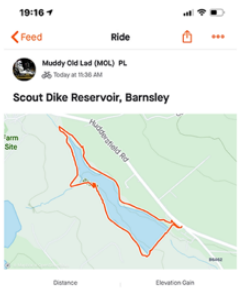
After 1 miles you will reach the reservoir wall section of the route. At the end of this section you turn right and head up the steepest hill back to the car park. At the top of this hill climb is the A bar gate (width 52 cm) If you cannot pass through this you will have to retrace your route and go back the way you came.

What might you see? The path wanders through lovely woodland and at the side of crops and scrub. Lots of butterfly and moths were out during our visit (in June).

Many visiting fowl, resident Gt C Grebes and Mallard. Also, a number of Cormorants seem to live on site. We were lucky to see a pair of Sparrowhawks, a Buzzard, and Lapwing. We also saw a good number of Corn Bunting and other moorland birds. Many large trout jumping for flies which was nice to observe. So a little site but with lots of wildlife to see on a good day.

Elevation
770
760
750
740
730
ft
mi
0.5
1.0
1.5
2.0
Elevation Gain
41 ft
Max Elevation
760 ft

HEIGHT RESTRICTION 6' 6" X 13' 5"


19:16
Feed
Ride
Muddy Old Lad (MOL) PL
Today at 11:36 AM
Scout Dike Reservoir, Barnsley
Distance
Elevation Gain

Footer

Sherwood Forest, RSPB, Edwinstowe, Mansfield, Nottinghamshire. South Yorkshire. NG21 9RN.

Distance: Visitors can cover as many miles here as they and the equipment can handle.
My route was 5.77 miles and commences from the main car park, takes in a large part of the beautiful ancient forest- the Major Oak , the Wildwood Trail and part of the Giants Trail.

Terrain: Starts off on tarmac and path, then wide woodland dirt path. Some slightly narrower woodland and grass sections, compacted gravel.

Some undulating sections - but nothing huge hill wise, more steady inclines...

Lots of wide trails suitable for most wheelchairs - powered wheeled users would lap up many miles with lots of routes to investigate.
Very fit manual self propelling wheelchair users could manage much of the route - with a little assistance on short sections.

No stiles - except for optional footpaths for the more able visitor. As I am fully wheelchair dependant I did not explore these. A few gates - but these have bridleway style long handle latches that I could manage on my own, the gates swing both ways and where easy to operate for myself.

Facilities on site: Large car park that is across a road (zebra crossing and drop kerbed) from the forest, but also a disabled car park by the actual RSPB visitor centre itself.

The site is now managed by the RSPB and parking & admission is free to members. If you are not a member then you would need to pay for car-parking. Blue Badge holders may be exempt but I was not able to check during our visit.

Excellent disabled toilets and general facilities, shop and at the time of our visit a few outdoor vendors selling food and drinks. Virus control is excellent and well managed.

Dogs are permitted. You can also take and use your own pedal cycles.

https://www.rspb.org.uk/reserves-and-events/reserves-a-z/sherwood-forest/

Route: Visitors can collect a map at the visitor centre - or take a picture with a smartphone before you set off.

Sherwood Forest is one of the oldest natural forests in Britain, indeed it remains one if not the best place in Europe to see ancient Oaks. There are approx. 1000 Oak tree's in the forest. Much of the original forest has been lost - Oak from this forest has been used for centuries in such as St Pauls Cathedral, wooden ships of Nelson's navy, and in so many historic places throughout the UK.

The Major Oak - is between 800 and 1000 years old, it is more than 10m wide - with a full canopy of 28m.
It is linked to the fabled - perhaps true , or fictional character Robin Hood! The Major Oak started to collapse under its own weight - the Victorians placed support structures for its heavy limbs to prevent

this.
It truly is a wonder - consider the history, life and changes that have occurred since this tree was a little sapling.
The forest grew after the ice age and has links as a Royal Hunting forest. Red Deer are still present but shy.
As the forest is so dense the forest was also used for ammunition factories, after the Second World War (1950's) these were rediscovered - leading to a huge amount of life munitions being removed and made safe.
The whole forest is rich in fauna- fungi, insect and invertebrates. Bats, Owls, and many species of birds. All varieties of woodpecker, Nightjar, cuckoo, Siskin, Goshawk, and a good small mammal presence.
I really am glad I have visited this historic, rich and precious location.

Skelton Lake and Nature Trail, located behind Skelton Motorway Services, Junction 45 of the M1, Leeds, West Yorkshire, LS9 0AS.

Distance: 3 miles or more if you head to the canal bank and further.

Terrain: Starts on path as the motorway services, access the nature and lake area via an A frame gate at the rear of the motorway services.
Then on dirt path, warning very rutted, and it has to be said - VERY VERY MUDDY!
Very suitable for dry skinned hippos! You have been warned, lol.

I did hope we could loop up to Temple Newsham -hence the spur off the route- but sadly due to a large concrete block this is impossible if your wheelchair dependent.

Facilities: Park at the motorway services, lots of cafes, loos and facilities.
Parking is free for 2 hours - if stopping longer most people park on the road just outside the services area.
Dogs permitted.

I was in two minds whether to include this location as a site, probably the muddiest - most rutted route Deb and I have done. But if you don't mind getting very muddy (unless you go when its been dry) then give it a go. Also you would need quite a capable piece of mobility equipment , I needed a steady hand from Deb at times to keep moving. On the far side sadly a 4x4 has been joy riding so the flat area is very rutted.

What might you see: Fowl, gulls, geese, smaller songbirds, swans , heron, waders, finch, tits. Look out for small mammals too.

Skipwith Common National Nature Reserve, Skipwith, Selby, North Yorkshire.

"A truly incredible and valuable place to visit".

About: This location brings together – the iron and bronze age's, the battle of Stamford Bridge (1066), WW2 bombers, marsh St John's wort, rare orchids and great crested newts.

I enjoy looking around sites such as this, the forest and the many walls and brick ruined structures are great places to explore with a macro lens and camera, or even just the camera on your smartphone. The walls are home to common lizards, and several species of tiny jumping spiders. Jumping spiders are tiny, a large one might only be up to 5mm long, they don't stop and pose for long. There are so many different species of birds, mammals and a rich wealth of insects and reptiles. As I am paralyzed from my chest level I have to adapt the way I can achieve different kinds of photography. Macro photography with a dedicated macro lens usually calls for duller days, slower shutter speeds, manual focusing and a tripod, which doesn't work well from my wheelchair, with my lack of body movement and control.

To overcome my physical challenges and photography I have to use a faster shutter speed, lower iso, with the camera set to autofocus, I also use the sidearms of my wheelchair, or the handlebars of my Bated electric wheelchair attachment to stabilize myself and the camera and take the shot. A bonus too is the act of trying to get "that shot" serves me well as a distraction from the neurological nerve pain my spinal cord injury has left me with.

This site always reminds me how the natural world is so INCREDIBLE. The way every species relies on others to flourish, feed their young, pollinate, disperse seeds, or churn the ground is quite remarkable. Spotting clues of the history too is quite fascinating. The red brick RAF bomb stores, tarmac runways now partly overgrown as the flora and fauna gradually claims the whole site back into a wilder environment. Metal eyelets and rungs set deep into solid walls or the ground to tether air protection barrage balloons from airborne attacks.

The reserve covers 274 hectares, consisting of mixed woodland, lowland heath and wetlands, much of which will not have changed a great deal for thousands of years. The reserve is a protected site and was declared a Site of Special Scientific Interest (SSSI) in 1958, such is the importance of the habitat and species there.

There are numerous level car parking places around the site. Where there are gates then there are smaller gates located at one side. The roads into the reserve have cattle grids to control, constrain the longhorn cattle, Exmoor ponies and other indigenous breeds of livestock.

https://publications.naturalengland.org.uk/publication/9529076

Route: I spent a whole morning on the reserve and covered nearly 4 miles in total, looking at the map of the site I noted I had merely covered a small portion of it. The main lanes are wide tracks, suitable for all mobility equipment users. So please go and explore yourself – I have not written a specific route as it all depends on how much time you want to spend there, your equipment's capability and what your interests might be.

Facilities: The reserve does not have any facilities on or nearby. The nearest refreshments and toilets are at a services area a short drive away.

A number of wheelchair accessible elevated viewing points can also be found around the site.

The images below were taken from Natural England's web site on Skipwith Common.

Introducing Skipwith Common National Nature Reserve

Skipwith Common is one of the last remaining areas of northern lowland heath in England. An incredible variety of plants and animals depend on the Common for their survival. The 270ha of open heath, ponds and mire is an ancient landscape, with its roots in pre-history.

Skipwith Common's heathland has stayed almost the same for thousands of years – with evidence of its use by man for at least 4000 years. The common is dotted with Bronze and Iron Age features as well as much evidence of its more recent use during the Second World War. These features mean there are good paths to use all year round.

For thousands of years the heathland was kept open by people grazing their animals, taking birch, gorse, and cutting turf and peat for fuel. This digging peat has created the many ponds on the site. Today, the site is a National Nature Reserve owned and managed by Escrick Park Estate, in conjunction with Natural England and the Friends of Skipwith Common.

Riccall aerodrome

An airfield was built on Skipwith Common in 1942, to train pilots to fly bombing missions over Germany during World War II. Today the runways and bomb storage bays are still visible, although wildlife is taking over. Look for the metal rings attached to the brickwork on the Bomb Bays loop. These were used to tie down the tarpaulins that protected the stored bombs from the weather. After the war, the airfield was abandoned and woodland started to take over the whole common.

Site management

Longhorn cattle, Hebridean sheep and Exmoor ponies graze the site, helping to reduce coarse grasses, scrub and tree saplings on the heath and allowing small wildflowers and insects to thrive. Wetter areas are kept from scrubbing over and larger, wooder scrub is removed by hand. This low level management to conserve the habitats occurs in rotation, with deadwood purposefully left for lizards and invertebrates.

How do I get to Skipwith Common NNR?

Skipwith Common NNR

Front cover image: Cross-leaved heath © Theresa Gittins

Further information

Escrick Park Estate: 01904 728151 enquiries@escrick.com
Friends of Skipwith Common: www.friendsofskipwithcommon.org.uk
info@friendsofskipwithcommon.org.uk

Lower Derwent Valley and Skipwith Common
National Nature Reserves Office, Bank Island, Church Lane, Wheldrake, North Yorkshire YO19 6FE

Find out more at www.naturalengland.org.uk/skipwithcommonnnr or by calling the Natural England switchboard on 0845 600 3078 (local rate)

Natural England is here to secure a healthy natural environment for people to enjoy, where wildlife is protected and England's traditional landscapes are safeguarded for future generations.

ISBN 978-1-84754-279-3
Catalogue Code: NE420
www.naturalengland.org.uk

Natural England publications are available as accessible PDFs from:
www.naturalengland.org.uk/publications

Should an alternative format of this publication be required, please contact our enquiries line for more information: 0845 600 3078 or email enquiries@naturalengland.org.uk

Printed on stock comprising 75% recycled fibre.

This note/report/publication is published by Natural England under the Open Government Licence for public sector information.

You are encouraged to use, and reuse, information subject to certain conditions.

For details of the licence visit
www.naturalengland.org.uk/copyright

Natural England photographs are only available for non-commercial purposes. If any other information, such as maps or data, cannot be used commercially this will be made clear within the note/report/publication.

© Natural England 2013

Skipwith Common National Nature Reserve

Wildlife on the Common

Skipwith Common is a network of interconnected wildlife habitats, with wet and dry heaths, ponds, mires, woodland and scrub, and pine trees which are descendants of a Victorian plantation. Early in summer large tracts (or swathes) of cottongrass blow in the wind and later the heather makes a spectacular display when its pink and purple flowers carpet the reserve. Delicate marsh gentians occur on site and flower during August and September, whilst the insect-eating sundew can be found in wet areas. Autumn too can be a special season when the autumn sun can highlight the changing colour of the birch trees and bracken and a large variety of fungi can be seen.

Approximately 76 species of birds breed on the site with many more winter or short visitors. In addition to many commoner woodland birds, heathland specialists include green woodpeckers, woodcock and in some years, nightjars. The wetter parts of the site hold a selection of ducks, whilst water rail and grasshopper warbler are more often heard than seen. Over the heaths, tree pipit and woodlark sing as part of aerial displays.

Popular with children and adults alike are the common lizards, grass snakes and adders which may be seen sunning themselves on warm days around the bomb bays. Whilst the wetland areas also play host to a healthy colony of great-crested newts.

Skipwith Common NNR
Waymark trails:
Bombs & Lizards
Hidden Archaeology
Skipwith Explorer
Boardwalk
Open Access land
A road
Minor road
Track
Bridleway
Footpath
Parking
Pub
Church
Skipwith
Sandy Lane
King Rudding Lane
Cornelius Causeway
Stockwith
A63
1km

Visiting the reserve

There are two main access points to the reserve: from the A19, near Riccall, along King Rudding Lane; or from the A63, Market Weighton Road, near North Duffield up Cornelius Causeway.

The single-tracked Common Lane, which is another remnant from RAF Riccall, bisects the Common from Skipwith to Riccall and you may come across the odd vehicle quite unexpectedly while visiting the site, or find one of the Longhorn cattle lying on the road! Skipwith Common has many marshes and bogs that can be dangerous and away from the main paths it is easy to get lost. The site also has a good population of ground nesting birds living within the heathland and birch scrub which are sensitive to disturbance, so for the benefit of wildlife, and to keep safe, we ask that dogs are kept on leads.

To help visitors, three waymarked trails have been developed for the site, together with route leaflets to accompany the walks which are available on Natural England's and the Friends of Skipwith Common's websites. Enigmatically named, our three new routes are entitled; Bombs and Lizards, Hidden Archaeology and Skipwith Explorer!

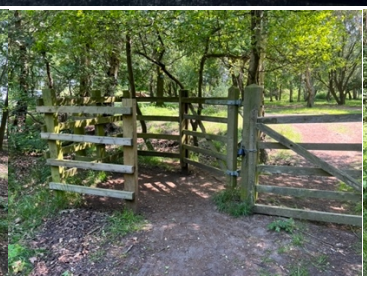
Getting involved

The Friends of Skipwith Common are a local community group who contribute a large number of hours of practical management, help look after the animals which are used to graze the site and take a particular interest in the archaeology on Skipwith Common NNR. They have a programme of guided walks and events both on the common, and at local community functions. They welcome new members who can find out what is going on through a quarterly newsletter and a website.

Welcome to Skipwith Common
National Nature Reserve (Bomb Bays)
www.naturalengland.org.uk

Skipwith Common
National Nature Reserve

The Story Through the Ages
Skipwith Common
National Nature Reserve
Supported by
The National Lottery



Slaithwaite to Marsden Tunnel end and back. Huddersfield, West Yorkshire.
Along the towpath of the Huddersfield Narrow Canal.

You can do this route from Marsden to Slaithwaite – or start in Marsden and go to Slaithwaite and back.

The canal path has recently been re-laid and made passable with a few alternative detours around the very steep sections, at the lochs. If starting as the Slaithwaite end then you can usually park in the town carpark, or by the leisure centre. Parking in Marsden is good at the train station or in the village. You can also park at the visitor centre at Tunnel End. Tunnel End is a visitor centre and café to the Marsden to Diggle canal the canal is a narrow canal. At Tunnel End a small wheelchair accessible barge operates at times during the year, which will take you all the way through the longest canal tunnel in the UK.

Facilities: There is an accessible toilet at the Tunnel End visitor centre, There is also a lovely small nature reserve just out from the Tunnel End visitor centre. In Slaithwaite there is a leisure centra that has good disabled facilities. There are also some lovely café's in Slaithwaite and Marsden.

Distance: 3.5 miles each way.

Terrain: The route is along a good quality towpath – there are some steep parts, but you will find alternative detour routes allowing you to bypass these.

Route: It is hard to get lost on this route – either keep the canal on your left as you go from Marsden to Slaithwaite- or on your right if going from Slaithwaite up to Marsden.

What might you see?: The usual woodland birds, swans, heron, ducks. Always keep an eye open for a quick flash of blue- kingfishers do live in several locations around the canal. Deer are often seen in the woods, stoat and weasels, rabbits and water vole can also be encountered. During dusk ,owls and bats are very busy above you and in the fields that you pass by.

Sprotbrough Flash, Sprotbrough, Doncaster, South Yorkshire. DN5 7NB.

Sprotbrough Flash is a Yorkshire Wildlife Trust nature reserve located half a mile south of the village of Sprotbrough, South Yorkshire. It is free to visit and to use the carpark on Nursery Lane.

You can park just off the road on Nursery Lane next to the river - please note that this can get very busy.

Alternative parking - please only park in the Boat Inn if you are to use it as a customer - there is a penalty parking notice that states none patrons will be charged! Patrons are asked to register their cars in the Boat Inn.

I spoke with the manager and asked if blue badge holders can park in the two disabled parking bays?

His answer was yes, for an unlimited time (up to midnight) so long as you enter your details on the parking notification for customers device in the Boat Inn, (obviously you would need to be a customer so perhaps a drink before and after or a meal! there).

From the small carpark or Boat Inn it is a two minute walk along the towpath to the nature reserve.

OS Map Reference SE53730 01502

what three words blesses.loosed.inflating

Sprotborough Flash offers a mixed site with ancient woodland, a large lake and small area of grassland. The lake is home to birds of wetland and wet woodland like reed and sedge warblers, reed buntings and tufted ducks. The woods have patches of bluebells and violets.

The impressive diversity of wildlife found at Sprotbrough Flash results from the range of habitats which have developed on the unusual magnesian limestone bedrock. The nature reserve is located in the Don Gorge, where the River Don cuts through the elevated limestone ridge to the west of Doncaster.

The site protects fragments of ancient woodland on the slopes of the gorge, while wildlife-rich grassland can be found on the limestone plateau and a restored quarry site at the north end of the nature reserve.

The limestone woodland, protected within the nature reserve, is dominated by ash, wych elm and sycamore, with a varied shrub layer typical of this woodland type, with species such as hazel, spindle and guelder rose. There are some magnificent specimens of small-leaved lime and an avenue of mature yew, and the woodland immediately to the north west supports a nationally notable array of ancient woodland invertebrates. The wood is home to good populations of breeding woodland birds - all three species of woodpecker have been recorded here. In spring enjoy the woodland flowers like violets and bluebells

Small areas of limestone grassland occur on the plateau at the top of the wooded slopes, supporting a dizzying variety of specialist limestone wildflowers and insects. Over recent years the areas of this valuable habitat has been significantly increased through scrub removal and its condition has been enhanced by the introduction of conservation grazing, using traditional breeds of sheep.

Botanical highlights include good displays of cowslip, common spotted and pyramidal orchids, with common twayblade, bee orchid, carline thistle, quaking grass and autumn gentian among many others.

Brown hares can be seen on the grassland and dashing across the adjacent arable fields, while grass snakes are also a common sight basking on the grassland in the morning sun.

Amongst the bird highlights to enjoy are great crested grebes displaying in spring; birds around the flash during summer months include blackcaps, reed and sedge warblers, whilst ravens nest nearby and are seen flying over most days; autumn brings tufted duck and gadwall; and on winter days enjoy grey heron and cormorants can be spied warming their wings.

Able visitors looking for a longer walk can climb up the side of the Don Gorge to reach ancient woodland and limestone grassland. If your are a wheelchair / power chair user do not try to leave the path after the second hide by taking the path to the right of the path - there are steps and so it is not suitable for wheels.

Facilities on site: Limited and slightly unlevel parking (small carpark) on Nursery Lane, two blue badge bays at the Boat Inn - subject to being a patron of the pub.

Disabled and general toilets at the Boat Inn. There is also on street parking in the village of Sprotbrough though this is half a mile away and involves a hill, the pavement is narrow but wide enough for a mobility scooter / wheelchair, drop kerbs are provided.

Accessible route: The accessible route is short, a 1.5 mile linear route- though you can extend this by heading either way along the well made path alongside the Sheffield and South Yorkshire Navigation.

Terrain: On path, then on a wide footpath along the Sheffield and South Yorkshire Navigation. Small sections on dirt path.

There is one viewing screen (with disabled viewing) and two hides, both hides have viewing for disabled visitors to use.

Accessible route details: From the carpark head towards the Boat Inn and take the path right along the Sheffield and South Yorkshire Navigation. The first viewing screen is reached very soon on your right. The two accessible viewing hides are located as you progress further along the obvious path. You just retrace your route back to your vehicle after you have finished your visit.

The hides provide shelter from the elements (roofed).

What might you see? The lake is home to birds of wetland and wet woodland like reed and sedge warblers, reed buntings and tufted ducks. The hides are excellent places to observe kingfishers, egrets, herons, hunting.

Keep an eye too for raptors, during our visit we saw kestrel, buzzard, the lake has been visited by osprey.

Along the path do also look for the different types of insects that can be found here. You may also see mammals - we saw deer and voles. Osprey have also been at this site.

Writers note:!

This is one of the best places I have ever visited to get accessible views of kingfisher's in the wild.

During our visit, we observed 4 being chased by hungry gulls after the small fish they had caught.

Of course nothing in nature is without luck - but over a historic period of time the hides have a good reputation. If you have time do check out St Mary's church and the old Refectory, the childhood home of the WW2 airman Group Captain Douglas Bader!!

Spurn Point & Kilnsea Wetlands, Yorkshire Wildlife Trust, South of Kilnsea, Spurn Head, Hull. East Yorkshire. HU12 0UH.

Distance: Spurn Point. From the visitor centre to the end of the Spurn peninsular is about 3 miles. Only very capable powered off road wheelchairs will be able to complete the sand and beach as it is soft and shifting sand.

Kilnsea Wetlands: From the car park at the visitor centre to Kilnsea Wetlands is approx 1 mile back towards Kilnsea. Kilnsea Wetlands Nature Reserve is also managed by the Yorkshire Wildlife Trust. Although it is a small nature reserve is does get a lot of wildlife for you to view.

Terrain: Spurn Point Path- some small sections either side of the sand breached and storm damaged road are tarmac.

Only very capable powered off road wheelchairs will be able to complete the sand and beach as it is soft and shifting sand.

The Batec Scrambler is very capable but even with wider tyres fitted to my wheelchair it would struggle to make it across the sand section of the Spurn Point Trail.

Once at the far side of the breached road point you are back on tarmac.

Facilities on site: The peninsular is managed by the Yorkshire Wildlife Trust , who also have a visitors centre here. A small cafe and disabled toilets are provided before the road reaches the section that was washed out during a storm. Spurn Point is free to visit bit you do have to pay to park in the car park, Blue Badge users are not exempt from charges - but this might change so check. It is free of charge to park if you are a member of a wildlife trust - you will need to display your membership card.

Yorkshire Wildlife Trust at Spurn are hoping to have a Boma Off-road wheelchair vehicle available for hire in the near future. Give them a call to see if this is available.

Dogs are not allowed on the actual Spurn Point reserve, unless the dog is an accredited guide or an assistance dog. This is due to the many ground dwelling and nesting birds.

Dogs on leads are allowed on the Kilnsea Wetlands Nature Reserve,

https://www.ywt.org.uk/places-visit/flagship-sites/welcome-spurn-discovery-centre-spurn-national-nature-reserve

https://www.ywt.org.uk/nature-reserves/kilnsea-wetlands-nature-reserve

What will you see: Spurn Point is a stunning - amazing and wild place. Lots of visiting wildlife stop on or just off the peninsular. Often quite rare species are recorded here. Owls, Deer, migrating birds resting.

Kilnsea Wetlands, again amazing species are recorded throughout the year.
No two days are the same at either location - both are rather special places.

Even if you just visit and do the wetlands and north section of Spurn you will be rewarded with special memories. Nb these images are not mine.

Staveley Nature Reserve, Yorkshire Wildlife Trust, Boroughbridge, Staveley, Knaresborough. North Yorkshire. HG5 9LQ.

Distance: My route covers 4.16 miles in total though you can limit yourself to one section of the reserve if you want a shorter distance.

Terrain: Fairly substantial gravel laid car parks, a choice of parking - either at the first car park as you enter Staveley Village via Minskip Lane - or you can park in a nearer car park to the main hide - accessed of Main Street, Staveley.

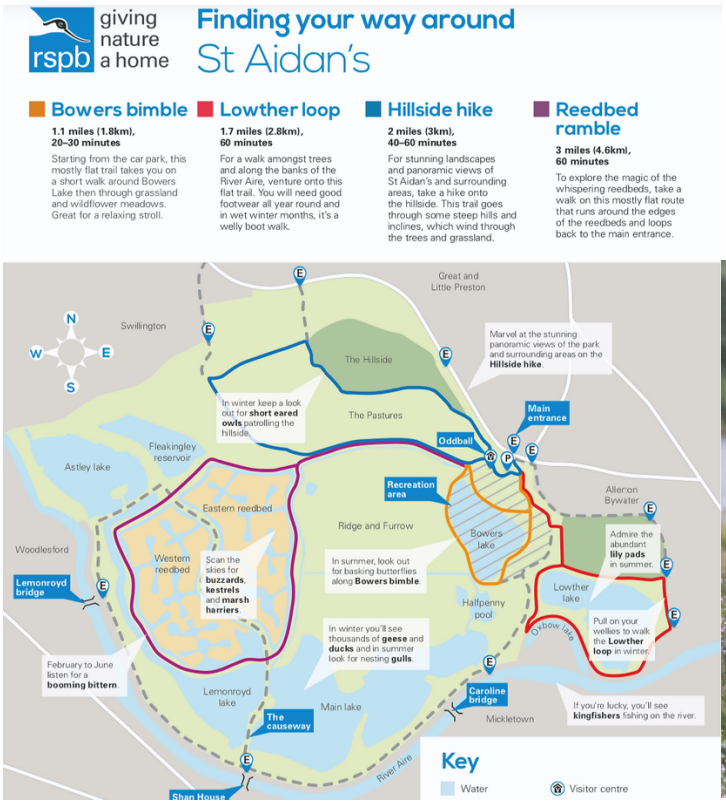
Facilities on site: Staveley Nature Reserve is managed by the Yorkshire Wildlife Trust, car parking is not charged but you are kindly asked to pay a £3 donation per vehicle - payment is via payment collection boxes.
Dogs are permitted as long they are kept on leads - only guide or assistance dogs are permitted to enter the large and small enclosed bird hides.
No visitor centre or toilets on site, ~No shops nearby, there is a pub near called "The Wild Swan" but during my visit it was closed - so I am unable to tell you if it has any disabled facilities.

All of the reserve paths are suitable for all wheelchairs - especially as the site is quite flat. The main bird hide is very large - no step and ample viewing from a chair. a new small hide has recently been provided which again is excellent from a wheelchair. A couple of the smaller hides are accessed via steps. If you park at the Minskip Road end then there are a few gates to get through- doable from a wheelchair or power chair - a great thing about the reserve is that unless livestock is in the fields you are entering - then the gates are tied back out of use - which makes exploring from a wheelchair very easy. Gates and access is excellent if you park off the access lane from Main Street.

About the reserve: The nature reserve has large lakes, reed beds, woodland, marsh and meadow sections. The site has a number of Barn Owl boxes located - these have been used by these beautiful owls. Lots of small bird and bat boxes across the site. Many geese, fowl, small birds, many raptors visit - during my visit I watched a Peregrine take a Lapwing. Otters have been known to frequent Staveley. Deer , Stoat, Voles. Numerous waders depending on the water level during your visit. Many insects, butterfly, moths, dragonfly, many different types of wildflowers. Rabbits, Hare, and evidence of our more elusive larger mammals.
https://www.ywt.org.uk/nature-reserves/staveley-nature-reserve

A great deal of thought has clearly been made to make Staveley as assessable as can be achieved.

St Aidan's RSPB Nature Reserve, Allerton Bywater, Leeds. West Yorkshire. LS26 8AL.



Distance: There are miles after miles and several different routes that can be achieved with a wheelchair, Mountain Trike, Freewheel, or powered mobility equipment at St Aidan's. It also links nicely on the bike trails – so if you have time, battery power – strength in your arms you can link up to Fairburn Ings Nature Reserve. Doing so would give you a very full day out and you could easily cover 15 miles or more.

Terrain: The site is a former open-cast coal mine that was closed in the 80's.
The paths are compacted or dirt with a few sections on grassland. A couple of sections are on tarmac, but these are only short sections.

There are a couple of slopes to get down and back up, on the outward route from the car park you go down the steepest slope, thankfully if you're not using electric power then there is a lesser alternative slope back that you can take, (either around the most eastern lake, or in front of the visitor centre).

If sticking to just St Aidans - you can do a few switch back on yourself or circulars sections, and up to 8 miles-just at St Aidans can be covered. You will not get bored as there is so much to see.

No gates, no steps. Sadly too no bird hides – so if it rains make sure you have your own cover / shelter!

Dogs are allowed but please keep them on a lead as there are a lot of birds and geese at all times on the ground.

Blue Badge holders can park in the car park free of charge, ample number of disabled parking bays too, irrespective of being a member or the RSPB or not it is free. For none Blue Badge and none RSPB members the cost of parking is £4 per vehicle.

Admission to the actual reserve is free for everyone.

There is normally a disabled loo in the visitors centre/cafe, the cafe called "little owl' cafe does a range of snacks, cakes, hot and cold drinks.

https://www.rspb.org.uk/reserves-and-events/reserves-a-z/st-aidans/

My favourite route is up to 8 miles and takes in all of the various different lakes. It also takes in the path at the far point of the reserve – skirting the river Aire – but staying within the actual reserve.

So unusually I am not going to give actual directions on this location but will list the highlights as I see them. I have provided a picture of the map (top of the page) so you can plan your own visits.

Highlights and what you may see. From the car park / visitor centre head to the fence that will allow you to see the right-hand side of the drag line digger. You won't miss the digger! You should be looking at the rear of it. Cast your eye down the length of the drag line digger and look for a stacked pile of railway sleepers. If you are lucky you might get to see a Little Owl or two sat in and on the sleepers. The gorse at the side of the path around the car park is also a great place to look for many species – butterfly's, moths, many birds, and rabbits.

Also look at the gantry sections on the drag line machine, many birds use these for nesting, Kestrel and other birds.

From the drag line follow the path (visitor centre on your left) and head down the hill. Then pick your route. On the right and all the way along the path is a great place to see Short Eared Owl, Hare, deer, Reed Buntin and Stonechat. Keep an eye skyward too and look out for kestrel and buzzards hunting. You may also see Red Kites and Barn Owl.

On the lakes – all the usual types of fowl, kingfisher, geese, ducks, gulls, terns, lapwing, swan, curlew, my favourite are the Grebes, especially the quite rare Black Necked Grebe. All types of Egret, Avocet, Spoonbill. Wheatear- Swallow, Swift, Stoat and many other types of mammal.

I could go on and on here.

There are also a few resident Bittern on the reserve- listen out for their booming call, a very shy heron like bird – striking in colour and have some unusual habits. I have seen them a couple of times but so far, they have avoided my camera skills?!

If you see the birds on the reserve in a panic then there is a good chance a Marsh Harrier, Peregrine, Merlin or Hobby are about- they are so quick and difficult to photograph.

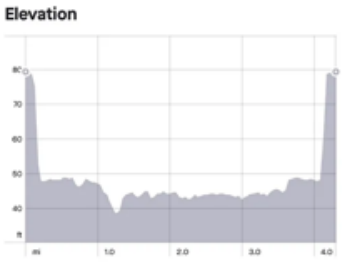
On the eastern most lake you will see a squared off structure – here is a colony of Sand Martins.

At the very back of the reserve is evidence of the now abandoned canal, I love to see the dry lock with boat tie of points in the grass- from when barges were the heavy haulage of the day.

On occasion they also have Bearded and Long tailed tits, again both are very shy.

If you go in June be careful on the paths – there are lots of juvenile toad and frogs to avoid…
Also, Blue and Green Algae is often present in the water so keep children and dogs out of the water.

You will see so much and I am sure will have a great visit. Enjoy.



Distance 5.69 mi
Elevation Gain 70 ft
Moving Time 1:39:05
Avg Power 157 W
Avg Speed 3.5 mi/h
Calories 1,041 Cal

Image

St Mary's Island Causeway, Whitley Bay. Tyne & Wear. NE26 4RS

About St. Mary's. Reached between the tides via a short causeway, St. Mary's has all the fascination of a miniature, part-time island.
The Lighthouse, completed in 1898 on a hazardous coast for shipping, remained operational until 1984 when it was superseded by modern navigational techniques. Since then the Lighthouse and former keepers' cottages have been operated as a visitor centre by North Tyneside Council.
The surrounding Nature Reserve contains an area of rockpools, clifftop grassland, a beach and newly created wetland habitats.
More able visitors can climb the 137 steps to the top of the Lighthouse for the most spectacular views of the North East coast. If you cannot manage the steps, a video facility allows you to experience the same views, live and in colour, at ground level. Other exhibits explain the history of the Lighthouse and give an insight into the wildlife of St. Mary's Nature Reserve.
There is a shop on the island the can be visited without having to pay the Lighthouse admission charge. They have an extensive and unusual range of
gifts, souvenirs, books, toys and cards and sell hot drinks and refreshments. A ramp, from the causeway to the island, provides an easier approach for visitors in wheelchairs, prams and buggies.

Do check the lighthouse's website to see what facilities are open on your planned date of visiting.
https://my.northtyneside.gov.uk/category/635/st-marys-lighthouse

Route Description: St Mary's Island and lighthouse is found at the end of Whitley Bay. A small island that is accessed via a causeway that is covered and uncovered depending on the state of the tide. The route is very short but if you cross the causeway you find yourself on an island surrounded by a seal colony. I park in the carpark on the approach road -and make my way down the road and to the concrete causeway.

Terrain: You start on road then go down a steady road to the actual concrete causeway. The causeway is in reasonable condition with a few potholes to avoid. Once on the island you have to go up the slope to the base of the lighthouse. Once on the island you can follow the path to the nature viewing area. A section is suitable for those on wheels. Here you can get a great view of the stunning coastline - you will also see the seals basking - swimming - and climbing in and out of the sea.

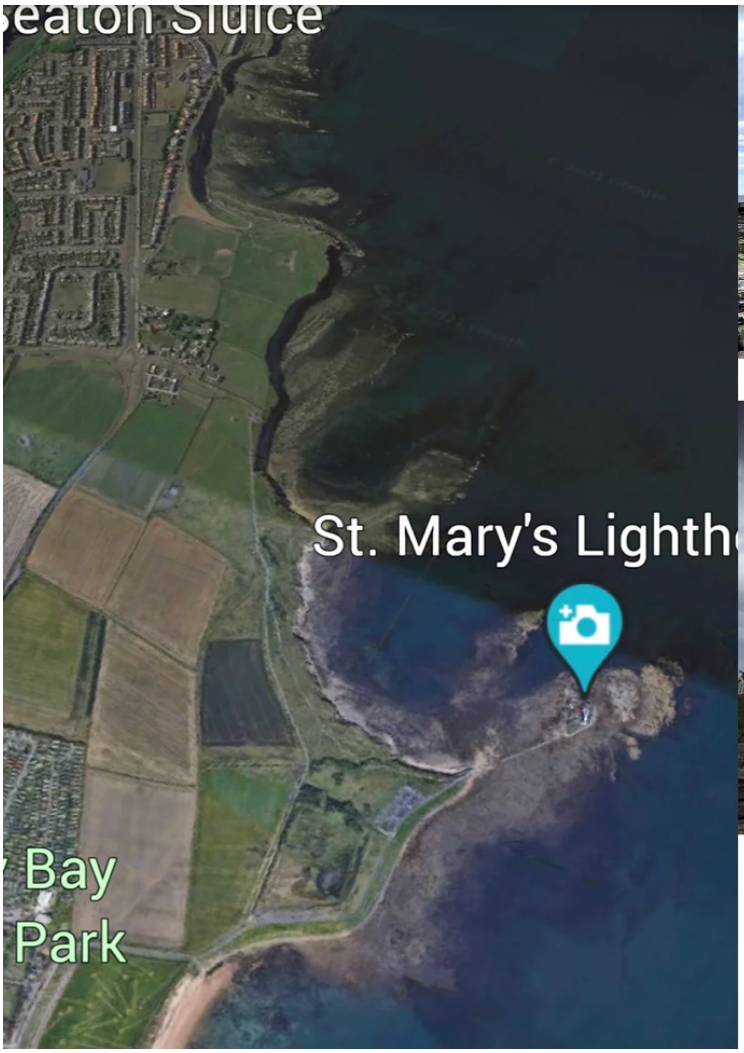
Facilities on site: The nearest cafe is in the carpark, a vending stall - car parking is free for Blue Badge holders. Dogs are allowed on the island but should be kept on a lead. The seals can venture anywhere so please respect them and give them distance at all times.

Facilities nearby: The nearest disabled facilities are located a few mins drive away in Whitley Bay.

What might you see? Many types of shore birds, waders, fowl, gulls, we saw many Oyster Catchers. We visited in May and were lucky to see many seal pups.

You can also check the tide times on the following link
https://my.northtyneside.gov.uk/category/635/st-marys-lighthouse

PLEASE CHECK AND KEEP AN EYE ON THE TIDES - GETTING STUCK ON THE ISLAND WOULD BE LESS THAN IDEAL!



St Ives Estate, Bingley, Harden, Bradford. West Yorkshire. BD16 1AT.

Distance: My route is less than 2 miles, although if you have a capable mobility scooter or a Batec or other powered front wheelchair attachment you can explore the many bridleways around the estates.

Terrain: Some tarmac, many woodland path and bridleway. The route around the coppice pond is a wide dirt path, a few large rocks and tree roots but ample space to get past these.
If using a manual self-propelled wheelchair you will still be able too get around the route but may need a little assistance in a few short places.

Facilities on site: Plenty of car parking spaces. Free admission and free parking on the estate. I park in the carpark near the children activity playground. There is a disabled and std toilet here.

https://www.bingleywalkersarewelcome.org.uk/events/walking/bird-walks-st-ives-estate-bingley/

https://www.visitbradford.com/thedms.aspx?dms=3&venue=2180211

https://www.facebook.com/theivykitchenstives/

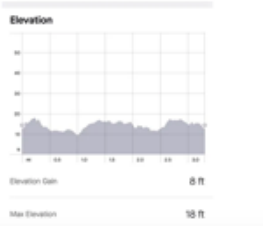
Dogs are allowed all around the estate grounds.
There is a lovely cafe called "The Ivy Kitchen", I believe they also have a disabled toilet but due to the pandemic the toilets are closed.

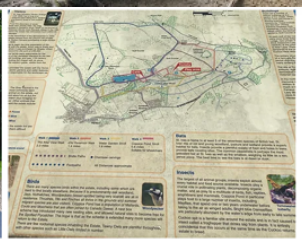
Route. From the carpark head up the small hill to the stables block. You will pass the Ivy Kitchen cafe. After a short distance you take a turn to you right and head up the dirt track on your right. Just after the steps (on your right) you will find a slope that takes you up to the coppice path. Many wooden platforms and lay-bys where you can get nearer to the lake.
Follow this path and it will take you all around the coppice. As you return to the main. path bear left then take the path to the right. This leads to an accessible bird hide. Lower viewing window and a few benches. A great place to watch the visiting and resident wildlife that are about.
Out the hide and turn right - this takes you back to the Ivy Kitchen cafe, then eventually back to the carpark.

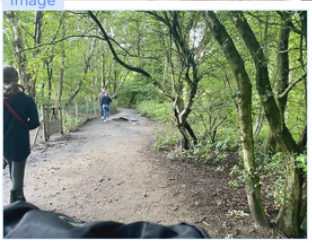
As mentioned earlier there are many bridleways on the estate. Many from memory are reasonably accessible, a few wide gates and a few bumpy path.

What will you see? All the usual small birds, Gulls, Swans, Coot, Ducks and Geese.
Long tailed tit, Goldfinch, Gt S Woodpecker, Dunnock, Blackbird, Robin, Tawny Owl, Little Owl, Many squirrels. On the ponds, frogs, toads, newts,
5 out of the 18 species of bat can be found at St Ives Estate.

Distance	Elevation Gain
1.79 mi	27 ft
Moving Time	Avg Power
39:49	15 W
Avg Speed	Calories
2.7 mi/h	40 Cal







Swinsty & Fewston Reservoir Route, Off North Lane, Otley, (located not far from Harrogate and Otley). LS21 2NP.

Distance: The route I do is from the Yorkshire Water's car park located off North Lane. My route first goes around Fewston Reservoir then adds Swinsty Reservoir too. A total distance of 6.64 mile. You can do either reservoir from the same starting point – but I like to do both – easy if you have a Batec, similar or powerchair. It would be quite a distance on a manual propelling wheelchair with a few strength tests on the hills.

Terrain: The paths are mostly quite wide, no steps, styles or adverse cambers, also no gates.

I go clock wise around Fewston first then add Swinsty, there are a few hilly bits that are quite short , a little steep and on loose terrain – even with the Batec (if you don't know what a Batec is – google Batec Electric Wheelchair Attachment) there are a few places where I need a little shove.

The trails are on compacted dirt – compacted gravel, and woodland path. It can get muddy when it's been raining.

Facilities on site – there is a toilet block and disables look at the car park off North Lane, lots of disabled parking too. During the day you will often find an ice cream van in the car park.

Due to Corona the loos are shut, Yorkshire Water have also placed many (social distance signs) around both reservoirs prompting visitors to distance.

Route: From the car park head straight out and across the often-busy lane- straight into the woodland trail that leads you around Fewston Reservoir. Stay on this path – all the way to the next car park. The route has a few sneaky ups and a couple of slopes down- so assistance may be needed on the ups. Though I suspect Tampers and 4 wheeled mobility scooters will do ok. Triride, Klaxon and Batec users may lose traction on the uphill parts.

When you get to the next car park keep right and follow the ramped path up to the main road path on your right- turn right and follow this for approx. 100 m, go through the gap on your right (marked footpath).

Follow this path – a few ups and downs along the route but again not very steep or very long sections. Help may be needed if your arms get tired if manually pushing yourself along.

Stay on the well-marked path – this brings you out at the far end of Fewston Reservoir, here you can turn right and head along the dam road and back to the car park.

If you want to add Swinsty Reservoir then as you come to the road from the woodland path, head straight across the road and through the gap in the wall on the other side. This takes you around Swinsty Reservoir. Turn left and keep on this path. After a few ups and downs you will be near the Swinsty

Reservoir car park and picnic seated area. At the end you exit via a gap in the wall onto a road, turn right and follow the road- until you reach another gap on right. Go through this and keep on the path. Eventually you come to a road, turn right and follow this passed a large detached house. After this follow the road across the bottom of Swinsty Reservoir. At the end turn right along a gravel road.

Point of interest on here is Swinsty Hall (belongs to a very famous football manager).

Keep on this path and turn left after Swinsty Hall. Soon you will see a gate on your left (marked private) follow the track to the right at this point – this takes you back to the car park you started from.

Wildlife highlights- all types of geese and fowl, great for Grebes, and waders. Keep an eye for Red Kites, Deer, and stoats / voles. The woodland also has lots of different fungi. Many different small birds, around the car parks and seats located around the route.

Tatton House, park, farm, grounds and gardens. National Trust.
Knutsford, Cheshire, WA16 6QN (Sat Nav WA16 6SG).

https://www.tattonpark.org.uk/home.aspx k

Tatton House and park etc. is located to the southwest of Manchester Airport. The closest village is Knutsford, the area being local to numerous well-known football and media celebrities'.

Cheshire East Council operate the site – the Hall is owned by the National Trust. Usually, these venues are free for all National Trust members – however it is free for members to visit but everyone still has to pay for parking – at £8 per vehicle there is a reduction for Blue Badge holders. The site has numerous mobility scooters that you can pre-book, a £10 deposit is required. Bizarrely different areas mean different mobility scooters as far as I could tell. See the web site above for further info. One thing I enjoy is learning interesting facts about the places I visit, so here goes..

This location brings together – the D Day landings, the Shar of Persia, the Prince and Princess of Wales (1887), a Japanese tea house, A Baron and his extinction, and Elon Musk? The new Hall – built 1716 was the home to the Baron Edgerton Family, land owners, when the bloodline died the house at Tatton passed to the National Trust (1958).

Visitors can visit the Hall, the stables, the farm, the gardens, the farm and extensive grounds inc deer grounds – these cover 2000 acres. The gardens are stunning – lots of areas of interest such as the Japanese garden, the Italian style garden and the fountain. There are steps in some parts of the garden, but wheeled guests can nip over the grass to avoid these. If you use a wheelchair and want to visit inside the Hall – then you can ask to have the use of a stair climber device!

Some of the grounds are accessed by grass track, obviously if its been raining these may be muddy and slippery. We went on a dry day and had no issues, some areas are over rougher ground but nothing most powered equipment users will not handle, manual wheelchair users with advanced skills and fitness will be ok too. Or you can, with care, get around the whole site using the access roads.

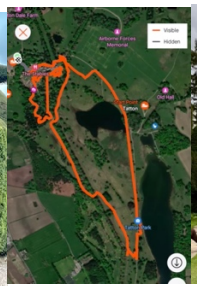
There is a wheelchair accessible wildlife viewing hide on the small lake down from the main house, The Allen Hide. Accessed through a deer protection gate, doable if on your own with care and a little maneuvering. A nice spot that overlooks Melchett Mere.

Dogs are allowed but only guide / assistance dogs can enter buildings, the farm and the formal gardens.

Facilities on site: Ample parking for all. Café and disabled toilets, wheelchair / mobility scooter scheme.

Route: During our visit we covered 6miles. You can do far more as we only explored a third of the grounds. I will also not give a definitive route around, you will have a great time finding your own way around as we did.

Added bonus – the park is off the approach flight path to Manchester Airport – so if like I you have a like for things in aviation there's even more to see.



Thoresby Courtyard, The Courtyard, Thoresby Park, Newark, NG229EP

Route: various routes in and across the park, including hard standing path, tarmac, grassland mown path, woodland path.

Terrain: Reasonably good paths, grassed paths that are well kept, woodland trails, all reasonable and fairly flat.

Facilities on site: Car parking - blue badge parking on a level area, admission is via a car park barrier where you collect a ticket , you then pay when you leave by scanning the ticket. Prices were very reasonable.

Courtyard, all wheelchair accessible, including toilets, cafe, shops and galleries.
There is a museum about the Royal Lancers & Nottinghamshire Yeomanry that is on two floors - a lift is provided.

http://whatsonatthoresby.co.uk/the-courtyard/
http://whatsonatthoresby.co.uk/the-courtyard/the-qrlny-museum/

The courtyard is located next to Thoresby Hall which is now a splendid and beautiful hall. You can explore the extensive gardens, woodland and deer park.

Dogs are allowed in the grounds - livestock present so please keep these on leads, only service dogs are permitted in some areas.

In the woodland is a nice wildlife reserve.

Please see the accessibility statement from their web site -
Our circular walk is nice and flat, making it accessible to all. We have a number of disabled parking spaces in front of the courtyard building. Our family-friendly pathways are perfect for pushchairs, trikes and scooters. Being a natural country park, some routes through the woodland or over grass fields may be uneven or muddy in wet weather or winter. The Courtyard includes disabled toilet facilities along with baby change facilities in the disabled and ladies toilets. The military museum is based on the first floor but is accessible via lift. Dogs and their responsible owners are welcome, but we ask that dogs are kept on their leads and respect other park users and surrounding wildlife. Please clean up after your dogs, waste bins are provided around the park.

History: Taken from the Nottingham Post article about the location.

A 150-year-old Nottinghamshire country house which is now a hotel has had a varied history, including serving as a training base in the Second World War and being owned by the National Coal Board.

Although a grand house has stood on the grounds since 1670, the current Thoresby Hall structure in Budby, near Ollerton, owes its architecture to Anthony Salvin in 1871.

The land was originally acquired by Robert Pierrepoint, the first Earl of Kingston-upon-Hull, in 1633, and after the death of the second Duke of Kingston-upon-Hull in 1773, the property made its way into the possession of the first Earl of Manvers.

It is one of four neighboring country houses and estates in the Dukeries - an area named after the four local ducal seats - in north Nottinghamshire all occupied by dukes at one time during their history.

During my visit I saw a lovely tribute to those in the armed service and 3 civilians who lost their lives during the 1982 conflict.258 silhouetted life-size figures that really cause you to stop and consider the loss of life we suffered.

A lovely place to visit and to take in the rural surroundings. Always the potential to see lots of wildlife too.

Thrybergh Country Park, Doncaster Rd, Thrybergh, Rotherham, South Yorkshire, S65 4NU

https://www.rotherham.gov.uk/directory-record/126505/thrybergh-country-park

Do check out the route guide No 97 on www.accessiblenatureuk.com

About Thrybergh Country Park: Thrybergh Country Park is a reservoir and nature reserve on the outskirts of Rotherham, South Yorkshire. Work building the reservoir commenced in 1876 it was finished and operational from 1880 to the present day. Providing fresh drinking water for the population of nearby Doncaster.

The site became a nature reserve in 1983 – owned and operated by Rotherham Metropolitan Council. It has become a valuable oasis for both wildlife and fauna to flourish and thrive.

Site surveying identified over 155 species of birds, and 20 species of mammals, living and visiting the site.

During the seasons, the visitor can see many types of our native wildlife, but also occasional rarer migratory bird sighting, such as during my visit in January 2023, a smew drake duck was on the water, causing quite a stir among wildlife watchers. This bird is from northern Europe, fewer than 200 will arrive and overwinter in the UK. A striking bird and such a privilege to observe it.

Most wildlife watchers are keen to share their knowledge if you ask politely if they are looking for anything particular. I am thankful and have learned so much from very knowledgeable strangers – who often take time to help me get a better view of subjects of interest from my wheelchair.

Many visitors take bird food and hand feed several robins around the lake, a clear giveaway of this interaction is how they chirp and hassle you for treats if you stop and pause where they are perched.

Over 170 species of plants have also been recorded across the site, as well as many types of fungi during the autumn months.

So lots of different things to observe during a visit at any time of the year.

The 5 km circular route is suitable for all disability equipment users, there is a small slope to negotiate around the lake but this is made easier if you do the walk around the lake in a clockwise direction. If using an electric scooter or Batec powered wheelchair attachment then you can do this route in any direction.

It is planned to have mobility scooters available for hire for visitors – to check and book these please ring the visitor centre on 01709 850353.

The terrain is mostly hard standing with a few sections on grass.

Facilities on site: Good sized car parking - free for blue badge users.
Cafe - reasonably prices and good quality food and drinks, disabled toilets are provided.
Dogs are permitted over the whole site as long as they are on leads or under good control, only guide / service dogs are permitted inside the actual cafe.
Bird hide- has an accessible viewing window.
No steps or stiles on site, a couple of A frames to negotiate through which many be a problem for larger mobility scooters and tampers types of mobility equipment users.

Teignmouth Seafront, Grand Pier, Upper Den Carraigeway, Promenade, Teignmouth. TQ14 8BB

A slightly different kind of route for route no 67, a seaside breakwater wander.

Route: My route is 3:38 miles long (a return loop to Sprey Point and back) from the main pier.

Terrain: Tarmac, pavement, concrete surface. If you have a capable mobility scooter etc. then you could also go onto the beach.

Facilities on site: Plenty of parking on street - but these fill up fast so we went early. Parking on the street is free for Blue Badge users. Plenty of cafe's in the town of Teignmouth. There is also a toilet block adjacent to the pier, a radar key gives access.

Dogs permitted on one part of the beach towards the east side of the seafront.

Teignmouth is a very accessible seaside resort, plenty of drop kerbs and great seafront for wheeling around on. They have installed ramps over the sea front path stairs which are excellent.

My route starts from the pier area and follows the seafront path heading east. This path continues to a place called Sprey Point and slightly beyond if you wish. The further east part of the route follows and is a path on top of the breakwater wall. You have a railway on your left were the trains (separated to you by a low wall) whizz past at 60 mph. On your right is a big unprotected drop to the beach- now people who don't like heights or big exposed drops on the path can simply stay close to the wall. Its a good wide path so shouldn't case any issues. The surface is a little bumpy in places but again not a great problem. After Sprey Point you can head a little further to the end of the path. At the end of the path is a cafe - the an able bodied person would need to help you here as the cafe is accessed via stairs and an underpass that is not accessible.

I loved this route as there were plenty of seabirds , seals on the rocks, and if your lucky Dolphin in the bay. The bushes along the path and at the picnic area were covered in butterfly too. After the wander do head to the Riveria Hotel in the town for afternoon tea, a scone with cream/jam, jam /cream etc.!!

https://www.teignheritage.org.uk/index.php/a-fashionable-seaside-resort

Temple Newsam Grounds & Gardens, Temple Newsam Road, Leeds, LS15 0AE

Distance: There are many miles of footpath, my route is 3.4 miles in length, a circular anti-clockwise route from the carpark, to the large historic house, then the garden, the extensive grounds and gardens.

Terrain: Most of the route is on wide tarmac footpath, a few sections on hard standing path, a few small sections on woodland dirt path. There are some long sweeping hills to tackle. The main hill is from halfway around the route - from the ornamental lakes. up past the farmstead to a cafe- then another steady climb to the carpark. No gates and no stiles.

Facilities on site: Plenty of car parking, free for Blue Badge Holders.
Cafe and disabled toilet at the stables block.
https://museumsandgalleries.leeds.gov.uk/temple-newsam/

Dogs are allowed in the grounds of the estate.

Route: From the carpark head towards Temple Newsam, and take the wide gate immediately around the back of the house- this takes you into the formal garden. Enjoy the formally laid out gardens, then head east and pick up the dirt path. This takes you alongside the meadows. After perhaps 1/2 a mile bear left and you will soon be on the tarmac path. You can explore the paths around the lakes. After the lakes start heading up the long footpath to the former stables, here are disabled toilets and a nice cafe. From the cafe head up back to the carpark.

What might you see? Deer, Rabbits, Hares, many small birds, Buzzards, Red Kites, Thrush, on the lakes all sorts of Fowl. Kingfisher also have been known to visit the lakes. Woodpecker, Heron, Geese. In the forest Nuthatch, Treecreeper. Many butterfly and moths. Dragonfly, Damselfly.

Tissington Trail, Ashbourne, Derbyshire, DE6 1FD

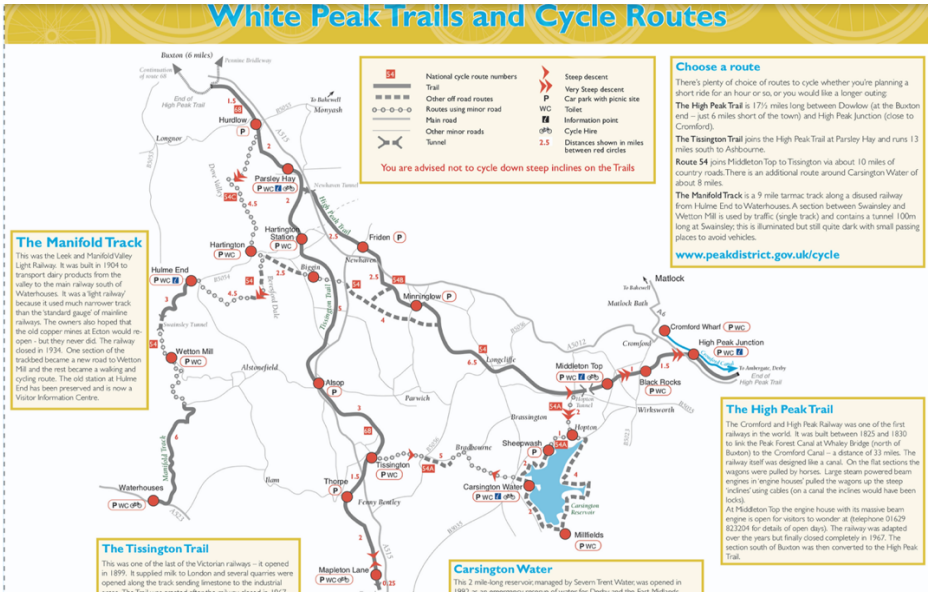
Distance: 13 miles so 26 if you do the full return route from Ashbourne to Parsley Hay.
Excellent location for a Batec or similar, or power chair. Manual wheelchair users would need to be very fit to manually self-propel due to the distances.
Also great for hand bikes.
The trail links up with the High Peak Trail, 17.5 miles long and the Manifold Trail which is 9 miles in length.

Terrain: The Tissington Trail has a few gently slope sections, wide tarmac path.
The Manifold Trail has a section on minor roads, but is mostly wide tarmac path.
The High Peak Trail is on wide tarmac path but has some very hilly parts.
On my visit there were no gates on the Tissington and High Peak. A frames on a couple of sections of the Manifold Trail.

Facilities on site: Pay and Display car park at Ashbourne, no exemption for Blue Badge users. Bike hire and a small cafe. Toilets - but I can't remember if there was a disabled toilet.
Dogs are allowed on the trails.

https://www.peakdistrict.gov.uk/visiting/cycle/bike-hire-centres/ashbourne
https://www.peakdistrict.gov.uk/visiting/places-to-visit/trails/tissington-trail

What will you see? Beautiful scenery and stunning countryside.
Hares, Rabbits, Badger, Stoats, lots of different bird species and many types of insects. Lovely wildflowers line the trails.
Buzzards, Kestrel, Hobby, Merlin. Red Kite. Deer.



Tophill Low Nature Reserve, Nr Driffield. East Yorkshire. YO25 9RH

Route: My route was just under 3.5 miles in length, you can do longer but we were informed there wasn't much to see at the furthest away hide at the time of our visit so we missed it out. The site is easy to negotiate with signs showing the three routes available.

Terrain: Tarmac, woodland path, compacted gravel path, some wooden bridges and walkways that are wide enough for any type of equipment.
Gradual slopes, no stiles , steps, one gate that I was unable to operate - but thankfully Deb my wife was with me.

Facilities on site: Ample carparking and disabled blue badge places. Free to park. An admission fee is normally charged on admission but we were not able to use them during our visit as they were not working. I believe the cost is a minimal £3;50 per adult.

A good number of wildlife hides are suitable for most wheelchairs, big power chairs will struggle with some angles and door widths - if in doubt ring the warden who can advise you more specifically on your equipment.

A couple of hides have stairs so I didn't visit these.

Dogs are not allowed on the site except accredited guide and assistance dogs wearing their service jackets.

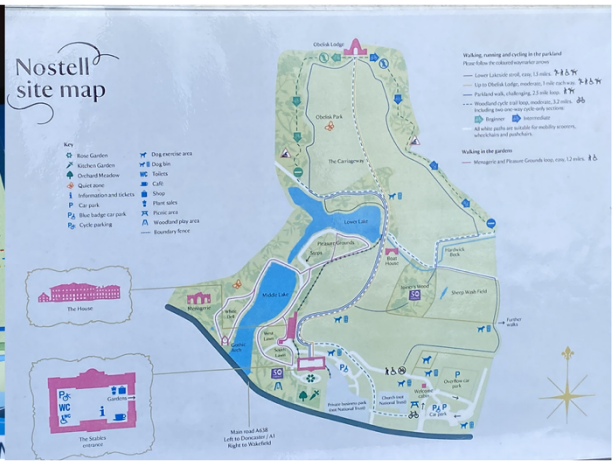
Toilets inc a disabled loo are provided.

There is a cafe that is operated by one of the home owners whose property adjoins the carpark. Sadly this was not open during our visit.

http://tophilllow.blogspot.com

https://www.visiteastyorkshire.co.uk/things-to-do/tophill-low-nature-reserve-p1298321

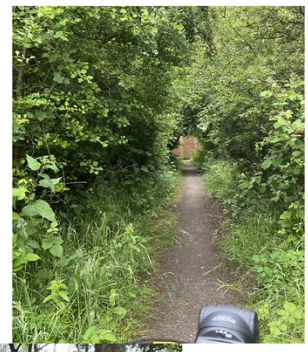
What might you see? Woodland - all species of woodland bird, tawny owl, little owl.
Water, all types of fowl, many geese. We were lucky to see the nesting Little Plover and their 3 chicks which was a delightful sight. Lapwing, Egret, Heron, Kingfisher and many more.
Meadow, Swallows, Swifts, Sand martins, many beautiful wild Orchids and flowers so also lots of moth and butterfly. Pond, many types of dragon and damselfly, Many amphibians.
In the woodland part there are grass snake dwellings, so look out for snakes if its warm.



Elevation Gain	15 ft
Max Elevation	17 ft

Distance	Elevation Gain
3.46 mi	15 ft
Moving Time	Avg Power
1:10:50	158 W
Avg Speed	Calories
2.9 mi/h	750 Cal

Image

6


6

Two Tunnels, Bath, Somerset.
Another lovely wheelchair suitable route from Mr Steve Slade. Thanks for the info and pictures.

The Bath Two Tunnels Circuit

General information on this route can be found on this link

https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/bath-two-tunnels-circuit/

Distance:

I joined this route from the end of the Bristol-Bath cycle route (see separate guide) but it would be possible to join it from a number of places on the route. In total it is around 13 miles, taking in the old Somerset and Dorset railway route through two very long tunnels and along the towpath of the Kennet and Avon canal back into Bath.

Description:

The route is well signposted from the end of the Bristol to Bath cycle path but you have to

Description:

The route is well signposted from the end of the Bristol to Bath cycle path but you have to cross a pedestrian crossing controlled road to get onto it. The initial part of the route is on well-tended tarmac with a gentle upward slope out of Bath. The surface stays very good all the way on this section leading to the first of the tunnels. The temperature drops considerably in the tunnels, the second of which is over a mile long, so it would be worth putting an extra layer on before entering unless it is a really warm day. The tunnels are dimly lit but your own lights are pretty much essential to ensure you are seen. There are some decorations in the longest tunnel and even music playing – it's a very unusual experience. Not long after you exit the second tunnel, if you look to your right you will see Midford Castle which is reputedly owned by Nicholas Cage of Hollywood fame.

Shortly after Midford Castle there is a turning off the track onto a lane (marked with a blue cycle route sign) that takes you back along a lane towards Monkton Combe. We went a little further into Midford where we enjoyed some refreshment in the Hope and Anchor, which has a good reputation for food. However, be warned, there is a small threshold to get into the pub from the front and no accessible toilet once inside. The OS map shows a track just downhill from the pub to take you back along the route but do not try to go that way; the track is inaccessible. Go back to the pub car park and return along the cycle path to the signed route to Monkton Combe.

Travel through Monkton Combe where the cycle path is signed to turn right down quite a steep tarmac section and passes through staggered barriers. Care is needed at this point but it is certainly passable. Another disused railway line is joined for a short section, where it goes past one of the most picturesque cricket pavilions you have ever seen.

Shortly after Midford Castle there is a turning off the track onto a lane (marked with a blue cycle route sign) that takes you back along a lane towards Monkton Combe. We went a little further into Midford where we enjoyed some refreshment in the Hope and Anchor, which has a good reputation for food. However, be warned, there is a small threshold to get into the pub from the front and no accessible toilet once inside. The OS map shows a track just downhill from the pub to take you back along the route but do not try to go that way; the track is inaccessible. Go back to the pub car park and return along the cycle path to the signed route to Monkton Combe.

Travel through Monkton Combe where the cycle path is signed to turn right down quite a steep tarmac section and passes through staggered barriers. Care is needed at this point but it is certainly passable. Another disused railway line is joined for a short section, where it goes past one of the most picturesque cricket pavilions you have ever seen.

From this point you join the canal path on its circuitous route back into Bath via the Dundas Aquaduct, which is a very interesting construction. After this basin the path is a compressed gravel surface, with the odd puddle which you can usually avoid. It is quite narrow so there can be a fair bit of give and take with other path users.

There are many interesting canal boats moored along the route which mostly appear to be lived in all year round. Bridges cross the canal and the path narrows where it passes under so care is needed.

The route gradually transitions from open countryside into the outskirts then close to the centre of Bath. At the time we did the route part of the canal path in Bath was closed so we had to leave it and follow roads to get to the path on the northern bank of the River Avon to get back to our start point.

Bath itself is a great place to explore on a Batec or equivalent attachment.

We joined from the end of the Bristol to Bath cycle track

Start of the first tunnel section

Midford Castle

Kennet and Avon canal visitor centre

sustrans
Bath Two Tunnels
Larkhill
Lansdown
Bathford
Newbridge
Bathwick
Twerton
Claverton
Bath
Fox Hill
Monkton Combe
Odd Down
Combe Down
Freshford
© Crown copyright and database rights 2013 Ordnance Survey 100023334
Bath walking and cycling network
This map has been developed to help you travel around Bath and the surrounding area by foot, bike and public transport. Each grid on the map overleaf represents an average of 10 minutes walk or four minutes cycle ride, showing just how quick it is to get around under your own steam. However, do allow additional time for the occasional hill.
Two new bridges across Millmead Road and Monksdale Road, two tunnels that run 100m under the surrounding hills, and a spectacular viaduct, transport users frcm close to the city centre into the surrounding countryside and back again. Or why not take the lane from Tucking Mill to Dundas Viaduct to join the canal path back to Bath, a scenic 13 mile circular tour.
This map also displays bus routes and stops to enable you to link into journeys where you need to travel further afield.
New routes for 2013 are part of the National Cycle Network
About Sustrans
Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.
It's time we all began making smarter travel choices.
Make your move and support Sustrans today.
www.sustrans.org.uk
Sustrans' Connect2 is a partnership between
The Two Tunnels Greenway
This virtually flat path connects Bath to the Midford Valley, following the track-bed of the former Somerset and Dorset Railway. It incorporates the Devonshire Tunnel and Combe Down Tunnel; the longest walking and cycling tunnel in Britain.
The route links with the Colliers Way at Midford to Wellow, Radstock and Frome in the south, the Bristol to Bath Railway Path in the west, and the Kennet and Avon canal path east to Bradford-on-Avon and Devizes.
This new route, opened in April 2013, is just part of Sustrans' UK-wide project to extend the National Cycle Network into the heart of thousands of communities across the UK.
Connecting your journey
Walking and cycling
Sustrans. Browse, download and create online maps of local walking and cycling routes.
www.sustrans.org.uk
Tel: 0845 113 0065
Bus
For details of local bus services including timetables
Traveline South West
Tel: 0871 22 22 33
www.travelinesw.com
Train
National Rail Enquiries. For details of local train services including timetables.
www.nationalrail.co.uk
Tel: 08457 48 49 50

Wentworth Castle, gardens and parklands. A South Yorkshire 1670 ‘s historic country estate.

At this time of year the outdoors can be a real issue for those like I dependent on wheels. My mobility equipment gets so dirty and means I often take more than just memories back and into my home.

The original large country house dates back to 1670, it has been remodeled several times by subsequent earls. It is a grade 1 listed building, with the surrounding landscape in the Capability Brown style.

The gardens have lots of interest and exotic plants, including a fernery, there is also a ruined castle, which was built in 1731, as a garden folly, to give the boastful impression that the Wentworth family had occupied the estate for centuries. The ruined castle now hosts 4 species of bat, brown long-eared, noctule, common pipistrelle and Natterer’s.

The Wentworth Estate near Barnsley, South Yorkshire is managed and operated by the National Trust so has good accessible facilities.

Much of the gardens and parkland would be difficult without some form of powered mobility equipment to power you around.

The Wentworth estate is quite a hilly site. I use my Batec Scrambler, which converts my standard lightweight wheelchair into a powered trike. Fitted with a pair of Loopwheels to smooth out my ride. For people who don’t own their own mobility equipment then the National Trust have two capable off- road mobility scooters, that can be pre-booked, available free for people to use. You can use these everywhere with exception to the deer park and conservatory building.

The gardens and parkland are stunning and worth a visit during the warmer months where they will be displaying their flowers and fauna. The landscape is the only grade 1 listed landscape in South Yorkshire.

The estate has many types of habitat, including large meadows, with three species of deer woods, lakes, and grazing land. Rich in wildlife and all species of trees and shrubbery.

A feature of the formal garden is a very large recreated union jack flag that you can explore and sit in.

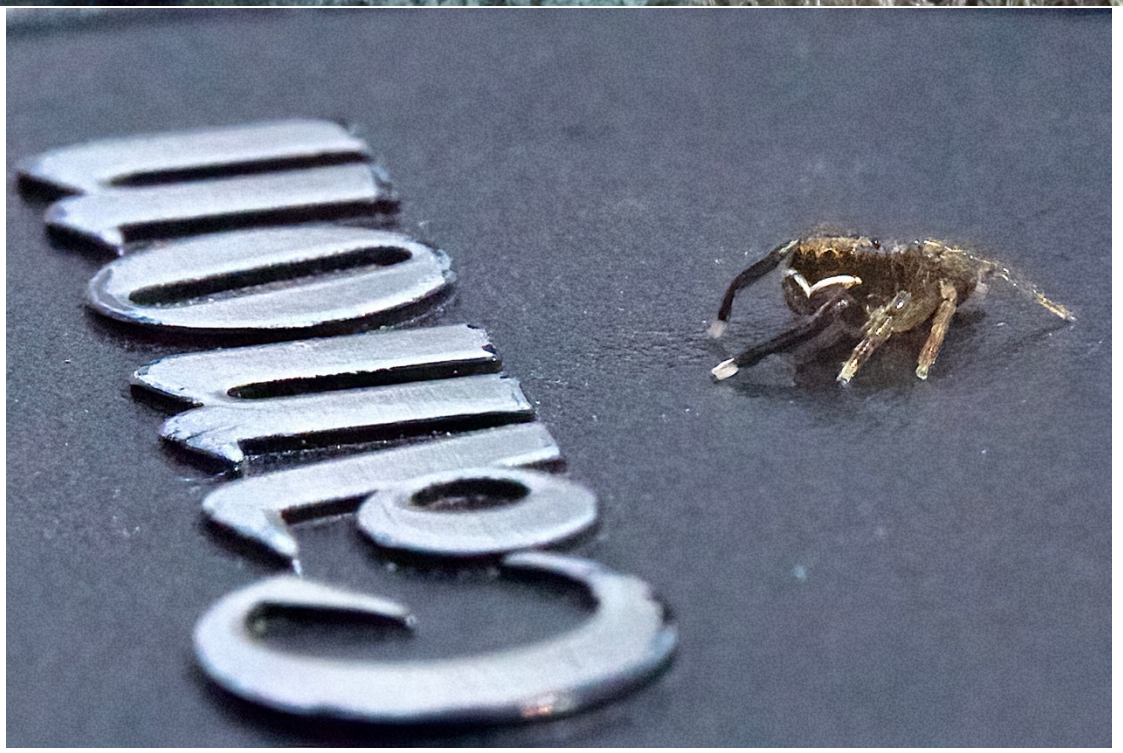
During my visit I covered almost 3 miles across different terrains.

What might you see? All types of garden and moorlands birds, raptors, deer, stoats, voles, Owls at dusk. Plenty of space for children to run around, a children’s adventure playground, and an off lead dog exercise field.

Excellent accessible facilities are provided, including a reasonably affordable café. I was also very pleased to see that they have wheelchair accessible outdoor benches for you to use.

The National Trust charge for entry to the estate– please check their web site fort further information. National Trust members are admitted for free. Well behaved dogs under control are welcome to most parts of the estate, only guide and assistance dogs are allowed inside the conservatory building.

Wentworth Castle, gardens & parklands, Park House Drive, Barnsley S75 3EN
https://www.nationaltrust.org.uk/visit/yorkshire/wentworth-castle-gardens



Yatton, The Strawberry Line, From Yatton Train Station, Yatton, Somerset, BS49 4AJ.

Sincere thanks to Mr. Steve Slade for visiting and writing this the 40th route guide listed.
Steve uses a Batec and is an experienced user. The sustran network can be accessed from a number of locations and is well worth checking out with your mobility equipment. Somerset is an area I have yet to discover myself - but this definitely wets my appetite for visiting in the future.

Distance: General information on the Strawberry Line can be found on these links
http://www.sustran.org.uk/find-a-route-on-the-national-cycle-network/strawberry-line/

http://www.thestrawberryline.org.uk/

The section I travelled was Yatton to Cheddar and was just over ten miles, although a diversion up part of Cheddar Gorge was a worthwhile addition to the journey, I did a total of 32 miles with various other exploratory diversions.

I started the journey by catching a train to Yatton Station where there is a very reasonably priced community cafe.
There is a good-sized car park although no accessible toilets appear to be available.

Terrain: The majority of the journey is on a hard-impacted limestone dust track so expect to end up with a bit on your machine and clothes. There are a few sections with slight inclines but nothing that an electric attachment should have a problem with. There are narrow barriers along the route to restrict entry to vehicles and these range from posts to those anti-motorcycle barriers that are wider at the bottom than the top. The track passes through a short section of tunnel near Winscombe Hill which isn't that long but it is worth having lights with you as it is unlit.

Some road crossing is required and there is a section through Axbridge the is on the road, but that is well worth visiting with a number of hostelries / cafes to stop for refreshments.
Some of there road crossing are traffic light-controlled but the A38 crossing is not and can be quite busy.

One of the trickiest parts is the next section after the A38 where the track is on an upward slope and you have to put on a bit of speed on and, at the top there is a very slight curbstone to get over. This leads you straight on to a road so you have to have sufficient speed to get over the kerb, but then to stop immediately once over the kerb to check for traffic.

If travelling with a companion then asking them to go ahead at this point would be prudent to ensure the road is clear.

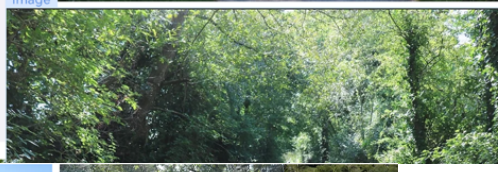
What might you see? Part of the route is on the northern end of the Somerset Levels and it runs past the Cheddar Valley Railway Nature Reserve, although I did not venture off the track at this point. The route runs through the Thatchers Cider Factory and there are plenty of orchards in the surroundings that supply their needs.

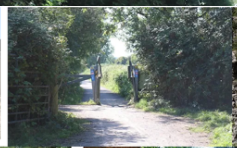
A bird symbol is shown on the OS map as Sandford Batch and there is plenty of interest in the hedges bordering the route. Pictures and route info from Mr. Steve Slade.

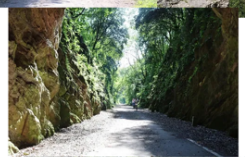
The Strawberry Line
To Cleveden
Claverham
Yatton
Congresbury
To Weston
-super-Mare

Banwell
Sandford
Dinghurst
Sandford Batch
To
Banwell
Star
Rowberrow
Winscombe
Shipham
Sidcot
To
Weston
-super-
Mare
Cross
Axbridge
Cheddar
When you are on the National Cycle Network you will see these signs

Image







Yorkshire Photography Hides, Tong, Bradford, West Yorkshire.

The Yorkshire Photography Hides, (YPH), is a private, for hire, photography hide set up, located on a farm estate in Tong, east Bradford, West Yorkshire.

Operated by Mick Batley, Mick himself is a brilliant wildlife photographer who knows what set ups work to get natural looking photographs of wild animals on a photo set. At Charlies Hide, there is a meadow, pond, dry stone wall, fence, gnarly wood trunks, natural perches, and a grassed table. All used by visiting wildlife to feed throughout the year.

Of course all of the wildlife that feeds in front of the hides are wild so nothing is guaranteed. That said- Mick has clearly spent a lot of time and effort putting food and bait out, to bring the wildlife near to his hides.

You can book a session and also find out more information by visiting their web site https://www.yorkshirephotographyhides.co.uk

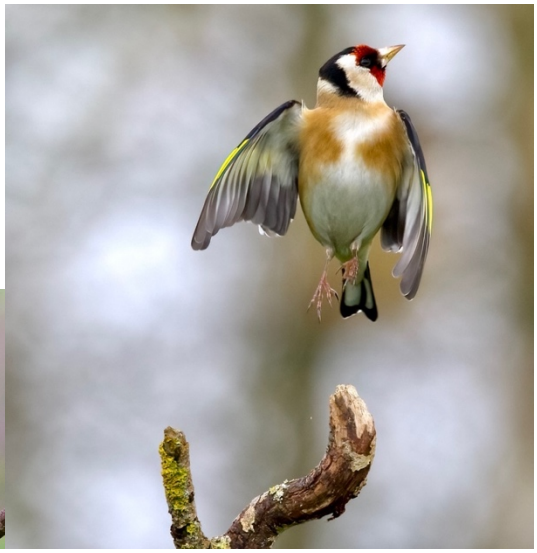
At present one hide is wheelchair accessible – Charlies hide.

Carparking is on site- short distance to the hide. There is a portaloo for those who can use one.

Nearest facilities – Tong Park Hotel. The hotel is not actually connected commercially with the YPH, they have full accessible facilities and serve food and drinks. I am sure they will not mind anyone visiting the hides from purchasing food and drink, and using the facilities as a paying customer.
Tong Garden Centre – is also nearby (short drive) , they also have restaurants and good disabled facilities.

What might you see? Kestrel, jay, goldfinch, redpoll, woodpecker, fox, badger, owls, sparrowhawk. Speak with Mick when you are booking as he will advise what species are feeding and visiting.

This is the only ‘paid hide” I have ever visited.



Yorkshire Sculpture Park,(YSP), West Bretton, Wakefield. West Yorkshire. WF44LG.

Route description: A mix of tarmac, hard standing paths, forest path, reinforced stabilised path, unmade path, grassland, depending on your chosen route. My route today was approx. 2.5 miles but you can go much further or shorter if you have the time and desire.

I head to the main visitor center and go through it to enter the courtyard and indoor exhibits, I then do an anti clockwise tour of the main park. The route is now accessible as they have modified the narrow gate at the Dam Head bridge - meaning wheelchairs can either go through the gate - or if you need a wider passage use YOUR Radar key to open up the wider gate . Well done YSP and thanks for listening to those of us who asked you to look at what was a problem.

Terrain: The site is set on farmland with reasonable farm style tracks, much hard standing, some grass paths, parts that are shallow gravel. Enough choice and different terrain to make a visit for everyone regardless to what type of mobility equipment you need and use. Some areas are quite hilly and I find I have to chose my route carefully as the slope and the loose terrain can cause my Batec to loose traction, nothing that. little push doesn't overcome. A 4 x wheel capable mobility vehicle shouldn't have any such problems.

Facilities on site: The YSP have much to offer the less able visitor. Ample blue badge and regular parking- free to park if you have a blue badge. You do have top prebook disabled parking when you purchase your tickets. At present the charging system is £6 per adult less for children. To claim a free carer ticket you need to ring up the ticket office. Do check the charging system that is in place and also confirm if you need to prebook ahead of your intended visit.

https://ysp.org.uk

Plenty of disabled toilets that are of a great standard at a couple of locations around the park.
Dogs are permitted throughout the park except two areas where the wildlife is protected, these being Upper Lake and Menagerie Wood, registered guide and assistance dogs (wearing jackets) are permitted in these and any of the buildings / cafes / indoor exhibits.

The YSP also have a fleet of Tramper Mobility Vehicles that a disable visitor can use free of charge. Best speak with the team at the YSP ahead of your visit if you wish to book and use one of these.

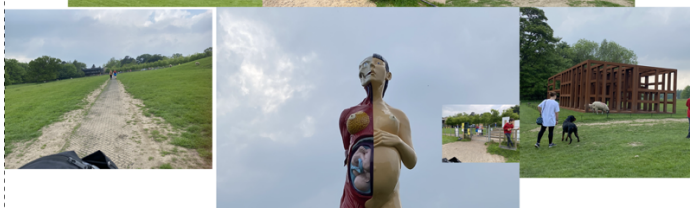
About the Yorkshire Sculpture Park. The park is set in 500 acres of the Yorkshire Countryside , largely an open air art gallery that has stunning masters displayed by Henry Moore, and at present Damien Hirst. The sculptures on display do change as does the indoor exhibits.
The park has large wildlife area's and a vast lake, which has two islands, at the time of my visit many Herons were looking after their young in the canopy of the trees. Many types of fowl and geese breed here. Do also keep an eye for Kingfishers and Grebes.

The woodland features many ancient tree's and wild flowers which attract many insects, dragon and damselfly, as well as many types of birds, such as woodpecker, warblers, treecreepers, etc.

I am not sure how many pieces of sculpture there are on the site, some are huge, some truly bizarre but all are a spectacular sight in their own right.

Distance
2.74 mi
Elev Gain
205 ft
Time
1h 3m
Bretton Country Park
Yorkshire Sculpture Park
Bretton Lakes Nature Reserve

COUNTRY PARK
LONGSIDE



Acknowledgements:

Many thank to Deborah Lau, Steve Richings, and a few others for researching and accompanying myself on some of these routes. Often I work alone accompanied by one of my dogs. Sometimes I wander and explore with company, which always gives me great enjoyment and more confidence for more challenging locations.

Batec Mobility, I use a Batec Scrambler. An electric powered front wheelchair attachment. This allows me to have great independence and offers great off road capability. The Batec range of wheelchair attachments can be fitted with a front mounted rucksack, this allows me to carry a large zoom telephoto lens and camera. https://batec-mobility.com/en/

Cyclone Mobility: A special mention to the guys at Cyclone Mobility in Widness. Cyclone supply my two Batec powered wheelchair attachments. They also service and repair them when required. Both my Batec's have covered many thousands of miles and keep going strong. Requiring only the basic of upkeep and service to tyres and brakes. The service from Cyclone is always top notch and much appreciated. See their range of equipment - https://www.cyclonemobility.com

Loopwheels: I have for some time fitted a pair of 24' Loopwheel suspension wheelchair wheels, to my standard wheelchair. I am often out for many hours – across all types of rougher terrain. My findings are that the effects of such on my body are greatly reduced when I use Loopwheels for my travels. Please see their product info website for details of their range of wheels. https://loopwheels.com

Hounds for Heroes: I owe so much to Hounds for Heroes for allowing me to have a service / assistance dog. Merlin, now aged 11 and retired, and Sampson aged 3 are a main reason I started getting out everyday regardless of the weather, as they need a wander regardless of sun. rain, snow etc. Hounds for Heroes supply assistance dogs for people who have served in the emergency and military services. https://www.houndsforheroes.com

Canon Cameras: I use both a Canon 6Dmk2 EF, and a Canon R5 RF. With various lens. Both are great cameras, the R5 has excellent artificial intelligence eye recognition focusing ,which really helps me to achieve the photography results that I am able to achieve.

Oliver Wright Photography: I first met Oliver Wright whilst exploring St Aidans Nature Reserve. Since meeting him I am so pleased to say that Oliver has become a dear firm friend. I have learned so much from Oliver during the time I have known him, he remains my "erm hi mate, how do I?" mentor. Oliver understands the issues I face in reaching and using my cameras, often he helps me to overcome the issues I have physically ,and helps me develop photography techniques adapted to my limited abilities. Check out the incredible photography that Oliver achieves on his web site https://www.oliverwrightphotography.com

YOU: Lastly, many thanks to you the reader, when I started this project I had no idea how it would be received. The website www.accessiblenatureuk.com and the social media pages such as Facebook

https://www.facebook.com/groups/2622629808017307/?mibextid=oMANbw continue to receive much traffic and use. Thank you also for the wonderful and kind feedback my photographs and my accessibility work gain from you. My aim was "if I could help even just one person" then that would be

accolade enough. It is clear many people are gaining help and support from this accessiblenature community, which is simply fantastic.