Countryside Events 2019

Walks  Wildlife Watching  KIDS GO WILD Events  Conservation and Crafts

NHS Health Check

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www.eastriding.gov.uk

EAST RIDING
OF YORKSHIRE COUNCIL
ABOUT THE EVENTS

We aim to provide countryside events that are suitable for people of varying abilities. If you are in any doubt as to the suitability of an event please give the countryside access team a call on (01482) 395207.

KEY

Gentle walk suitable for most levels of fitness. Short countryside walks mainly on flat paths. Walks on local nature reserves are on surfaced paths.

Moderate walk suitable for average fitness. Countryside walks with a few gradients and on local nature reserves with steps. Boots recommended.

Strenuous walk suitable for those with a good level of fitness. Countryside walks with steep gradients, steps or rough terrain. Boots essential.

A wildlife event.

A conservation event or craft workshop.

An event suitable for people of all ages.

KIDS GO WILD EVENT
Fun wildlife events for children accompanied by an adult.

Dogs on leads are welcome.

In partnership with the Friends of Oakhill.

Orienteering event provided by Humberside and Lincolnshire Orienteers.

An outdoor interactive performance with Rusticus.

An event in partnership with Yorkshire Wildlife Trust

An event in partnership with Enjoy Spring in the Yorkshire Wolds

An event in partnership with Active Coast

BOOKING INFORMATION

BOOKING TICKETS

Many events have a maximum number of participants and booking is essential. Some events require a returnable deposit.

General enquiries and availability
Office hours:
Monday to Thursday 9am - 4.30pm
Friday 9am - 4pm

Online booking
www.bridspa.com/events
Click ‘Venue’ on the dropdown, and then select ‘Sports Play & Countryside Events’

Telephone
(01482) 395320

CHARGES

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
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</thead>
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<tr>
<td>Adults</td>
<td>£3.50</td>
</tr>
<tr>
<td>Adults over 60</td>
<td>£2.50</td>
</tr>
<tr>
<td>Children/young people under 16</td>
<td>£2.50</td>
</tr>
<tr>
<td>Family ticket (up to 2 adults and 3 children)</td>
<td>£9</td>
</tr>
</tbody>
</table>

Look out for special FREE events

CANCELLATIONS AND REFUNDS

No refunds will be given unless the event is cancelled by the countryside access team or there are exceptional circumstances.

ABOUT THIS GUIDE

This document can be made available in other languages or formats if required. To request another format, please contact us on Tel: (01482) 395320.

The inclusion of advertisers is not an endorsement of their products/services.

Designed by www.printanddesignonline.co.uk
ARRIVING AT YOUR EVENT
You are advised to arrive at the event at least ten minutes before the start time. There will be a member of staff there to meet you whatever the weather. In unsafe conditions a safety assessment will be made and a decision may be taken to cancel the event.

PHOTOGRAPHS
We take photographs at some events which may be used in future leaflets and publicity. We will always ask permission and request completion of a short permissions form if participants may be recognized in the image.

YOUNG PEOPLE ATTENDING EVENTS
All young people under 16 years must be accompanied by a parent or guardian.

CLOTHING AND WHAT TO BRING WITH YOU
Warm and waterproof clothing and suitable footwear is recommended on all events. Please wear walking boots on all walks. On longer events please bring a packed lunch and plenty of drinks. In warm and sunny weather please bring sun protection, including a hat. We retain the right to refuse to take anyone who arrives at an event with unsuitable clothing.

OUTDOOR WORKSHOPS
All events are outdoors. Please wear outdoor clothing, strong boots/shoes and bring a packed lunch and drink if staying all day. All equipment will be provided. No previous experience is required as you will be shown what to do. Please take part at a level suitable to your own ability.

DOGS
Dogs are welcome on walks when the route is suitable. Please see each walk for guidance. For wildlife watching events and children’s activities we ask that dogs are left at home.

Countryside Events...
What do you think?
Throughout the year we ask participants to give us feedback about the events. In 2018, 100% of participants who completed a feedback card told us that the event they attended was either very good or good.

The quotes placed alongside the events offer a snapshot of the last 12 months. Thank you for giving us feedback.

We consider all your comments and suggestions to help us continue running rewarding outdoor events.

This year we are featuring more events at Beverley Parks, our quiet and somewhat undiscovered nature reserve, just two miles from the town.

Head to the Treasure House in January and whet your appetite with a short talk about the birds of the reserve, and then join us on a spring bird watching walk.

Autumn includes a tour of the orchard with a taste of freshly pressed apple juice, and outdoor coppicing and wreath making workshops at the end of the year. Explore somewhere new with us.

Any queries? get in touch!
If you have an enquiry about any of the countryside events, please free to call or email the countryside access team:

(01482) 395207
bev.hylton@eastriding.gov.uk
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<td>Birds of Beverley Parks talk</td>
<td>Tuesday, 22 January</td>
<td>13</td>
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<tr>
<td>Big Garden Birdwatch</td>
<td>Sunday, 27 January</td>
<td>15</td>
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<tr>
<td>Birds at Beverley Parks</td>
<td>Sunday, 24 March</td>
<td>19</td>
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<tr>
<td>Bird watching for beginners</td>
<td>Sunday, 14 April</td>
<td>20</td>
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<tr>
<td>Waddling with sea parrots</td>
<td>Thursday, 18 April</td>
<td>21</td>
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<tr>
<td>Spring bird watch</td>
<td>Thursday, 2 May</td>
<td>22</td>
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<td>Oakhill pond safari</td>
<td>Sunday, 16 June</td>
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<tr>
<td>Small mammal safari</td>
<td>Sunday, 28 July</td>
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<td>Bats and moths at Eastrington Ponds</td>
<td>Friday, 16 August</td>
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<td>Dragonfly watch</td>
<td>Sunday, 18 August</td>
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<td>Batty bats and majestic moths at South Landing</td>
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<td>Bats and moths at Oakhill</td>
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<td>Bat in boxes at Millington Wood</td>
<td>Saturday, 14 September</td>
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<td>Fungi Foray at Millington Wood</td>
<td>Sunday, 15 September</td>
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<tr>
<td>Fungi foray at Eastrington Ponds</td>
<td>Saturday, 5 October</td>
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<td>Fungi foray at Oakhill</td>
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<td>Autumn migration birdwatch</td>
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<td><strong>Rambles and walks with photography, navigation, bushcraft, geocaching and orienteering</strong></td>
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<td>A new year walk</td>
<td>Sunday, 13 January</td>
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<td>Enjoy Spring in the Wolds: Fridaythorpe and Pluckham</td>
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<td>Bushcraft adventures</td>
<td>Saturday, 6 April</td>
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<tr>
<td>Enjoy Spring in the Wolds: Geocaching treasure hunt</td>
<td>Thursday, 11 April</td>
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<td>Spring photography walk</td>
<td>Sunday, 28 April</td>
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<td>Enjoy Spring in the Wolds: Millington Pastures</td>
<td>Thursday, 16 May</td>
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<td>Wilderness navigation</td>
<td>Saturday, 18 May</td>
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<td>Discover Pocklington canal</td>
<td>Sunday, 16 June</td>
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<td>Millington Dale wild flower photography walk</td>
<td>Sunday, 28 July</td>
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<td>To Barmston and back...</td>
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<td>Yorkshire Wolds Way: Fridaythorpe and Pluckham</td>
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<td>Fruits of the orchard</td>
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<td>Active Coast Children in Need Ramble</td>
<td>Sunday, 6 October</td>
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<td>Orienteering at the Humber Bridge Country Park</td>
<td>Saturday, 12 October</td>
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<tr>
<td>A water’s edge ramble</td>
<td>Wednesday, 16 October</td>
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<td>Introduction to bushcraft</td>
<td>Saturday, 26 October</td>
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<td>An autumn walk along the Hudson Way Rail Trail</td>
<td>Friday, 8 November</td>
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<tr>
<td>Winter wildlife wander</td>
<td>Sunday, 15 December</td>
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<td><strong>Kids Go Wild – wildlife events for children, accompanied by an adult</strong></td>
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<tr>
<td>Wicked winter wildlife trail</td>
<td>Tuesday, 19 February</td>
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<tr>
<td>Nest building for beginners!</td>
<td>Tuesday, 16 April</td>
<td>21</td>
</tr>
<tr>
<td>Springwatch dream catching</td>
<td>Thursday, 30 May</td>
<td>23</td>
</tr>
<tr>
<td>Geocaching treasure hunt</td>
<td>Friday, 26 July</td>
<td>26</td>
</tr>
<tr>
<td>Butterfly safari</td>
<td>Tuesday, 30 July</td>
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<tr>
<td>Bumble bee safari</td>
<td>Thursday, 1 August</td>
<td>28</td>
</tr>
<tr>
<td>Rusticus Encounter: Explorer!</td>
<td>Tuesday, 6 August</td>
<td>28</td>
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<tr>
<td>Amphibious adventures</td>
<td>Thursday, 8 August</td>
<td>29</td>
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<tr>
<td>Pond safari and picnic</td>
<td>Tuesday, 13 August</td>
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<tr>
<td>Minibeast safari</td>
<td>Thursday, 15 August</td>
<td>30</td>
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<td>Rusticus Encounter: Forest fairy</td>
<td>Tuesday, 20 August</td>
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<tr>
<td>Pond safari</td>
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<tr>
<td>Hibernation dens</td>
<td>Tuesday, 29 October</td>
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| Conservation days and natural craft workshops       |                                      |      |
| Hedgelaying conservation day 1                      | Saturday, 26 January                | 15   |
| Hedgelaying conservation day 2                      | Saturday, 9 February                | 16   |
| Willow craft workshop                               | Sunday, 17 February                 | 16   |
| Build a bird box                                    | Thursday, 21 February               | 16   |
| Waves of waste beach clean                          | Sunday, 3 March                     | 18   |
| Springtime hearts and natural bouquets              | Saturday, 23 March                  | 18   |
| A wild Mother’s Day                                 | Sunday, 31 March                    | 19   |
| Wood carving workshop 1                             | Saturday, 1 June                    | 24   |
| Wood carving workshop 2                             | Sunday, 2 June                      | 24   |
| Wood carving workshop 3                             | Saturday, 8 June                    | 24   |
| Wood carving workshop 4                             | Sunday, 9 June                      | 24   |
| Woodland charcoal workshop                          | Saturday, 15 June                   | 24   |
| Waves of waste beach clean                          | Sunday, 16 June                     | 25   |
| Waves of waste beach clean: a part of the Great British Beach Clean | Sunday, 22 September | 36   |
| Coppicing workshop                                  | Saturday, 2 November                | 40   |
| Hedgelaying conservation day 3                      | Saturday, 16 November               | 40   |
| Conservation day                                    | Sunday, 24 November                 | 41   |
| Hedgelaying Conservation Day 4                      | Saturday, 30 November               | 41   |
| Christmas willow wreaths and festive decorations    | Sunday, 1 December                  | 42   |
| Christmas wreath workshop                           | Sunday, 1 December                  | 42   |
| Creative Christmas wreaths                          | Saturday, 7 December                | 42   |
| Waves of waste beach clean                          | Sunday, 8 December                  | 43   |
The countryside access team is responsible for some of the local nature reserves in the East Riding. We work towards conserving and improving the reserves for their wildlife value whilst providing a fantastic natural haven for everyone to visit safely at their leisure.

We promote the use of the reserves by people of all ages, abilities and interests; for education, for play, relaxation and for the sheer joy of being in a wild place with the freedom that it offers. Partnerships with volunteers and friends groups at a local level help us carry out this work.

The countryside access officers are also responsible for ensuring that countryside walks are well maintained and open for you to use and enjoy. We are working towards improving access on priority paths and work with communities and the voluntary sector to provide the best quality. The public rights of way network is a wonderful asset giving the public access to the best viewpoints, the best landscapes and the best wildlife in the East Riding. Search out these routes on our Walking the Riding website.

Disused railway lines stretch out across the East Riding as linear wildlife corridors where you can walk, cycle and horse ride in peace and safety. These are managed by the team to ensure that you will always find the lines attractive and enjoyable to use.

The countryside access team hold the Customer Service Excellence Award and always endeavour to provide the highest standards of customer service. If you would like to make a comment about our services, suggest an improvement or make a complaint then please contact team leader Patrick Wharam.

@patrick.wharam@eastriding.gov.uk
(01482) 395201

Websites
www.eastriding.gov.uk/countrysideaccess
walkingtheriding.eastriding.gov.uk/find-walks

General enquiries
@countrysideaccess@eastriding.gov.uk
Our service standards for you

The countryside access team holds the Customer Service Excellence Award. Each year we look for improvements in the way we work, so we can offer you the best service. Our service standards are agreed with the Local Access Forum.

<table>
<thead>
<tr>
<th>Our commitment to you</th>
<th>Evidence</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 People will feel welcome and able to visit nature reserves, rail trails and public rights of way</td>
<td>Entrance signs, Website text, Public right of way signage</td>
<td>All sites featured on websites, 90% of public right of way are signed where they leave a metalled road</td>
</tr>
<tr>
<td>2 We will make it easy for you to know about our local nature reserves, rail trails and public rights of way</td>
<td>Up to date website information, Leaflets, Public transport information, Ability to contact officer</td>
<td>100% of sites have all four elements of evidence</td>
</tr>
<tr>
<td>3 We will make sure our countryside sites are well maintained, and are accessible to a high standard</td>
<td>Entrance signage, path surfaces and facilities are maintained to a high standard, Path network meets the prescribed standard</td>
<td>85% of those questioned were satisfied with the condition and quality of the facilities, 90% of formal paths meet a prescribed standard</td>
</tr>
<tr>
<td>4 We will make sure our countryside sites are clean, safe and enjoyable to use</td>
<td>Data from regular inspections, Evidence of dog fouling, litter and poor behaviour</td>
<td>85% of those questioned were satisfied with the safety and cleanliness of the site</td>
</tr>
<tr>
<td>5 We will ensure that wildlife and natural processes are given priority on countryside sites</td>
<td>Habitats are well managed, Management is explained, Management plans are in place</td>
<td>85% of those questioned were satisfied with the condition of the natural environment</td>
</tr>
<tr>
<td>6 We will utilise community / local interest in managing countryside sites</td>
<td>Development of friends groups, Opportunities for community action and events</td>
<td>75% of sites have an element of practical conservation work with volunteers, At least 500 people engage with LNRs in practical management</td>
</tr>
<tr>
<td>7 We will endeavour to keep as many public rights of way open and available for use as possible</td>
<td>Percentage of routes open for use from a random sample survey, Percentage of stile free routes from a random sample survey</td>
<td>75% of routes open and available for use, 100% of routes that are stile free by 2020</td>
</tr>
<tr>
<td>8 We will provide customers with an indication of how long it will take to resolve a defect</td>
<td>Defects resolved within set timescales</td>
<td>Percentage of defects resolved within stated timescales</td>
</tr>
<tr>
<td>9 We will provide a varied and extensive programme of countryside events alongside the voluntary and community sector</td>
<td>Number and type of event, Involvement of voluntary and community partners</td>
<td>95% of customers are satisfied with events, 50% of events involve voluntary or community sector</td>
</tr>
<tr>
<td>10 We will make it easy for you to let us know what you think of our services</td>
<td>Monitoring of corporate feedback process</td>
<td>100% of complaints responded to within ten days, Less than five complaints annually</td>
</tr>
</tbody>
</table>

**KEY**
- 😊 on track / ahead
- 😞 slightly behind / not measuring data yet
- 🙁 behind target
Local Access Forum

DID YOU KNOW?

The Local Access Forum (LAF) is an independent group which advises local authorities and other public bodies on matters relating to access and open-air recreation.

All the members are volunteers representing a wide range of countryside interests, including walkers, horse riders, cyclists, off-road vehicle users, naturalists and landowners. They are passionate about the East Riding and work closely with the countryside access team to help improve enjoyment and access of the countryside for all.

Visit the website at [www.eastriding.gov.uk](http://www.eastriding.gov.uk) to find a detailed breakdown of the work carried out over the last year which can be found in the annual report. Meetings are held quarterly in March, June, September and December, and anyone is welcome to attend.

DURING 2018

In the last year forum members have continued to work closely with East Riding of Yorkshire Council and other organisations on important strategic issues.

These include a response by the LAF to a consultation on the England Coast Path (Easington to Filey Brigg section) and submitted three representations relating to the proposed route. The LAF also responded to a Defra consultation on ‘Health and Harmony – the Future of Food, Farming and the Environment in a Green Brexit’, offering proposals to reintroduce support for permanent and permissive public access in future.

The Forum continues to work closely with Public Health Officers and is keen to encourage everyone to get outdoors and experience the benefits!

If you would like more information about the LAF, have ideas for improving access to the countryside, or might want to get involved and become a voluntary member of the LAF in the future, please do not hesitate to contact the forum secretary.

‘The Forum advises on the improvement of public access to land for the purposes of open-air recreation and the enjoyment of the area’.

Email: accessforum@eastriding.gov.uk

Telephone: (01482) 391691 or 391696

Post: Room CF55, County Hall, Beverley HU17 9BA

Web: [www.eastriding.gov.uk/council/committees/joint-local-access-forum](http://www.eastriding.gov.uk/council/committees/joint-local-access-forum)
EXPEDITION FREEPORT
THE BARGAIN BASECAMP FOR FAMILIES ON THE GO

With top brands at low prices, places to eat, and fantastic outdoor and indoor adventure play facilities, there has never been a better time to visit Hornsea Freeport.

Top-name outlet stores offer everything you need for country rambles, camping, cycling or strolls on the beach, with huge discounts on clothing, equipment and accessories.

When everyone’s ready for a break from shopping, make a beeline for Beach Cove, the amazing play area. Children can burn off energy on the zip wire, bouncing pillow, serpent swing and go karts – or play indoors in the soft-play zone – while adults relax with fabulous homemade food and drink from the Rock Pool café.

Don’t miss the tropical jungle attraction, Bugtopia – now bigger than ever, with a butterfly house, walk-through stick insect house and more opportunities to handle exotic spiders and creepy crawlies.

Located by the beach, the Yorkshire Wolds and the Trans Pennine Trail, with woodland and cycle paths on its doorstep, Hornsea Freeport is the number one choice for lovers of the great outdoors.

Outlet & Leisure Village
www.hornseafreeport.com | FREE PARKING
Opening times: Mon - Fri 10.00am - 5.30pm  Sat 9.30am - 5.30pm*  Sun 11.00am - 5.00pm

*5.00pm closing during Jan and Feb
FRIENDS OF HUMBER BRIDGE COUNTRY PARK

We are a group of volunteers interested in the welfare and wildlife of the Humber Bridge Country Park.

Anyone can join us! Keep up to date with what’s happening in the Country Park.

CONSERVATION ACTIVITIES
WILDLIFE SPOTTING AND SURVEYS
CREATING TRAILS AND PANELS
WORKSHOPS AND TALKS

Check out our website for our latest news and events
www.humberbridgecountrypark.co.uk
Contact us: fohbcp_secretary@yahoo.co.uk (01482) 395207
SUNDAY, 13 JANUARY

1  A NEW YEAR WALK
Join us for gentle walk around the nature reserve to observe the winter wildlife, and use up some of those spare calories too.


Time: 10am - 1pm
Length: 2 miles
Booking: Essential - see page 2
Cost: Free event

“Brilliant news, an indoor event! Join us on a follow up walk out on the reserve in March too.”
– Countryside desk, 2018

TUESDAY, 22 JANUARY

2  BIRDS OF BEVERLEY PARKS TALK
Last year we carried out a survey at Beverley Parks to find out how successfully birds nest on the nature reserve. Hear the findings this evening, and learn about which species make the fields, hedgerows and orchard their home. Presented by ornithologist Richard Baines, a knowledgeable ecologist and passionate conservationist. This will be an enthralling evening suitable for adults and young people who love wildlife.

Meet: Education room, first floor, The Treasure House, Champney Road, Beverley HU17 8HE. Free parking in the car park at the rear of the Treasure House.

Time: 6.30 - 8pm
Booking: Essential - see page 2
Cost: Free talk

“Good to explore a new area which has such a variety of habitats. Good information and friendly guides.”
– Oakhill Walk, 2017
BEVERLEY ART GALLERY
22 June to 14 September 2019

WILDLIFE PHOTOGRAPHER OF THE YEAR

© Valter Bernardeschi
SUNDAY, 27 JANUARY

4 BIG GARDEN BIRDWATCH

Take part in the RSPB’s Big Garden Birdwatch at our bird feeding station. Help count the colourful finches, tiny tits and familiar robins to help us understand how well the birds are doing this year. Feed the birds before you leave and make a bird feeder to take home. Beginners welcome with all instructions provided!

Meet: Humber Bridge Country Park Local Nature Reserve, at the bird feeding station in the meadow. Park in the Hessle Foreshore car park next to the black mill, and walk into the park following signs to the meadow. HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available.

Time: 10am - 12 noon – drop in any time

Booking: Essential - see page 2

Cost: Free event

“Another excellent day. Confidence booster for my hedgelaying too.”
– Hedgelaying Conservation Day 2017

“Bev’s knowledge and enthusiasm as always, makes the event so enjoyable.”
– Big Garden Birdwatch 2015
“Very informative, friendly staff and participants.”
– Hedgelaying Conservation Day 2017

SATURDAY, 9 FEBRUARY

5 HEDGELAYING CONSERVATION DAY 2

Join in, learn new skills and practice the old art of hedgelaying. Learn how to lay a hedge and at the same time recreate an excellent habitat for wildlife on this coastal reserve for years to come.

Meet: Danes Dyke Local Nature Reserve overflow car park, located on the right side of the reserve’s exit road (pay & display charges apply), near Bridlington YO15 1AA. OS Explorer Map 301, grid ref: TA 215 695. Public toilets available.

Time: 10am - 3pm – stay as long as you wish
Booking: Essential - see page 2
Cost: Free event. Suitable for adults, young people aged 16 to 18 can attend if accompanied by an adult.

SUNDAY, 17 FEBRUARY

6 WILLOW CRAFT WORKSHOP

Come along today and find out how to weave locally harvested willow. Make a decorative obelisk to take home for your garden, or make a gift for a friend or family member. Guidance given by arts and crafts tutor, Helen Kerr.


Time: 10am - 2pm
Booking: Essential - see page 2
Cost: See charges box - page 2

TUESDAY, 19 FEBRUARY

7 KIDS GO WILD: WICKED WINTER WILDLIFE TRAIL

Follow a trail of animal prints around the reserve to discover more about Britain’s winter wildlife. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10.30am - 12.30pm
Booking: Essential - see page 2
Cost: Children £2.50 accompanying adults free

THURSDAY, 21 FEBRUARY

8 BUILD A BIRD BOX

National Nest Box Week runs from 14 to 21 February when it is a good time of year to encourage the birds in your garden to find a safe place to nest. Rather than buying a box why not have a go at building a nest box with us. All equipment and materials provided.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 1pm
Booking: Essential - see page 2
Cost: £5 per box

“Very helpful and interesting, will definitely recommend.”
– Build and Bird Box 2017
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EAST RIDING OF YORKSHIRE COUNCIL

www.sewerbyhall.co.uk

SewerbyHall
SUNDAY, 3 MARCH

**9 WAVES OF WASTE BEACH CLEAN**

Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean. Everyone welcome. Equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.

Time: 11am - 1pm

Booking: Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk. Full details at www.ywt.org.uk/whats-on

Cost: Free event

THURSDAY, 7 MARCH

**10 ENJOY SPRING IN THE WOLDS: FRIDAYTHORPE AND PLUCKHAM**

Explore the characteristic dry valleys of the Wolds; discover the beautiful views and quiet tranquillity of Horse Dale, Holme Dale and Brubber Dale along this wonderful stretch of the Yorkshire Wold Way.

Meet: Fridaythorpe village green and duck pond, Back Street YO25 9RT. Please park responsibly. OS Explorer Map 294, grid ref SE 874 591

Time: 10am - 2pm

Length: 7.5 miles

Booking: Essential - see page 2

Cost: See charges box on page 2

SATURDAY, 23 MARCH

**11 SPRINGTIME HEARTS AND NATURAL BOUQUETS**

At this outdoor workshop in a sheltered clearing in the woods, discover your creative side using willow harvested from the reserve. Make a decorative living willow heart for your special person, or create a beautiful bouquet using natural found materials. Guidance and tuition by local artist Michele Davy. Bring a perch if you wish to sit down.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park. There is a five minute walk from the car park to the woodland clearing.

Time: 10am - 12 noon or 1.30 - 3.30pm

Booking: Essential - see page 2

Cost: See charges box - page 2

Ready for a New You?

Search One You and take the free How Are You health quiz today.
SUNDAY, 24 MARCH

12  BIRDS AT BEVERLEY PARKS

Join us on a new bird watching walk around the nature reserve. It's an ideal opportunity to hear and see the birds that make this field, hedgerow, orchard and parkland landscape their home. Find out the results of the breeding bird survey carried out last year. Led by a bird watching guide from Yorkshire Coast Nature. Bring binoculars if you have them, a few pairs will be available to borrow.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am - 12.30pm

Length: A stroll around the reserve, up to 1 mile.

Booking: Essential - see page 2

Cost: See charges box - page 2

SUNDAY, 31 MARCH

13  A WILD MOTHER’S DAY

Are you looking for something different to do on Mother’s Day this year? Come and spend time together in a beautiful setting on the nature reserve, and take part in our conservation morning. As well as contributing to a wildlife project, you’ll be surrounded by new green leaves and spring bird song. It will certainly be something to talk about over a cuppa later.


Time: 10am - 1pm

Booking: Essential - see page 2

Cost: Free event

“Lovely atmosphere, wonderful materials. Amazing what you can create.”

– Mother’s Day Natural Bouquets and Crafts 2017

“Interesting nature reserve, lovely walk with expert guidance on its feathered inhabitants.”

– Spring Bird Watch 2018
SUNDAY, 14 APRIL

16  BIRD WATCHING FOR BEGINNERS

Spring has sprung and our birds are singing. Find out where to see them, how to identify them and pick up a few tips on using binoculars too. All levels of knowledge and ability are welcome, and no questions are too silly! Binoculars are available to borrow. Led by a local bird watching guide with Yorkshire Coast Nature.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 12 noon

Length: A stroll around the reserve on paths, up to 1 mile.

Booking: Essential - see page 2

Cost: £5 per group (1 to 6 people) with a minimum of 1 adult per group. Each group will have use of one GPS unit.

“Thoroughly enjoyed bird watching for beginners. Our guide was very good.”

– Birdwatching for Beginners 2017
“Excellent tour and a very knowledgeable ornithological person with the super telescope. Thank you.”
– Waddling with Sea Parrots! 2018

**TUESDAY, 16 APRIL**

**17 KIDS GO WILD:**
**NEST BUILDING FOR BEGINNERS!**

Spring is a busy time for our feathered friends in the Country Park. Discover how and why birds build their comfy nests and have a go at building your own! Make some decorative clay eggs with wildlife artist Michele Davy and see if you can find some special eggs we have hidden in the woods too! Suitable for children, accompanied by adults.

**Meet:** Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB.
OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

**Time:** 10am - 12 noon or 1.30 - 3.30pm

**Booking:** Essential - see page 2

**Cost:** Children £2.50 accompanying adults free

**THURSDAY, 18 APRIL**

**18 WADDLING WITH SEA PARROTS!**

Flamborough Outer Headland is a great place to see puffins that have arrived back to nest on our chalk cliffs. Take a look at these fantastic birds with our bird watching guide from Yorkshire Coast Nature. A telescope will be available for close up views, please bring binoculars if you have a pair.

**Meet:** Flamborough Outer Headland LNR Lighthouse car park (pay & display charges apply), near Bridlington (meet next to the Lighthouse) YO15 1AR. OS Explorer Map 301, grid ref: TA 254 706. Public toilets available.

**Time:** 10 - 12.30pm

**Length:** Up to 3 miles

**Booking:** Essential - see page 2

**Cost:** See charges box - page 2

**SUNDAY, 28 APRIL**

**19 SPRING PHOTOGRAPHY WALK**

Bring your camera and enjoy a spring stroll around Millington Wood, a fabulous woodland with an abundance of wild flowers. Improve your photography skills and take something home to be proud of. Led by Wolds photography expert Paul Moon. All levels of interest and skill welcome. This is a slow walk with many stops.

**Meet:** Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

**Time:** 1 - 4pm

**Length:** 1 mile – some of the ground may be undulating and walking boots are recommended

**Booking:** Essential - see page 2 places limited to 15 participants

**Cost:** £10 adults
£5 young people under 16
THURSDAY, 16 MAY

21 ENJOY SPRING IN THE WOLDS: MILLINGTON PASTURES

Discover breath taking views over Millington Pastures while exploring some of the county’s finest open access land and most challenging parts of the Yorkshire Wolds Way.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 10am - 12.30pm

Length: 3.5 miles

Booking: Essential - see page 2

Cost: See charges box on page 2

“An interesting walk covering good areas of the Wolds.”
– Spring into the Wolds walk 2018

THURSDAY, 2 MAY

20 SPRING BIRD WATCH

Spring is here and the woods are alive with birdsong. Enjoy a stroll around Oakhill Nature Reserve with our local bird watching guide from Yorkshire Coast Nature. We’ll look out for marsh harriers displaying overhead, and may even hear the sound of turtle doves calling. Please bring binoculars if you have a pair.


Time: 9.30 - 11.30am

Length: Up to 2 miles around the reserve

Booking: Essential - see page 2

Cost: Free event

“A very diverse site for flora and fauna. Heard first turtle dove of the season.”
– Spring Bird Watch 2017

COULD YOU USE SOME TIME OFF THE BOOZE?
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BECAUSE THERE’S ONLY ONE YOU
**SATURDAY, 18 MAY**

**WILDERNESS NAVIGATION**
Imagine being lost in the wilderness without a map or compass to help you navigate to safety. No need to panic, help is at hand! Outdoors expert Brian Bate will show you how to understand the ways nature can help guide you safely home.


Time: 10am - 1pm
Length: Up to 2 miles around the reserve
Booking: Essential - see page 2
Cost: Free event

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**THURSDAY, 30 MAY**

**KIDS GO WILD: SPRINGWATCH DREAM CATCHING**
Head off on your own Springwatch adventure. Use our spotter guides to see many signs of spring can you find. Make a woven dream catcher. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 12 noon and 1.30 - 3.30pm
Booking: Essential - see page 2
Cost: Children £2.50 accompanying adults free

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“Extremely good teacher, very enthusiastic and knowledgeable. Would thoroughly recommend.”

– Wood Carving Workshop 2018

SAT 1, 8 AND SUN 2, 9 JUNE

INTRODUCTION TO WOOD CARVING WORKSHOPS

24 SATURDAY, 1 JUNE

25 SUNDAY, 2 JUNE

26 SATURDAY, 8 JUNE

27 SUNDAY, 9 JUNE

This outdoor workshop introduces you to wood carving. Learn techniques for carving green ash timber using wood carving chisels with a mallet. All timber and tools provided. No previous experience needed, tutored by professional sculptor Saffron Waghorn. Bring a packed lunch. Wear shoes or boots (no sandals) and dress for the outdoors.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

There is a five minute walk from the car park to the outdoor workshop space.

Time: 10am - 4pm

Booking: Essential - see page 2. Places for 6 participants. Due to high demand, the workshop is available only to people who have not previously attended. A follow up workshop may be available next year.

Cost: £25 adults (minimum age 16)

SATURDAY, 15 JUNE

28 WOODLAND CHARCOAL WORKSHOP

This workshop in the woods introduces you to the concepts and practices involved in producing charcoal; including timber extraction and splitting, filling and lighting the kiln, emptying after the burn and grading and bagging the charcoal. Hot drinks provided and a BBQ lit for lunch. Please bring your own food to cook on the BBQ and wear overalls/old clothing and sturdy footwear. Take home your own bag of locally made charcoal!

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 10am - 5.30pm

Booking: Essential - see page 2

Cost: £20 adults

young people aged 16 to 18 can also attend if accompanied by an adult

“Excellent, very informative, friendly, terrific location.”

– Woodland Charcoal Workshop 2017
29 OAKHILL POND SAFARI
Join us to explore Oakhill pond, and discover the variety of creatures lurking in its murky depths! From the safety of the shore look out for ferocious water scorpions, curious water stick insects and amazing dragonfly nymphs! Pond dipping nets and trays provided.

Time: 10am - 1pm
Length: Up to 1 mile
Booking: Essential - see page 2
Cost: Free event

30 DISCOVER POCKLINGTON CANAL
Join us on this circular walk through Allerthorpe woods and along the Pocklington canal. Learn more about this wonderful waterway which was built nearly 200 years ago, and is now a haven for wildlife with interesting industrial heritage too. In partnership with the Canal and River Trust.

Meet: Burnby Hall, Pocklington YO42 2QF. OS Explorer Map 294, grid ref: SE 805 487
Time: 10am - 4pm
Length: 12 miles
Booking: Essential - see page 2
Cost: See charges box - page 2

31 WAVES OF WASTE BEACH CLEAN
Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean. Everyone welcome. Equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.
Time: 12 noon - 2pm
Booking: Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk. Full details at www.ywt.org.uk/whats-on
Cost: Free event
**SUNDAY, 28 JULY**

**33 MILLINGTON DALE WILD FLOWER PHOTOGRAPHY WALK**

Bring your camera and experience the beauty of Scoar Dale, a fabulous chalk grassland with an abundance of wild flowers. Improve your photography skills and take something home to be proud of. Led by Wolds photography expert Paul Moon. All levels of interest and skill welcome. This is a slow walk with many stops.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 1 - 4pm

Length: 2 miles – some of the ground may be undulating and walking boots are recommended

Booking: Essential - see page 2

Cost: £10 adults £5 young people under 16

> “Really good activity for older children, enjoyed using the GPS and finding the treasure.”

– Geocaching Treasure Hunt 2017

> “Well explained technical info was helpful. I am considering buying a better camera.”

– Photography Walk 2016

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**FRIDAY, 26 JULY**

**32 KIDS GO WILD: GEOCACHING TREASURE HUNT**

Join the countryside access team and take part in a special geocaching treasure hunt. Use our GPS units to follow part of the Yorkshire Wolds Way along the rail trail and through the village of Goodmanham. Then why not reward your efforts with a cuppa and cake at The Fiddle Drill tearooms.

Meet: The treasure hunt starts at The Fiddle Drill tearooms on Main Street, Goodmanham YO43 3JA. However please use the car park in the village (also on Main Street YO43 3HX) and walk past the church to the tearooms. OS Explorer Map 294, grid ref: SE 888 430.

Time: 10am - 2pm

Length: 2.5 - 3 miles

Booking: Essential - see page 2

Cost: £5 per group (1 to 6 people) with a minimum of 1 adult per group. Each group will have use of one GPS unit.

> “Really good activity for older children, enjoyed using the GPS and finding the treasure.”

– Geocaching Treasure Hunt 2017

> “Well explained technical info was helpful. I am considering buying a better camera.”

– Photography Walk 2016

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**SUNDAY, 28 JULY**

**SMALL MAMMAL SAFARI**

Explore the nature reserve with us in search of some of our native small mammals. Help check the special live capture traps which have been specially prepared for the safari, and discover who’s lurking inside.

**Meet:** Oakhill Nature Reserve car park, off Tom Pudding Way, Goole DN14 6XL. (Near Tesco distribution centre on link road between M62 junction and Anderson Road). OS Explorer Map 291, grid ref: SE 728 234

**Time:** 10am - 1pm

**Length:** Up to 1 mile

**Booking:** Essential - see page 2

**Cost:** Free event

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**TUESDAY, 30 JULY**

**KIDS GO WILD: BUTTERFLY SAFARI**

How many butterflies can you spot on our safari at the Humber Bridge Country Park today? Take part in the Big Butterfly Count and enjoy making some colourful butterflies to take home with wildlife artist Michele Davy. Suitable for children, accompanied by adults.

**Meet:** Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

**Time:** 10am - 12 noon or 1.30 - 3.30pm

**Booking:** Essential - see page 2

**Cost:** Children £2.50 accompanying adults free

“The event was super; my son really enjoyed it and learned so much about butterflies and their habitat. The presenters were wonderful!”

– Bee and Butterfly Safari 2017

Photo: Michele Davy

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“Excellent morning. My girls learnt lots about bees and butterflies. We learnt lots ourselves too!”

– Bee and Butterfly Safari 2017

THURSDAY, 1 AUGUST

KIDS GO WILD:
BUMBLE BEE SAFARI

How many bumble bees and honey bees can you spot on our safari at Beverley Parks today? Discover more about our buzzing friends in the orchard and enjoy making a crafty bee to take home. With wildlife artist Michele Davy. Suitable for children, accompanied by adults.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am - 12 noon or 1.30 - 3.30pm

Booking: Essential - see page 2

Cost: Children £2.50 accompanying adults free

TUESDAY, 6 AUGUST

KIDS GO WILD:
RUSTICUS ENCOUNTER:
EXPLORER!

Join us on an expedition into the wilds of Humber Bridge Country Park, with our young intrepid explorer! Hear stories of adventure in the natural world whilst navigating, scavenging and finding shelter in the woods. Suitable for families of all ages, to enjoy together.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 11.30pm or 1.30pm - 3pm

Booking: Essential - see page 2

Cost: Children £2.50 accompanying adults free

“Excellent activities and lots of fun!”

– Kids Go Wild 2018

READY FOR A NEW YOU?

Search One You and take the free How Are You health quiz today.
THURSDAY, 8 AUGUST

38 KIDS GO WILD: AMPHIBIOUS ADVENTURES

Hop along to the country park for our Amazing Amphibious Animal Adventure with wildlife artist Michele Davy. Explore the world from an amphibian’s point of view and find out fascinating facts about their metamorphic life-cycle. Discover who lives on the reserve and create a mini-home for them. Make a frog mask to see how many ‘flies’ you can catch with your extra long tongue. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park
Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 12 noon or 1.30 - 3.30pm
Booking: Essential - see page 2
Cost: Children £2.50 accompanying adults free

FRIDAY, 9 AUGUST

39 TO BARMSTON AND BACK

Enjoy a summer day out at the coast. Explore the area with us, starting by the pond at Ulrome and going up to Barmston... and back again. Wear suitable clothing and footwear for field and coastal paths and bring packed lunch/refreshments.

Meet: Ulrome village pond/bus stop YO25 8TW. OS Explorer Map 295, grid ref: TA 161 566

Time: 10am - 2pm
Length: 7.5 miles
Booking: Essential - see page 2
Cost: See charges box - page 2

TUESDAY, 13 AUGUST

40 KIDS GO WILD: POND SAFARI AND PICNIC

Take part in a children’s safari looking at the wildlife living in the large pond. Have a go at pond dipping and environmental art activities with wildlife artist Michele Davy. Bring a picnic for lunch. Suitable for children aged 5 to 11 years old, accompanied by adults.

Meet: Oakhill Nature Reserve car park, off Tom Pudding Way, Goole DN14 6XL. (Near Tesco distribution centre on link road between M62 junction and Anderson Road). OS Explorer Map 291, grid ref: SE 728 234. There are no toilets at the reserve.

Time: 11am - 2.30pm NB: There is a 15 minute walk to the pond after driving onto the reserve.
Booking: Essential - see page 2
Cost: Children £2.50 accompanying adults free

“Well organised, skilled and friendly leaders, functional and robust equipment. An excellent event.”
– Pond Safari 2017

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STAY WELL THIS WINTER
NHS
“A wonderful event and good for children to experience real nature.”
– Pond Safari 2017

**THURSDAY, 15 AUGUST**

**41 KIDS GO WILD: MINIBEAST SAFARI**

Take part in a bug hunt in the woods and discover who is hiding in the undergrowth! Make your favourite bug with wildlife artist Michele Davy. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 12 noon or 1.30 - 3.30pm

Booking: Essential - see page 2

Cost: Children £2.50 accompanying adults free

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FRIDAY, 16 AUGUST

**42 BATS AND MOTHS AT EASTRINGTON PONDS**

Eastrington Ponds is a small tranquil nature reserve and a great place to watch Daubenton’s bats hunting over the pond. As darkness falls take a look at the moth light with specialist Ian Marshall, and see some of the 100 species recorded on the reserve.

**Venue:** Eastrington Ponds Local Nature Reserve, near Howden DN14 7PL. OS Explorer Map 291, grid ref: SE 787 298. Temporary toilets available.

**Time:** 8 - 10pm

**Length:** Up to 1 mile around the reserve

**Booking:** Essential - see page 2

**Cost:** See charges box - page 2

“Reasonable accessibility for my wheelchair. Great to see rescue bats – fabulous! Successful evening with lots of bats and moths.”

– Bats and Moths 2017

SUNDAY, 18 AUGUST

**43 DRAGONFLY WATCH**

Explore Oakhill nature reserve with members of the Dragonfly Society and Oakhill rangers for a fascinating glimpse into the magical, ephemeral world of damselflies and dragonflies.

**Meet:** Oakhill Nature Reserve car park, off Tom Pudding Way, Goole DN14 6XL. (Near Tesco distribution centre on link road between M62 junction and Anderson Road). OS Explorer Map 291, grid ref: SE 728 234

**Time:** 10am - 1pm

**Length:** Up to 2 miles around the reserve

**Booking:** Essential - see page 2

**Cost:** Free event

TUESDAY, 20 AUGUST

**44 KIDS GO WILD: RUSTICUS ENCOUNTER: FOREST FAIRY**

Join us for a walk into the woods, where the Forest Fairy is waiting to take us on a magical adventure. Hear her tell wonderful stories of the creatures that call the woods their home, and help her weave a little forest magic too! Suitable for families of all ages, to enjoy together.

**Meet:** Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

**Time:** 10am - 11.30pm or 1.30pm - 3pm

**Booking:** Essential - see page 2

**Cost:** Children £2.50 accompanying adults free

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THURSDAY, 22 AUGUST

45 KIDS GO WILD:
POND SAFARI

Go on safari at Eastrington Ponds and discover the creatures living in the pond. Take part in pond dipping and environmental art activities with wildlife artist Michele Davy. Suitable for children, accompanied by adults.


Time: 10am - 12 noon or 1.30 - 3.30pm

Booking: Essential - see page 2

Cost: Children £2.50 accompanying adults free

“Kids had great fun hearing bats and seeing moths.”

– Bats and Moths 2017

FRIDAY, 30 AUGUST

46 BATTY BATS AND MAGICAL MOTHS AT SOUTH LANDING

Discover the wildlife that makes the woods and meadows at South Landing their home when night falls. Learn how to use a bat detector with the East Yorkshire Bat Group and for listen for bats hunting around us. See the true beauty of moths as we gather round the moth light with specialist Allan Rodda. Before the sun sets you can take part in fun arts, crafts and activities with the Yorkshire Wildlife Trust in the Living Seas Centre.

Meet: South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1PQ. OS Explorer Map 301, grid ref: TA 231 695. Toilets available at the Living Seas Centre next to car park.

Time: 7.30 - 9.30pm

Booking: Essential - see page 2

Cost: See charges box - page 2

“Excellent - well organised, inspirational leader.”

– Pond Safari 2017

Photo: Michele Davy

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This fabulous festival in the beautiful Yorkshire Wolds offers superb activities that will appeal to families, casual walkers and enthusiasts alike.

Now in its 9th year the Yorkshire Wolds Walking and Outdoor Festival 2019 has grown in reputation showcasing the wonderful landscape and celebrating the rich heritage of the Yorkshire Wolds.

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www.theyorkshirewolds.com
FRIDAY, 13 SEPTEMBER

BATS AND MOTHS AT OAKHILL

See bats hunting around the meadows and ponds of the reserve tonight. Gather round the bright moth light uniquely installed for the evening, and marvel at the moths when they are attracted to the light. With specialist Ian Marshall and the East Yorkshire Bat Group.


Time: 7 - 9pm
Length: Up to 2 miles around the reserve
Booking: Essential - see page 2
Cost: Free event

SATURDAY, 14 SEPTEMBER

BATS IN BOXES AT MILLINGTON WOOD

A unique opportunity to watch our autumn check of the bat boxes. Enjoy a stroll around the wood and take a special close look at the bats who have been roosting in the boxes with the East Yorkshire Bat Group.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 10am - 12.30pm
Length: Up to 1 mile round the reserve
Booking: Essential - see page 2
Cost: See charges box - page 2
**SUNDAY, 15 SEPTEMBER**

**50 GEOCACHING TREASURE HUNT**

Join the countryside access team and take part in a special geocaching treasure hunt. Borrow our GPS units to explore the Humber Bridge Country Park and follow a trail along the Yorkshire Wolds Way from Hessle Foreshore, discovering hidden boxes on the way.

*Meet:* Humber Bridge Country Park Local Nature Reserve, outside the Tourist Information Centre in the Humber Bridge car park, HU13 0LN. OS Explorer Map 293, grid ref: TA 023 253. Public toilets available.

*Time:* 10am - 2pm

*Length:* 1.5 miles

*Booking:* Essential - see page 2

*Cost:* £5 per group (1 to 6 people) with a minimum of 1 adult per group. Each group will have use of one GPS unit.

“Very enjoyable event made even more so by the knowledgeable and engaging expert Caroline.”

— Fungi Foray 2017

**SUNDAY, 15 SEPTEMBER**

**51 FUNGI FORAY AT MILLINGTON WOOD**

Explore the woods looking for fungi with expert mycologist Caroline Hobart. Discover why more fungi appear in autumn, learn how to identify them and have their names revealed to you.

*Meet:* Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

*Time:* 10am - 12.30pm

*Length:* Up to 1 mile round the reserve

*Booking:* Essential - see page 2

*Cost:* See charges box - page 2

“Very thought out. A few tricky to find but lots of fun.”

— Geocaching Treasure Hunt 2017

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SATURDAY, 21 SEPTEMBER

FRUITS OF THE ORCHARD

Autumn fruits and seeds are in profusion at the autumn equinox, and the Tree Council’s seed gathering season starts this weekend too. Join us for a tour of the Millennium Orchard, and find out about the apple and pear varieties specially selected to grow here. Search out and identify the wild trees and plants of the hedgerows too on our seedy challenge. Watch apples being pressed, sample the fresh juice and take home a taster bag of fruit after the walk.

Meet: The Millennium Orchard, Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 11am - 12.30pm or 1 - 2.30pm

Booking: Essential - see page 2

Cost: See charges box - page 2

SUNDAY, 22 SEPTEMBER

WAVES OF WASTE BEACH CLEAN, A PART OF THE GREAT BRITISH BEACH CLEAN

Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean as part of this national event. Everyone welcome. All equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.

Time: 1 - 3pm

Booking: Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk. Full details at www.ywt.org.uk/whats-on

Cost: Free event

“Knowledgeable leader, engaged the varied range of participants well.”

– Seed Gathering in the Woods 2017
**SATURDAY, 5 OCTOBER**

**54 FUNGI FORAY AT EASTRINGTON PONDS**

Enter the mysterious world of fungi and learn more about the crucial contribution they make to maintaining life on earth. Join mycologist Caroline Hobart on our annual autumnal foray searching for fungi across the nature reserve.


Time: 10am - 12.30pm
Length: 1 mile around the reserve
Booking: Essential - see page 2
Cost: See charges box - page 2

**“Good healthy walk with very knowledgeable leader.”**

– Fungi Foray 2017

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**SUNDAY, 6 OCTOBER**

**55 FUNGI FORAY AT OAKHILL**

See our fascinating fungi and discover more about their curious lives on this autumnal exploration of the nature reserve. Help mycologist Caroline Hobart hunt for different species, some growing in the most curious places too.


Time: 10am - 1pm
Length: Up to 2 miles around the reserve
Booking: Essential - see page 2
Cost: Free event

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**56 ACTIVE COAST CHILDREN IN NEED RAMBLE**

Join Active Coast for a family fun ramble around Sewerby Cliffs, Danes Dyke and South Landing as part of Countryfile’s Children in Need Ramble. Stop off on the way and help draw a message in the sand before returning to Sewerby Hall and Garden’s fantastic grounds.

Meet: Sewerby Hall, Church Lane, Sewerby, Bridlington YO15 1EA. OS Explorer Map 295, grid ref: TA 202 691.

Time: 10am - 3pm
Length: Choose a 1, 3 or 5 mile route
Booking: Further info at ActiveCoast.org
Cost: Free event

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**change4life**

**sugar swaps**

Visit [nhs.uk/change4life](http://nhs.uk/change4life)
**SATURDAY, 12 OCTOBER**

**57 ORIENTEERING AT THE HUMBER BRIDGE COUNTRY PARK**

The orienteering courses at the country park range from short and easy for navigating on paths, to longer, more technical ones. This afternoon is primarily aimed at beginners, but there is also a course for more experienced orienteers. Electronic timing will be used for the event which is run by HALO, the Humberside and Lincolnshire Orienteers. Coaching is available from British Orienteering qualified coaches.

Enquiries: Neil Harvatt, 07800 784255
neil@halo-orienteering.co.uk

Meet: Humber Bridge Country Park Local Nature Reserve, follow signs from the black mill on Hessle Foreshore HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available.

Time: Take part any time 11am - 1pm
Booking: No need to book
Cost: £4 adults, £2 juniors, £4 for group taking part together. Pay on the day, fee includes map and dibber hire.

**WEDNESDAY, 16 OCTOBER**

**58 A WATER’S EDGE RAMBLE**

Enjoy an autumn walk along the banks of the Ouse. Starting in the village of Hook we will take in wonderful views while walking up on the bank top, before following the network of footpaths back to the village.


Time: 10.30am - 1pm
Length: 5 miles
Booking: Essential - see page 2
Cost: See charges box - page 2

**SUNDAY, 20 OCTOBER**

**59 AUTUMN MIGRATION BIRDWATCH**

Flamborough Headland is one of the best places in the UK to experience bird migration. Scandinavian migrants rush across the North Sea for our berries and milder winters! A telescope will be available for close up views but please bring binoculars if you have a pair. Led by a local bird watching guide with Yorkshire Coast Nature.

Meet: South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1PQ. OS Explorer Map 301, grid ref: TA 231 695. Toilets available at the Living Seas Centre next to car park.

Time: 9.30am - 11.30pm
Length: Up to 2 miles of easy walking
Booking: Essential - see page 2
Cost: See charges box - page 2

“We were provided with binoculars and even a spare pair of gloves and braved the wind and rain for spectacular bird views!”

– Bird watching walk 2018

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**OCTOBER 2019**

**CALL Us TODAY on freephone 0800 9177752**

[Image: Free NRT Nicotine Replacement Therapy]

[Image: HNF-TR.healthtrainers@nhs.net]

[Image: www.readytostop.co.uk]
SATURDAY, 26 OCTOBER

60 INTRODUCTION TO BUSHCRAFT

Come along for an introduction to some of the basic skills required to survive and thrive in the wilderness. We will look at building an improvised Tarp shelter and how to light a fire. Discover how to improve your awareness of the woodland and your environment through tracking, natural navigation and foraging.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am - 12.30pm
Booking: Essential - see page 2
Cost: See charges box - page 2

TUESDAY, 29 OCTOBER

61 KIDS GO WILD: HIBERNATION DENS

As winter approaches help wildlife by building hibernation homes in the woods for insects, amphibians and small mammals. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am - 12 noon or 1.30 - 3.30pm
Booking: Essential - see page 2
Cost: Children £2.50 accompanying adults free

LEAVE NO TRACE

Take your rubbish home and recycle it

Whilst at events and walking reduce your packaging waste by using reusable bottles and lunch boxes.

Any rubbish you have, take home with you and recycle everything you can in your bins.

If you do find traces of fly-tipping, report it for investigation. Fly-tipping is a criminal offence and prosecutions will be sought where possible.

Leave no trace you’ve been in the countryside

For more info on what to recycle at home and to report fly-tipping, visit www.eastriding.gov.uk/flytipping

READY FOR A NEW YOU?

Search One You and take the free How Are You health quiz today.
SATURDAY, 2 NOVEMBER

62  COPPICING WORKSHOP
Spend a peaceful couple of hours away from town and find refuge in the woods at Beverley Parks. See, learn and try your hand at coppicing our small hazel trees. Take home a bundle of hazel stems to use in your garden instead of bamboo. Make the wood a happy place for wildlife too!

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.
Time: 10am - 1pm
Booking: Essential - see page 2
Cost: Free event

SATURDAY, 16 NOVEMBER

64  HEDGELAYING CONSERVATION DAY 3
Join in, learn new skills and practice the old art of hedgelaying. Learn how to lay a hedge and at the same time recreate an excellent habitat for wildlife on this coastal reserve for years to come.

Meet: Danes Dyke Local Nature Reserve overflow car park, located on the right side of the reserve’s exit road (pay & display charges apply), near Bridlington YO15 1AA. OS Explorer Map 301, grid ref: TA 215 695. Public toilets available.
Time: 10am - 3pm – stay as long as you wish
Booking: Essential - see page 2
Cost: Free event. Suitable for adults, young people aged 16 to 18 can attend if accompanied by an adult.

FRIDAY, 8 NOVEMBER

63  AN AUTUMN WALK ALONG THE HUDSON WAY RAIL TRAIL
Enjoy the tranquillity of an autumnal morning and join us to walk along the popular Hudson Way. Also known as the Beverley to Market Weighton Rail Trail, we’ll walk from Molescroft to the old Cherry Burton station, then returning along the meandering local public rights of way network to Beverley.

Meet: In the public car park off Grange Way, Beverley (almost opposite the Hayride pub) HU17 9GP. OS Explorer Map 293, grid ref: TA 029 415
Time: 9.30am - 12.30pm
Length: 5.5 miles
Booking: Essential - see page 2
Cost: See charges box - page 2

“Well organised, the leaders confident and accessible.”
– Hudson Way Circular 2018

Helping you prevent Diabetes, Heart and Kidney disease, Stroke and Dementia. Visit:
www.eastriding.gov.uk/health-checks
**SUNDAY, 24 NOVEMBER**

**CONSERVATION DAY**

Join us for a day of habitat management at Oakhill. Help take care of your nature reserve and make a difference to our local patch. Wear outdoor clothing and bring a packed lunch.

**Meet:** Oakhill Nature Reserve car park, off Tom Pudding Way, Goole DN14 6XL. (Near Tesco distribution centre on link road between M62 junction and Anderson Road). OS Explorer Map 291, grid ref: SE 728 234

**Time:** 10am - 2pm

**Booking:** Essential - see page 2

**Cost:** Free event

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**SATURDAY, 30 NOVEMBER**

**HEDGELAYING CONSERVATION DAY 4**

Join in, learn new skills and practice the old art of hedgelaying. Learn how to lay a hedge and at the same time recreate an excellent habitat for wildlife on this coastal reserve for years to come.

**Meet:** Danes Dyke Local Nature Reserve overflow car park, located on the right side of the reserve’s exit road (pay & display charges apply), near Bridlington YO15 1AA. OS Explorer Map 301, grid ref: TA 215 695. Public toilets available.

**Time:** 10am - 3pm – stay as long as you wish

**Booking:** Essential - see page 2

**Cost:** Free event. Suitable for adults, young people aged 16 to 18 can attend if accompanied by an adult.

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“Excellent and friendly organisation and staff. Expert advice from volunteer hedgelayers.”

– Hedgelaying Conservation Day 2017

“A very good day, enjoyed.”

– Hedgelaying Conservation Day 2017

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eat well, move more, live longer
“Well organised, lots of resources and guidance. First time we have worked with willow. Loved it.”
– Willow Crafts 2018

**SUNDAY, 1 DECEMBER**

**68 CHRISTMAS WREATH Workshop**

Join us out on the nature reserve for a festive treat and make a beautiful Christmas wreath to hang at your door or lintel, together with decorative ornaments for your tree. Materials include locally coppiced willow. Tuition and guidance from arts and crafts tutor Helen Kerr.


Time: 10am - 1pm

Booking: Essential - see page 2

Cost: See charges box - page 2

**SUNDAY, 1 DECEMBER**

**67 CHRISTMAS WILLOW WREATHS AND FESTIVE DECORATIONS**

Get into the seasonal spirit and make a rustic Christmas wreath and decorations using natural materials that Mother Nature has provided. Learn tips and techniques from artist Michele Davy, and add your own special festive finishing touches. This is an outdoor workshop in the meadow.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park. There is a five minute walk from the car park to the meadow.

Time: 10am - 12 noon or 1 - 3pm

Booking: Essential - see page 2

Cost: See charges box - page 2

**SATURDAY, 7 DECEMBER**

**69 CREATIVE CHRISTMAS WREATHS**

Spend a peaceful couple of hours outside in the orchard at Beverley Parks. Create a uniquely decorated willow wreath for your Christmas celebrations, or as a seasonal gift for loved ones. Creative guidance by artist Michele Davy and our countryside team.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am - 12 noon or 1 - 3pm

Booking: Essential - see page 2

Cost: See charges box - page 2

“Found it therapeutic and pleased with what I made.”
– Willow Craft Workshop 2018
“A wonderful, community feeling. Excellent organiser and tutor. Great end product.”

– Willow Crafts 2018

SUNDAY, 8 DECEMBER

70 WAVES OF WASTE BEACH CLEAN

Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean. Everyone welcome. Equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.

Time: 10am - 12 noon

Booking: Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk. Full details at www.ywt.org.uk/whats-on

Cost: Free event

SUNDAY, 15 DECEMBER

71 WINTER WILDLIFE WANDER

Come and join us at Oakhill for a festive ramble around the reserve. Observe the wildlife and soak in the winter colours over a hot chocolate and mince pie.


Time: 10am - 1pm

Length: Up to 2 miles around the reserve with a few steps

Booking: Essential - see page 2

Cost: Free event

“Oakhill is rich in wildlife, and rich in friendships too. Reflect with us at the end of another memorable year.”

– Chris Dickinson on behalf of the Friends of Oakhill
COVER THE COAST
This years ‘Cover the Coast’ itinerary will explore the East Yorkshire Coast with a range of walks and outdoor coastal activities for adults. These active sessions will take place in some of the spectacular areas on our coastline with fun activities to learn and try.

BASIC MAP READING
Friday, 1 February | 10am - 3pm
Flamborough South Landing
Meet: Living Seas Centre
(Parking Charge)
Learn basic map reading skills using a map and compass. Plan a route using hand rails, contour lines and grid referencing then head out to complete a short walk.

WITHERNSEA – PAST AND PRESENT HISTORY WALK
Friday, 1 March | 10am - 12 noon
Meet: East Riding Leisure Withernsea Car Park
Explore Withernsea’s past and present with a thought provoking walk around the town and seafront, finding out about the history and the changes that it has undergone.

CLIFFS AND AVES
Friday, 3 May | 9 - 11.30am
Flamborough North Landing
Meet: Flamborough North Landing
(Parking charge)
Explore Flamborough headland and its spectacular landscape. Learn about the local area, wildlife and discover the caves.

FRICITION FIRE LIGHTING
Friday, 7 June | 10am - 4pm
Danes Dyke, Bridlington
Meet: Danes Dyke Car Park
(Parking charge)
Learn how to light a fire using traditional friction fire lighting techniques (bow drill). This is a physically demanding course but amazingly rewarding upon completion.

SPOON CARVING
Friday, 6 September | 10am - 2pm
Danes Dyke, Bridlington
Meet: Danes Dyke Car Park
(Parking charge)
Enjoy the woodland and try your hand at a simple greenwood project. There is nothing more relaxing than spending your time on a simple carving project and creating your own spoon. Caution spoon carving can become addictive!

MAPPLETON TO HORNSEA WALK AND FOSSIL HUNT
Friday, 4 October | 10am
9 miles
Meet: Mappleton Beach Car Park
Join us for a stunning circular walk from Mappleton heading towards Hornsea and returning to Mappleton to take part in the Fossil hunt.

CHILDREN IN NEED RAMBLE
Sunday, 6 October | 10am
Meet: Sewerby Hall and Gardens
Join Active Coast for a family fun ramble around Sewerby Cliffs, Danes Dyke and South Landing as part of Countryfile’s Children in Need Ramble. Help draw a message in the sand before returning to Sewerby Hall and Garden’s fantastic grounds.

WILDERNESS NAVIGATION
Friday, 1 November | 10am - 12 noon
Danes Dyke, Bridlington
Meet: Danes Dyke Car Park
(Parking charge)
Imagine being lost in the wilderness without a map or compass to help you navigate to safety. Join leader Brian Bate and learn how to use nature to navigate your way home.

THE HEADLANDS WAY WALKS
15 Spaces | Booking Essential
20 miles
£7.50 FOI D NE WALK
£10 FOI D OTM ALKS
including return transport

Enjoy two led walks that cover the Headlands Way from Bridlington to Filey. Covering 20 miles in total along the chalk cliffs of the Heritage coast. Enjoy spectacular views around Flamborough Head, the RSPB reserve at Bempton and Filey bay and Brigg. A bus will be available to transport participants back to start points.

PART ONE:
BRID TO BEMPTON
Friday, 5 July
10am

PART TWO:
BEMPTON TO FILEY
Friday, 2 August
10am
COASTAL EXPLORERS
Active and fun nature themed activities. Join our friendly staff during the holidays for weekly outdoor adventures and to explore the full East Yorkshire coast. Look out for extended specials with Responsible Fishing and don’t miss out brand new ‘beach clean and create’ sessions.

**EASTER**

**ROCKPOOLING ADVENTURE**
Monday, 8 April | 10.30am - 1pm
Flamborough South Landing
Follow the tide out at for a rock pooling adventure and finish with some beach art fun.

**HORSESEA BEACH CLEAN, SANTA AND STONE ART**
Wednesday, 10 April | 10am - 3pm
Clean up the beach and try your hand at some stone and sand art fun.

**WITHORNSEA BEACH CLEAN AND OSSIA FURLONGS**
Monday, 15 April | 9.30am – 12 noon
Clean up the beach and discover the fossil furlong trail.

**MAY**

**HUMBER BRIDGE HAVE A FIELD DAY**
Wednesday, 29 May | 11am - 4pm
Enjoy bushcraft, woodland art and a range of family fun activities.

**SUMMER** Booking opens in July

**MAPPLETON FOSSIL HUNT**
Wednesday, 24 July | 1 - 3pm
Fossil hunting, beach art and fun games.

**FOSSIL HUNTING, BEACH ART AND UN GAMES**
Monday, 29 July | 10am - 12 noon
Spurn Point Wilderness Adventure with Beach Art. Learn about the area, local wildlife and enjoy some beach combing fun.

**HORSESEA BEACH CLEAN AND CREATE**
Wednesday, 31 July | 10am - 3pm
Clean up the beach and create some arty eco fun boards with what we find.

**JUNE**

**ROCKPOOLING ADVENTURE**
Monday, 5 August | 1 - 3pm
Flamborough South Landing
Follow the tide out at for a rock pooling adventure and finish with some beach art fun.

**BRIDLINGTON BEACH CLEAN AND CREATE**
Wednesday, 7 August | 10am - 3pm
Clean up the beach and create some arty eco fun boards with what we find.

**DANES DYKE HIKE AND FIREFLIGHT**
Monday, 12 August | 10am - 12 noon
Enjoy bushcraft, shelter building and marshmallows on the fire.

**WITHORNSEA BEACH CLEAN AND CREATE**
Wednesday, 14 August | 10am – 3pm
Clean up the beach and create some arty eco fun boards with what we find.

**CLIFFS AND CAVES**
Monday, 19 August | 10am - 3pm
Explore the area, try rockpooling and enjoy some stone art fun in the cove.

**OCTOBER** Booking opens in September

**DANES DYKE HIKE AND FIREFLIGHT**
Monday, 28 October | 10am - 3pm
Enjoy bushcraft, woodland art and marshmallows on the fire.

**BOOKING ESSENTIAL FOR FURTHER INFORMATION INCLUDING MEETING POINTS, VISIT:**

**ActiveCoast.org**

**WHY NOT FOLLOW US ON SOCIAL MEDIA**

Have a little less, feel a lot better.
drinkaware.co.uk/littleless
Bringing you closer to the Yorkshire coast

The Living Seas Centre, Flamborough
Discover the stunning shoreline of South Landing, find out what lives beneath the waves and join a range of rockpooling events and much more throughout the year. Indoor arts, crafts and interactive displays for the family. YO15 1AE

Spurn Discovery Centre
Explore Yorkshire’s most unique coastal landscape, less than an hour from Hull. Take a 4x4 ‘Spurn Safari’ to the iconic 128ft high lighthouse, explore three miles of wilderness-like beaches and dunes or simply take in the views from the new Discovery Centre. HU12 0UH

To see our upcoming events please visit www.ywt.org.uk

www.ywt.org.uk

Love Yorkshire, Love Wildlife
Yorkshire Wildlife Trust is registered in England no. 409650 and is a registered charity no. 210807
Walking for Health

What is Walking for Health?

The scheme is a series of free guided walks for all ages and abilities, aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine as part of rehabilitation from illness, injury or to get fit.

We offer a range of walks starting from 30 minutes to 2 hours. The most important thing is that you start where you are at and gradually build up to the longer walks.

Please note: 2 hour walks are not part of the Walking for Health programme but part of a progression walk provided by volunteers and supported by East Riding of Yorkshire Council.

Volunteer with us?

The Walking for Health scheme around the East Riding simply wouldn’t exist without our wonderful volunteers.

Volunteering for East Riding’s Walking for Health scheme can be a great experience. If you’d like to volunteer on one of our Health Walks then please get in touch using the contact details provided in this section of this booklet.

The scheme coordinator will then be able to let you know about the processes for training and how it could benefit you.
What do I need for walking?

Walking is almost perfect exercise, requiring no expense, almost anyone can do it, it can be done anywhere at any time, it is the best way for people from all walks of life to become more active gradually.

All you need are a good pair of shoes, that are comfortable, provide good support and don’t cause blisters. Loose fitting clothing allows you to move more freely. Wear thin layers rather than heavy clothing. If it’s a hot day take a bottle of water.

For longer, more challenging walks, why not try The Ramblers?

For more information about The Ramblers in your area, please contact:

Beverley
Joe Neal
jjdneal@hotmail.com
(01482) 860282

Howden and Goole
Marion Thomas
thomas.marion@btinternet.com
(01430) 431766

Hull and Holderness
Steve Mullarkey
aspill@aspill.karoo.co.uk
07834 690020

Pocklington
Martin Hill
mph60@btinternet.com
(01377) 270731

Are the walks wheelchair and buggy friendly?

Due to the terrain around the East Riding some walks will not be suitable for Wheelchair users and buggies.

If you would like to come on a walk and are in a wheelchair please contact the Healthy Lifestyles Development Officer to check to see whether the walk is accessible.

Can I bring a dog?

Please call beforehand to check. If a dog is allowed on the walks they must be on a short lead that won’t trip up any fellow walkers.

Do I need to book?

No need to book, just turn up 15 minutes before the walk starts.

For more information about the walks in the East Riding please contact:

Laura Hutchinson, Healthy Lifestyles Development Officer
(01482) 392527
laura.hutchinson@eastriding.gov.uk

www.walkingforhealth.org.uk

For longer, more challenging walks, why not try The Ramblers?

For more information about The Ramblers in your area, please contact:

Beverley
Joe Neal
jjdneal@hotmail.com
(01482) 860282

Howden and Goole
Marion Thomas
thomas.marion@btinternet.com
(01430) 431766

Hull and Holderness
Steve Mullarkey
aspill@aspill.karoo.co.uk
07834 690020

Pocklington
Martin Hill
mph60@btinternet.com
(01377) 270731

www.walkingforhealth.org.uk

Aged 40-74? Find out about our FREE NHS Health Check Visit:
www.eastriding.gov.uk/health-checks
Macmillan Cancer Evening Walk

East Riding Leisure Beverley, Flemingate, Beverley HU17 0LT
Everyone is welcome to attend.

THE FIVE WAYS TO WELL-BEING

2. BE ACTIVE
Exercise has been shown to increase mood and lower depression and anxiety.

WALKING FOR HEALTH 2019
Bridlington – East Riding Leisure Bridlington

Mile Marker Walk – The Promenade, Bridlington YO15 2QQ (Meet inside at the café)
www.eastridingleisure.co.uk/bridlington

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Brough Methodist Church

51 Welton Road, Brough HU15 1DL

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*On the dates marked with an asterisk, please meet outside the Half Moon Pub, Elloughton

Brough Methodist Church

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<th>Cottingham Sports Centre</th>
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<table>
<thead>
<tr>
<th>Cottingham Sports Centre</th>
<th>1 hour walk (3rd Wednesday of the month) at 1pm</th>
<th>Jan</th>
<th>Feb</th>
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</table>

LONGER PROGRESSION WALK

2 hour walk (1st Wednesday of the month) at 1pm

Feb 6 Cottingham Sports Centre
Mar 6* Black Horse Pub, Little Weighton
Apr 3 Cottingham Sports Centre
May 1* Nut Wood, Raywell
June 5 Cottingham Sports Centre
July 3* Green Dragon pub, Welton
Aug 7 Cottingham Sports Centre
Sept 4* Car park below Mill restaurant
Oct 2 Cottingham Sports Centre
Nov 6 Cottingham Sports Centre
Dec 4 Cottingham Sports Centre

* If you require transport for the 2 hour walks in March, May, July or September email Jan Tweedale: jansimon@tweedale.karoo.co.uk

NEW WALK FOR 2019

**XMAS LUNCH**

1 hour walk (3rd Wednesday of the month) at 1pm

Xmas lunch venue TBC
Driffield – East Riding Leisure Driffield
Bridlington Road, Driffield YO25 5HZ • www.eastridingleisure.co.uk/driffield

1 hour walks (Tuesday) at 11am
†No walk on 17th December (proposed date for Christmas lunch)

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* On the dates marked with an asterisk, please meet at the Millennium Clock in the Town Centre.

LONGER PROGRESSION WALK 2 Hour Walk (Tuesday)
NOTE: Some of these walks may exceed 2 hours

<table>
<thead>
<tr>
<th>Jan 15</th>
<th>Feb 12</th>
<th>Mar 12</th>
<th>Apr 16</th>
<th>May 14</th>
<th>June 11</th>
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</thead>
<tbody>
<tr>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet The Green in Cranswick (10.30am start)</td>
<td>Meet Sledmere War Memorial (10.30am start)</td>
<td>Meet Burton Agnes Hall, rear car park (10.30am start)</td>
</tr>
<tr>
<td>July 9</td>
<td>Aug 13</td>
<td>Sept 10</td>
<td>Oct 8</td>
<td>Nov 12</td>
<td>Dec 10</td>
</tr>
<tr>
<td>Meet Fridaythorpe by the pond (10.30am start)</td>
<td>Meet Watton Lay-by on A164 (10.30am start)</td>
<td>Meet at The Green in Cranswick (10.30am start)</td>
<td>Meet Nafferton by the pond (10.30am)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
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Goole – East Riding Leisure Goole
North Street, Goole DN14 5QX • www.eastridingleisure.co.uk/goole

Up to 1 hour walks (Thursday) at 10am

<table>
<thead>
<tr>
<th>Jan 10</th>
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<th>Feb 28</th>
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<tr>
<td>East Riding Leisure Goole</td>
<td>Hook Memorial Hall</td>
<td>East Riding Leisure Goole</td>
<td>Waterways Museum</td>
<td>East Riding Leisure Goole</td>
<td>West Park Car Park</td>
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<td>Hook Memorial Hall</td>
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<tr>
<td>East Riding Leisure Goole</td>
<td>Oakhill Country Park</td>
<td>East Riding Leisure Goole</td>
<td>Waterways Museum</td>
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<td>Waterways Museum</td>
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<td>West Park Car Park</td>
<td>East Riding Leisure Goole</td>
<td>Hook Memorial Hall</td>
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Goole – West Park
Airmyn Road, Goole DN14 6XA

30 minute walk (Wednesday) at 10.30am

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Haltemprice – East Riding Leisure Haltemprice

Springfield Way, Anlaby HU10 6QJ • www.eastridingleisure.co.uk/haltemprice

### 1 hour walk (Wednesday) at 1.30pm

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### 30 minute walk (Wednesday) at 1.30pm

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Hessle – Hessle Community Centre

Old School House, The Hourne, Hessle HU13 9LJ

### 1 hour walk (Tuesday) at 10am

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* Dates marked with an asterisk please meet at Hessle Community Centre. A mini bus will leave at 10am and travel to a country location in the East Riding for a 60-90 minute walk and then a pub lunch.

Hornsea – Floral Hall Café

NEW LOCATION FOR 2019

Esplanade, Hornsea, HU18 1NQ

### 1 hour walks (every Wednesday) at 11am

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Howden – Shire Hall
11 Market Place, Howden DN14 7BJ

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<th>Up to 1 hour walk (Thursday) at 1.45pm</th>
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Leven – Leven Sports & Social Club
North Street, Leven HU17 5NF

<table>
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<th>1 hour walk (every Thursday) at 10am</th>
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Market Weighton
St John’s Methodist Church
Market Place, Market Weighton YO43 3AJ
For more information about the Market Weighton Walks please contact David Battams 07875 550413 or Andrew F Barber 07843 784763 or visit www.weightonwalkers.org

<table>
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<th>1 – 1.5 hour walk (every Wednesday) at 10am</th>
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THE FIVE WAYS TO WELL-BEING

KEEP LEARNING
Learning new things will make you more confident as well as being fun
Weighton Walkers – Friday Walks

All walks start at 10.30am, unless notified nearer the day. For more information about meeting points please contact David Battams 07875 550413 or Andrew F Barber 07843 784763 or visit www.weightonwalkers.org

**LONGER PROGRESSION WALK at 10.30am**

<table>
<thead>
<tr>
<th>Month</th>
<th>Location</th>
<th>Distance</th>
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<tbody>
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<td>Jan 18</td>
<td>Whitwell on the Hill</td>
<td>6 miles</td>
</tr>
<tr>
<td>Feb 15</td>
<td>Easington Skefling circular walk</td>
<td>5 miles</td>
</tr>
<tr>
<td>Mar 15</td>
<td>Lund/Lockington circular walk</td>
<td>9 miles</td>
</tr>
<tr>
<td>Apr 19</td>
<td>Brandesburton/North Frodingham circular walk</td>
<td>7.5 miles</td>
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<tr>
<td>May 17</td>
<td>Lastingham circular</td>
<td>8 miles</td>
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<tr>
<td>June 21</td>
<td>Hovingham circular</td>
<td>7 miles</td>
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<tr>
<td>July 19</td>
<td>Holme on Spalding Moor</td>
<td>7 miles</td>
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<tr>
<td>Aug 16</td>
<td>Brantingham</td>
<td>7 miles</td>
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<tr>
<td>Sept 20</td>
<td>Brough/Feriby/Welton</td>
<td>9 miles</td>
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<td>Oct 18</td>
<td>Whitwell on the Hill</td>
<td>8 miles</td>
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<tr>
<td>Nov 15</td>
<td>Bunny Hill/Hotham Carr</td>
<td>7 miles</td>
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<td>Dec 13</td>
<td>Huggate</td>
<td>6 miles</td>
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**Paull – St Andrew Church**

Thorgumbald Road, Paull HU12 8AX

**30 minute walk (Monday) at 10.30am**

<table>
<thead>
<tr>
<th>Month</th>
<th>Jan</th>
<th>Feb</th>
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REACH ONE YOU and take the free How Are You health quiz today.
Preston Walkers – Preston Community Hall

Main Street, Preston, Hull HU12 8SA • www.prestonwalkers.weebly.com
Please contact Keith Lockyer on 07939 829923 email: houndaway@live.co.uk,
Pam (01482) 899836 email: pammie49uk@yahoo.com or Colin Storr 07989 469299.
All walks in January, November and December will start at 1pm.

Pocklington – East Riding Leisure Francis Scaife

Burnby Lane, Pocklington YO42 2QE • www.eastridingleisure.co.uk/francisscaife
For more information about the walks and the meeting points, or about giving/-needing
lifts please contact Isobel (01759) 303091, Wendy (01759) 305613 or Sue (01430) 871367.

1 hour walk (Wednesday) at 1.30pm – please call to confirm

<table>
<thead>
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<th>Jan</th>
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1.5 hour walk (Wednesday) at 1.30pm – please call to confirm

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<tr>
<td>23</td>
<td>20</td>
<td>20</td>
<td>17</td>
<td>15*</td>
<td>17*</td>
<td>21</td>
<td>18*</td>
<td>16</td>
<td>27</td>
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</tbody>
</table>

* The dates marked with an asterisk is a coach trip with a walk.

1.5 hour walk (Friday) at 10am

<table>
<thead>
<tr>
<th>Jan 18</th>
<th>Feb 1</th>
<th>Feb 15</th>
<th>Mar 1</th>
<th>Mar 15</th>
<th>Mar 29</th>
<th>Apr 12</th>
<th>Apr 26</th>
<th>May 10</th>
<th>May 24</th>
<th>June 7</th>
<th>June 21</th>
<th>July 5</th>
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Sewerby – Sewerby Hall and Gardens

Clock Tower Cafe • Church Lane, Sewerby, Bridlington YO15 1EA • www.sewerbyhall.co.uk

<table>
<thead>
<tr>
<th>1 hour walk (Tuesday) at 10.30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
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<tr>
<td>15</td>
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<tr>
<td>29</td>
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</table>

LONGER PROGRESSION WALK 2 hour walk (Tuesday) at 10am

<table>
<thead>
<tr>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>July</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
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<td>5</td>
<td>5</td>
<td>2</td>
<td>14</td>
<td>11</td>
<td>9</td>
<td>6</td>
<td>3</td>
<td>1</td>
<td>12</td>
<td>10</td>
</tr>
<tr>
<td>22</td>
<td>19</td>
<td>19</td>
<td>16</td>
<td>28</td>
<td>25</td>
<td>23</td>
<td>20</td>
<td>17</td>
<td>15</td>
<td>26</td>
<td>29</td>
</tr>
</tbody>
</table>

South Cave – East Riding Leisure South Cave

Church Street, South Cave HU15 2EP • www.eastridingleisure.co.uk/southcave

<table>
<thead>
<tr>
<th>1 – 1.5 hour walk (Tuesday) at 10am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
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<tr>
<td>15</td>
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<tr>
<td>29</td>
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</tbody>
</table>

Stamford Bridge  NEW FOR 2019

Derwent Tea Rooms

The Square, Stamford Bridge, York YO41 1AF

<table>
<thead>
<tr>
<th>1 hour walk (1st and 3rd Thursday) at 11am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
</tr>
<tr>
<td>-----</td>
</tr>
<tr>
<td>3</td>
</tr>
<tr>
<td>17</td>
</tr>
</tbody>
</table>
Women’s Health – Welwick Village Hall

Welwick Village Hall, Main Street, Welwick, Hull HU17 0RY
For more information about the walks please contact Janet via email at janetwheelwright51@gmail.com, or call Janet 07931 863002, Pat (01964) 630455 or Gill (01964) 630906

<table>
<thead>
<tr>
<th>1 hour walk (Thursday) at 1.30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
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<tr>
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<tr>
<td>10</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>LONGER PROGRESSION WALK</th>
<th>2 hour walk (Thursday) at 1.30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>Feb</td>
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</tr>
<tr>
<td>24</td>
<td>28</td>
</tr>
</tbody>
</table>

Withernsea
East Riding Leisure Withernsea

Station Road, Withernsea HU19 2QA • www.eastridingleisure.co.uk/withernsea

<table>
<thead>
<tr>
<th>1 hour walk (Wednesday) at 9.30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
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<td>-----</td>
</tr>
<tr>
<td>2</td>
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<tr>
<td>9</td>
</tr>
<tr>
<td>16</td>
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<tr>
<td>23</td>
</tr>
<tr>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LONGER PROGRESSION WALK</th>
<th>2 hour walk (Monday) at 9am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>Feb</td>
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<td>-----</td>
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<td>21</td>
<td>18</td>
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<td>29</td>
</tr>
</tbody>
</table>

Helping you prevent Diabetes, Heart and Kidney disease, Stroke and Dementia. Visit: www.eastriding.gov.uk/health-checks

For more information visit nhs.uk/change4life
## Weighton Walkers – Pub Walks 2019

All walks start at 10.30am. For further details please contact Andrew F Barber on 07843 784763 or visit www.weightonwalkers.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Area</th>
<th>Pub Meeting Point</th>
<th>Address</th>
<th>Distance</th>
<th>Length (approx)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 January</td>
<td>Lelley</td>
<td>The Stags Head Inn</td>
<td>Humbleton Road, Lelley HU12 8SN</td>
<td>5 miles</td>
<td>2 ½ hours</td>
</tr>
<tr>
<td>8 February</td>
<td>Market Weighton</td>
<td>The Bay Horse</td>
<td>75 Market Place, Market Weighton YO43 3AN</td>
<td>6 miles</td>
<td>3 hours</td>
</tr>
<tr>
<td>8 March</td>
<td>Walkington</td>
<td>The Dog and Duck</td>
<td>Walkington, East Yorkshire HU17 8SX</td>
<td>5 miles</td>
<td>2 ½ hours</td>
</tr>
<tr>
<td>12 April</td>
<td>Blacktoft</td>
<td>The Hope and Anchor</td>
<td>Blacktoft, Goole DN14 7YW</td>
<td>7 miles</td>
<td>3 hours</td>
</tr>
<tr>
<td>10 May</td>
<td>Bishop Wilton</td>
<td>The Fleece Inn</td>
<td>47 Main Street, Bishop Wilton YO42 1RU</td>
<td>6 ½ miles</td>
<td>3 hours</td>
</tr>
<tr>
<td>14 June</td>
<td>Welton</td>
<td>The Green Dragon</td>
<td>Cowgate, Welton HU15 1NB</td>
<td>5 miles</td>
<td>2 ½ hours</td>
</tr>
<tr>
<td>12 July</td>
<td>Harpham</td>
<td>St Quintins Arms</td>
<td>Main Street, Harpham YO25 4QY</td>
<td>6 miles</td>
<td>3 hours</td>
</tr>
<tr>
<td>9 August</td>
<td>Flamborough</td>
<td>Ship Inn</td>
<td>Post Office Street, Flamborough YO15 1JS</td>
<td>6 miles</td>
<td>3 hours</td>
</tr>
<tr>
<td>13 September</td>
<td>Millington</td>
<td>The Gait Inn</td>
<td>Main Street, Millington YO42 1TX</td>
<td>5 miles</td>
<td>2 ½ hours</td>
</tr>
<tr>
<td>11 October</td>
<td>North Newbald</td>
<td>The Gnu</td>
<td>The Green, North Newbald YO43 4SA</td>
<td>4 ½ miles</td>
<td>2 hours</td>
</tr>
<tr>
<td>8 November</td>
<td>Allerthorpe</td>
<td>The Plough Inn</td>
<td>Main Street, Allerthorpe YO42 4RW</td>
<td>5 miles</td>
<td>2 ½ hours</td>
</tr>
<tr>
<td>13 December</td>
<td>Huggate</td>
<td>Wolds Inn</td>
<td>Driffield Road, York YO42 1YH</td>
<td>6 miles</td>
<td>3 hours</td>
</tr>
</tbody>
</table>

Please be aware that the walks may be over steep or uneven or muddy ground and as such suitable footwear must be worn. Wear clothing suitable for the weather and bring waterproofs, just in case.

Neither East Riding of Yorkshire Council nor the organisers of the walks condone Drink Driving. If you wish to have a drink after the walk please arrange a designated driver or make alternative transport arrangements.
Free Health Checks

Aged 40-74? Get your FREE NHS health check.

Available at any East Riding Leisure Centre. For more details call into your local East Riding Leisure Centre, visit our website or call (01482) 595223.

Exercise Referral

For people with medical conditions who could benefit from a more active lifestyle.

For more information about our Health Programmes, please call into your local East Riding Leisure Centre, visit our website or call (01482) 395149.
HOW ARE YOU?

In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life.

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It’s never too late to start.

Search One You and take the free health quiz to see how you score.