

Project Update 16: Autumn 2015



Carry on Exploring This Autumn!

The summer may be over but there's no need to stop getting out and enjoying the South West's coast and countryside.

In this mini update we'll provide ideas for you to enjoy the best autumn experiences on offer through Countryside Mobility.

One of the real advantages of autumn is that with fewer visitors on holiday, you'll get more space, more tranquillity and, in many cases, greater access to using a Trampler at short notice (although it's still worth booking ahead to avoid disappointment).

So why not get out there this autumn!

Celebrating 25 Years with a Coastal Challenge

You may not be aware but Countryside Mobility is run by Living Options Devon, a charity that runs a range of projects to ensure those with disabilities can live the life they choose.

It's our 25th anniversary and as part of a year of fundraising celebrations, Countryside Mobility is playing its part by taking up the South West Coast Path's Coastal Challenge. We've created our very own Trampler version too!

During October we'll be visiting each and every one of our Countryside Mobility sites that are on the coast and exploring them by Trampler.

From St Michael's Mount in Cornwall up to Heddon Valley in North Devon and Durlston Country Park in Dorset we'll be racking up the miles...whatever the weather!

Look out for updates on our Facebook and Twitter pages where we'll be posting photos and video to let you know how we're getting on.

You can sponsor us by visiting <https://www.justgiving.com/TramplerChallenge>

Alternatively, send a cheque made payable to 'Living Options Devon'. Please write 'Trampler Challenge' on the back and send to the address below.



Top Five Places to Enjoy Autumn with Countryside Mobility

There's no need to stop exploring now that we're in Autumn.

We thought we'd put together a selection of some of the best places to visit this autumn. If you've got some other ideas of your autumn favourites let us know on our Facebook page (www.facebook.com/CountrysideMobility), emailing or writing to us.

1. Batsford Arboretum, Cotswolds

If you're looking to enjoy the changing colours of autumn, Batsford is the ideal place.

Home to the country's largest private collection of trees and shrubs you'll be sure of a dazzling display even on the duller day.

And with the attraction close to some of the Cotswolds most popular villages then you have the making of the perfect autumn day out.



Arranging Your Visit to Batsford

Open: **Book your slot at 10am, 12noon or 2pm**

Phone: **01386 701441**

Website: **www.batsarb.co.uk**

Email: **arboretum@batsfordfoundation.co.uk**

2. Lydford Gorge, West Devon



Rain isn't always bad news! The increased flow of rivers and streams makes waterfalls more spectacular and Lydford has the South West's highest.

At 90 feet, The White Lady Waterfall is at its best on the days after rainfall and the Tramper allows you access down to valley floor where you can take in the mesmerising flow of water.

Arranging Your Visit to Lydford Gorge

Open: **10am to 4 pm**

Phone: **01822 820320**

Website: **www.nationaltrust.org.uk/lydford-gorge**

Email: **lydfordgorge@nationaltrust.org.uk**

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3 and 4. RSPB Arne, Dorset and Seaton Wetland, Devon



While we might not see so many human visitors in the South West during the autumn it sees a significant influx of a different sort of international visitor.

Lapwing, Brent Geese, Avocets and spoonbills are just some of the birds that make their home in wetlands at this time of the year.

Countryside Mobility has two perfect locations to get twitching.

RSPB Arne, close to Wareham, is set in the stunning Poole Harbour, Europe's largest natural harbour.

Seaton Wetlands was rated one of the best places to watch wildlife in a travel edition of Which? magazine and offers nearly 3 miles of level trails and boardwalks.

Arranging Your Visit to RSPB Arne

Open: **9am to 4.30 pm**

Phone: **01929 553360**

Website: **www.rspb.org.uk/arne**

Tips: **Hire charge (per hour) is
£1 for RSPB members
£3 per hour for non-members**



Arranging Your Visit to Seaton Wetlands

Open: **Advance booking is essential as staff are not always on-site**

Phone: **01395 517557**

Email: **countryside@eastdevon.gov.uk**

Website: **www.eastdevon.gov.uk/countryside/countryside-sites/seaton-wetlands**

Top Five Places to Enjoy Autumn with Countryside Mobility

5. The Weir Café, Bude

As the temperatures fall there's no better feeling than the reward of good food and a log fire to look forward to at the end of your time in the countryside.

The Weir Café provides just that, combining Trampler hire with a menu made up of delicious, locally sourced meals and snacks and a fire to warm yourself by.

Its panoramic windows take full advantage of its lakeside position which is the start for a range of trails including alongside the Bude Canal and the multifunctional pathway on the Whalesborough Farm grounds.



Arranging Your Visit to The Weir Cafe

Café Open: **9:30 am to 4:30 pm (Mon—Weds), 9:30 am to 8 pm (Thurs and Fri), 9 am to 8 pm (Sat), 9 am to 4:30 pm (Sun)**

Phone: **01288 362 234**

Website: **www.weir-restaurant-bude.co.uk**

Tips: **Hire charge is £10 per day**

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Heddon Valley Phone Number

If you're calling Heddon Valley please dial **01598 763556** which takes you straight to the Ranger Team responsible for Trampler Hire rather than the previously suggested Visitor Services number. Thank you!

Your Countryside Mobility Sites for 2015!

Site	Near...	Phone	
Mount Edgcumbe House and Park	Plymouth	01752 822236	Details of each site including booking requirements, site facilities and whether the Tramper user needs to be accompanied can be found on our website.
National Trust Lanhydrock	Bodmin	01208 265950	
National Trust Penrose	Helston	01326 561407	
National Trust Trelissick	Truro	01872 862090	
Siblyback Lake	Liskeard	01579 246522	
Trebah Garden	Falmouth	01326 252200	
National Trust St Michael's Mount	Penzance	01736 710265	
The Weir, Bude Canal	Bude	01288 362234	
National Trust Arlington Court	Barnstaple	01271 372586	
Seaton Wetlands	Seaton	01395 517557	
Dartington Gardens	Totnes	01803 847058	
The Granite Way—Devon Cycle Hire	Okehampton	01837 861141	
Glen Lynn Gorge	Lynmouth	01598 753207	
Haldon Forest Park	Exeter	0300 0675826	It is generally recommended to book in advance. This is especially true at busy times of the week and year. On some smaller sites it is essential.
National Trust Lydford Gorge	Launceston	01822 820320	
National Trust Heddon Valley	Lynton	01598 763556	
National Trust Buckland Abbey	Tavistock	01822 856045	
National Trust Parke	Bovey Tracey	01626 834748	
National Trust Saltram	Plymouth	01752 333503	
RHS Rosemoor	Torrington	01805 626810	
Hannah's at Seale Hayne	Newton Abbot	01626 325800	
Stover Country Park	Newton Abbot	01626 835236	
Tamar Trails Centre	Tavistock	01822 833409	
Avon Heath Country Park	Ringwood	01425 478082	Don't forget to share memories and photos with us on our Facebook and Twitter pages.
RSPB Arne	Wareham	01929 553360	
Durlston Country Park	Swanage	01929 424443	
National Trust Golden Cap	Bridport	01297 489481	
Holton Lee	Poole	01202 625562	
Moors Valley Country Park	Ringwood	01425 470721	
Batsford Arboretum	Evesham	01386 701441	
Crickley Hill Country Park	Cheltenham	01452 863170	
National Trust Dunster Castle	Minehead	01643 821314	
Hestercombe Gardens	Taunton	01823 413923	
National Trust Tyntesfield	Bristol	01275 461900	Have a great time!
Wimbleball Lake	Exmoor	01398 371460	