

# 15 activities to try at our National Parks



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## We're lucky that here in the UK we have some wonderful National Parks to show off the beautiful landscapes that Britain has to offer.

Unfortunately, nature isn't always as accessible as we'd like. If you're living with a physical disability then rough terrain, steps, and steep slopes can put you off visiting a National Park.



**Did you know that each of the 15 national parks across the UK have a variety of accessible activities and routes available?**

Here are some of our favourites:

## 1: The Norfolk Broads

The Nancy Oldfield Trust offers trips on the water for those living with mental health issues or physical disabilities. They also have a fully wheelchair-accessible bungalow available to rent, should you want to stay longer than a day.

**[Find out more](#)**



## 2: Dartmoor

Dartmoor has partnered up with Dartmoor for All to create the Easy-Going Dartmoor Guide, which details all the accessible routes around the park. The guide even includes details like where the nearest disabled toilets are, so you can pick the best route to match your needs.

**[Find out more](#)**

## 3: Exmoor

Check out the beautiful Wimbleball Lake in Exmoor National Park for a brilliant sailing adventure with Wimbleball Sailability. They have a power boat that's been designed to fit wheelchairs and sailing boats that are suitable for those with limited strength, dexterity, or balance.

**[Find out more](#)**





## 4: Lake District

The gorgeous Lake District has 48 “Miles without Stiles” routes to let everyone enjoy this picturesque park. These great walks include route from Bowness to Cockshott Point, which follows along the waterfront.

[Find out more](#)

## 5: New Forest

Head to Avon Tyrell for an accessible adventures weekend. Designed for families with children who are differently abled so they can experience outdoor adventures in a supportive environment. They offer tailor-made activity packages to make sure they can cater to your needs.

[Find out more](#)



## 6: Northumberland

Be sure to drop by Kielder Water for a tranquil day out. They have accessible kayaks, canoes and boats available for use, so you can explore the water. If you want to make a holiday of it, they have wheelchair-accessible lodges available too.

[Find out more](#)

## 7: North York Moors

Take a stroll through the beautiful Forge Valley woods alongside the River Derwent on a fairly level wooden boardwalk. It has a variety of resting spots along the way and passing points that double as viewing platforms.

**[Find out more](#)**



## 8: Peak District

Visit Parsley Hay, near Buxton, to head off on a cycling adventure. They have a range of accessible bikes for hire including tricycles, tandem trikes, hand-crank cycles, wheelchair cycles, and Boma all-terrain wheelchair bikes.

**[Find out more](#)**

## 9: Yorkshire Dales

See the views at Malham Tarn on their special Tramper route. You can hire their special all-terrain, four-wheel drive mobility scooter, called the Tramper for the day or bring your own scooter to follow the route and see some spectacular scenery.

**[Find out more](#)**





## 10: South Downs

The South Downs now has six “Miles without Stiles” routes and is aiming to become the UK’s most accessible National Park. The route at Bramber starts with a nice, wide path that is easy to negotiate if you’re using a wheelchair or mobility scooter.

[Find out more](#)

## 11: Brecon Beacons

All aboard! Visit the Brecon Mountain Railway and take a ride on the steam train. One of the carriages has been designed to carry wheelchairs. It makes a stop alongside Pontsticill Reservoir, which offers both beautiful views and a level platform.

[Find out more](#)



## 12: Pembrokeshire Coast

One for the bird watchers, the easy-access walk at St Govan’s Head has a surfaced path with few gradients, making it a great option if you use a wheelchair. The route offers gorgeous views along the coast along with plenty of birds in their natural habitat.

[Find out more](#)

### 13: Snowdonia

The beautiful Mawddach Trail follows along the edge of the Mawddach estuary. It has wide gates allowing wheelchairs and mobility scooters to pass through with ease. The North Wales Society for the Blind has also produced an audio guide for the route.

**[Find out more](#)**



### 14: Cairngorms

One for animal lovers, the Highland Wildlife Park is welcoming to all visitors. While their location means that some parts of the park steep and rugged, making them harder to get around, the majority of park is accessible.

**[Find out more](#)**

### 15: Loch Lomond and the Trossachs

Take in the sights with a gentle walk along the riverside at Callander Meadows. The route has surfaced roads and paths making it easier to get around if you're in a wheelchair, using a mobility scooter or struggle with your balance on uneven surfaces.

**[Find out more](#)**



# Must-haves to take with you while you're out and about

Preparing to set off on an adventure? Here are some of our essential products that may help make your day a little easier.

## Staying mobile



### **The 2-in-1 Rollator Transit Chair**

Gives you support while you're walking but also doubles as a transit chair, so you can rest when you need to.

### **Portable Handy Bar**

Get help when getting into or out of the car. It can be taken with you if you're not using your own car.



## Enjoying the outdoors



### **Unisex Travel Urinal**

When nature calls and there isn't a toilet nearby, this travel urinal is an essential to have so you know you won't be caught short.



### **Super 8 Daily Pill Reminder**

Take your medication with you on your adventures. The alarm function will make sure you don't forget a dose.



### **Picnic perfection**



### **Hydrant 1 litre Bottle with Drinking Tube**

Make sure you don't get dehydrated while you're out. This bottle carries a litre of fluid and the handy tube makes it easier to drink from.

### **Antibacterial Plastic Cutlery Set**

Ditch the disposables and take this reusable cutlery set with you instead. Its special coating helps to safeguard against mould, bacteria, and fungi.



Let us know if you try any of the activities we've mentioned or if we've missed off one of your favourites from any of these parks.

Email [stories@completecareshop.co.uk](mailto:stories@completecareshop.co.uk) to tell us about your adventures.