

Dreaming of a holiday?

Let it begin!

Planning a holiday can be daunting as there is so much to think about. You may have not have ventured very far, or as your condition has changed you might have lost confidence in travelling. With our tips, advice and details of all different types of holiday both in the UK and overseas we hope we can encourage you to have the confidence to find and enjoy the right type of holiday for you.

These holidays are have been tried and tested by people within the NMC community.

Holiday Tips

- Planning and preparation is key. Fail to plan, plan to fail!
- Always take out holiday insurance, preferably at the time of booking your holiday and declare your medical condition(s). Although more costly, it is far less so than if you fall ill on holiday without it. Shop around as quotes can vary.
- Accommodation - always explain exactly what you need to ensure that your needs can be met. What is accessible to one person might not be to another. Ask for photographs of the apartment or room, bathroom, bedroom and for toilet seat height, bed height to see if the accommodation will work for you. Don't be afraid to ring / email the hotel directly. If in doubt ask. No question is a silly question. It is about making sure it is right for you.
- Ask if there is a carers room. These are offered free at some hotels. Check at the time of booking.
- Please be aware that different countries regard different levels of accessibility as 'accessible'.
- Consider using a travel agent who specialises in holidays for people with disabilities. This can take away the worry and stress. Do shop around as quotes can vary.
- Think about any additional equipment that you might need to hire at your destination and book this is in advance. Eg hoists, bed raisers, an electric bed.

- Remember to fully charge equipment before you travel and take chargers and adapters with you!
- When flying abroad, always book your seats on the aircraft at the time of booking. Remember that Ventilators and Cough Assist machines, classed as medical equipment must be carried as hand luggage on the aircraft.
- Take a copy of your NHS Prescription with you in case you should need more medication when you are away.
- Remember to take an alert card and/or medic alert bracelet if you have one.
- Take hospital numbers with you in case of an emergency.
- It is useful to have a translation of some words in to the local language that you might need when travelling / at your holiday destination.
- If taking your car abroad, do remember to make sure this is covered on your motor insurance.
- Remember to take your disabled badge, which is valid throughout Europe.

With the right support and equipment your holiday can be a success!

Accommodation Checklist

- Ground floor rooms / lift to all floors
- Adjacent carers room / is this free?
- Wet room – seat, grab rails, level entry, non-slip floor, mat
- Accessible toilets with drop down rails
- Disabled Parking Spaces
- Accessible dining area
- Profiling bed / bed raisers
- Evacuation Procedure in case of emergency
- Wide doorways
- Automatic doors
- Turning space for scooters and wheelchairs
- Portable hoist
- Accessible leisure facilities (if applicable)
- Extension lead for medical equipment
- Adapters suitable for use at your destination
- If going to a non-English speaking country it is worth finding out key words in the local language eg: wheelchair, scooter, ramp

Equipment Hire

www.mobilityequipmenthiredirect.com

Wheelchair Accessible Holiday Taxis –

www.wheelchairaccessibleholidaytaxis.com

Help towards the cost of a holiday

Everybody deserves a holiday but not everybody is able to find the money for a break away. Fortunately there are organisations that specialise in providing subsidised holidays for disabled people and their families, or that allocate grants.

Revitalise

A national charity that provides short breaks and holidays for disabled people and their carers. www.revitalise.org.uk

Disability Grants

Grant giving organisations – www.disability-grants.org

FAQ's

Should I book directly or via a travel agent?

This depends on personal preference. Many people at NMC choose to book via a travel agent as it gives them peace of mind. Agents that specialise in holidays for disabled people will book seats on the aircraft, book your scooter / wheelchair onto the aircraft, arrange assistance at the airport, arrange accessible transfers and answer any queries in advance of booking your holiday. It might be cheaper to book everything separately but for that little bit extra you are gaining peace of mind, knowing that everything has been arranged for you. Also, some companies, such as Disabled Access Holidays guarantee adapted rooms upon booking confirmation.

What about booking on-line through Booking .com?

Booking.com offers cheap prices but please be aware that accommodation is not checked. They are not regulated so nothing is protected. You could find that your room has been double-booked!

Do I need an EHIC (European Health Insurance Card)?

You should obtain an EHIC prior to travel, which entitles all UK residents to reduced cost (sometimes free) health care, if necessary whilst travelling in most European countries.

You can apply online www.dh.gov.uk/travellers

Please note that an EHIC card is in addition to travel insurance and should not be relied upon instead of travel insurance.

If I travel in Europe and have an EHIC card, do I still need travel insurance?

An EHIC card (European Health Insurance Card) does give you some cover in European countries but you should still take out Travel Insurance. Although travel insurance is likely to be more expensive when you have a disability or medical condition, it is essential otherwise you will find that you are not covered. Falling ill abroad can be costly. Each person with a medical condition or disability will need to undergo medical screening.

How can I make sure the bathroom and bedroom meet my needs?

The best thing to do is to ask the agent or hotel directly to send a photo of the bathroom and accessible bedroom. That way you can get a better idea of whether your needs can be met. You could also ask for bed height and toilet height measurements to see if you might need a toilet seat raiser/ bed raisers. These can be arranged for you.

Travel by plane

Tryb4uFly! www.qef.org.uk/tryb4ufly

- For many people with a disability or long term medical condition air travel can be a daunting prospect
- Queen Elizabeth's Foundation for Disabled People (QEF) established Tryb4uFly which aims to give disabled children and adults the information they need to be confident about flying
- Free information on the website and an individual assessment service in a realistic aircraft setting
- Trained OT's will answer your questions - the most common being, how do I board the aircraft? Can I take my wheelchair? How do I get to the toilet?
- QEF's Tryb4uFly service is available at three mobility centres in Carshalton, Surrey, The William Merritt Disabled Living Centre in Leeds and the RDAC in Birmingham.

What you need to remember before you book

- Rights for Disabled Passengers when flying. Under European Law, if you are disabled, or have difficulty moving around, you can **receive assistance** when you fly to, from and within Europe. This may include help when travelling through an airport, boarding or disembarking an aircraft and during a flight
- Two pieces of **mobility equipment are carried free of charge** as checked baggage. This does NOT count towards your baggage allowance per passenger

Seats on the aircraft

- At the time of booking your flights, as a disabled passenger, you have a legal right to sit in an aisle seat even though the airlines will try and put you in a middle seat. This is because you cannot block the seat of somebody who is not in your party.
- As a disabled passenger, a travel companion can sit next to you.
- Airlines will charge you for choosing where you want to sit on the aircraft and for seats with extra legroom.
- If you find the aircraft seats low, take a cushion with you.
- Always book passenger assistance in advance with either the airport if travelling independently, or with the tour operator
- It can be useful to find a seating plan of the plane before booking seats to ensure that you are near to the toilets and aircraft entrance
- Some airlines have 'medical seats' which are reserved for wheelchair users or people with reduced mobility close to toilets and aircraft entrance

Travelling with your scooter

- When booking your flights it is important to tell the airline that you will be travelling in a scooter.
- They will need the dimensions, make, model and weight of the scooter.
- Scooter batteries **must** be dry cell. Airlines will **NOT** carry scooters with acid batteries.

Travelling with your wheelchair

- When booking your flights it is important to tell the airline you will be travelling in your wheelchair.
- You will need to get out of your wheelchair at the aircraft door and transfer to an aisle chair to get to your seat.

Travelling with your ventilator / cough assist machine

- Medical equipment such as ventilators and cough assist machines must be carried as **Hand Luggage**, even if you will not be using the equipment whilst on board the flight.
- It is advisable to take a letter from your Consultant confirming this, which you can show at check-in and again when boarding.

Do you need oxygen whilst flying?

- If you use a ventilator, it is advisable to have a **Flight Assessment** at your respiratory clinic in good time **BEFORE** you fly. This will determine whether you need supplementary oxygen during the flight.
- If it is found that you do need oxygen, then you can either purchase it from the airline who will have it on board ready for you, or buy it yourself and take it with you. The cost of oxygen varies between airlines.

Can I use my ventilator on board the flight?

- This is possible but you will need to flag this up to the crew and again it is advisable to have a Consultants letter with you supporting this. Do make sure the batteries on your ventilator are fully charged.

Does medical equipment count as hand luggage?

- Medical equipment does not count as hand luggage allowance. It is in addition to hand luggage.

Can I hire equipment at my holiday destination?

- Always check at the time of booking, but often scooters, wheelchairs, walking frames, toilet seat raisers, profiling beds, bed raisers etc. can be hired for the duration of your stay. It is sensible to ask for a quote.

Special Assistance at airports

After booking your flight, contact the airline and let them know you will need special assistance.

- At check-in you are likely to be asked for your wheelchair / scooter details again and instructions on how to disengage it. You will receive a printed label. At this point you should explain clearly if you need your scooter / wheelchair delivered back to the aircraft door at your destination.
- After check-in you will need to go to **Airport Assistance** to register with them so that they can help you with whatever you need, eg: help to the gate and /or assistance to get on the plane. You will be asked if you need an aisle wheelchair to help you get to your seat.
- Security – Be prepared. You will most likely be asked to take out any medical equipment from its storage bag and put it in one of the trays.
- Body search. If you are unable to get out of your wheelchair / scooter then you can be searched whilst seated.

Different options for boarding the aircraft

- Ambi-lift which takes you right to the aircraft door
- Special chairs to take you up the steps of the aircraft
- People in wheelchairs and scooters generally board the aircraft first and disembark last.

Is there anything I can do to minimise damage to my wheelchair / scooter?

- You could attach written instructions explaining how to operate your wheelchair / scooter, as well as how it folds up. Any removable parts from your wheelchair should be removed and these items may be carried on the plane and will *NOT* be counted as baggage. As soon as you reach your destination, check your wheelchair / scooter for damage and notify the airline immediately if there is a problem.

Carrying medication on the plane

- Essential medicines and liquid dietary foodstuffs are **not** limited to the usual 100 ml hand luggage allowance. You will however need supporting evidence such as a letter from your doctor or a copy of your prescription. Do ensure that everything is labelled.

Getting to the toilet on the aircraft

- The toilets on most aircrafts are tiny and this makes it particularly difficult for passengers with mobility difficulties. If there is an on-board wheelchair, flight attendants can push you to the bathroom but are unable to assist you transferring to the toilet. For short haul flights many people use the disabled toilet facilities at the departing airport and again immediately on arrival at their destination. Others tend to limit their fluid intake the day before their flight

Driving Abroad

Driving in France?

In some of its Cities, France has introduced a 'clean air' (Crit'Air vignette) sticker to identify vehicle emission levels. Priced at just over 3 Euros, it is a must if you want to avoid an on the spot fine of £117!

www.certificat-air.gouv.fr/en

Taking your Motability car abroad?

You can take your car abroad within the European Union and to Iceland, Norway, Switzerland and Liechtenstein.

- Complete a VE103 (Vehicle on Hire) Form available from RAC Motability assist
- Ring RAC Motability Assist Foreign Travel line 0800 731 3310 at least 3 weeks before you intend to travel
- You can add RAC European Breakdown cover at no extra cost when you request the VE103
- Remember to take your Certificate of Motor Insurance when you travel

For the latest information visit www.motability.co.uk

Blue Badge

Valid in Europe, for now!

Hire Car Companies

Hertz- www.hertz.co.uk

Europcar - www.europcar.co.uk

Gold Car www.goldcar.es

Plus Car Lanzarote - www.pluscarlanzarote.com

Car Hire Tips...

- Always book it from the UK
- Make sure the vehicle can meet your needs
- Always ask for a quote and establish what exactly is and what isn't covered
- Book early in plenty of time
- Take a look at Martin Lewis's website - tips for renting cars - www.moneysavingexpert.com

Specialist Travel Agents

The following agents offer accessible holidays and can help plan the right holiday for you. It is worth getting a few quotes as prices can vary from agent to agent.

www.disabledaccessholidays.com

www.limitlesstravel.org

www.enableholidays.com

www.canbedone.co.uk

www.tourismforall.org.uk

www.accessatlast.com

www.haystravel.co.uk

Worldwide Holidays

The Canary Islands

Lanzarote - Nautilus Apartments, Matagorda

Close to airport. Accessible transfers. Small hotel. Pool with hoist and children's pool. Close to beach, shops, bars and restaurants, accessible promenade.

Accessible bedrooms with wet room. Equipment can be ordered and delivered before arrival. *Tip* 2 bedroom accessible rooms overlook the pool. www.nautilus-lanzarote.com

Tenerife - San Blas – Close to airport, private accessible minibus transfers. Set in a nature reserve, ideal for relaxation. Hotel slopes to pebble beach. Good access for powered wheelchairs and scooters. Suitable for couples / families. Walk in pool with handrails. No hoist. Accessible rooms. Equipment can be ordered and delivered before arrival.

<https://www.sandos.com/sandos-san-blas/nature-resort-golf-all-inclusive>

Tenerife - Sheraton La Caleta Resort & Spa, Costa Adeje

A lovely hotel with hoist to heated outdoor pool. *Tip* Room number 143 is great with a huge accessible bathroom!

www.marriott.com/hotels/travel/tcisi-sheraton-la-caletta-resort-and-spa-costa-adeje

Spain

Alicante, Costa Blanca

Accessible rooms, catering for medium sized wheelchairs. Friendly staff. Great location. Beaches have wooden slatted ramps for wheelchair access and one beach has special aqua chairs to take you in to the sea

www.meliacom/en/hotels/spain/alicante/tryp-alicante-gran-sol-hotel

Andalucia, Southern Spain - Las Piedras

Small, accessible hotel. Stunning views. Adapted bathrooms, wheeled shower chairs, air con, heated pool & jacuzzi with hoist. Great food. Mobility aids and equipment are available / can be hired. Care can also be arranged. Airport accessible transfers and excursions. Transfer time from airport 60 minutes.

www.disabledholidaysinpain.com

El Plaemar Apartments, Laguna Beach, Torrox

Two wheelchair accessible apartments at Laguna Beach resort, right on the beach at Torrox Costa. Wetrooms. Sleep up to six. One apartment has a twin bedroom with a single electric bed. Large olympic pool on the complex with a pool hoist, open in high season. One hour from Malaga airport. Very close to shops, bars and restaurants. Sea chair available. Everything within walking distance but useful to hire a car if you want to explore. Accessible airport transfers but expensive so if you are able / confident to drive, more cost effective to hire a car. Can hire equipment which will be delivered to your apartment.

www.disabledholidaysinpain.com

Majorca - JS Palma Stay Hotel & Spa, C'an Pastilla

Accessible bedrooms. Wetroom, wheel-in showers and grab rails. Pool hoist. Lift. Adults only. Transfer time from airport 10 minutes. Close to shops, restaurants and beach. Equipment can be hired and delivered to reception.

www.jshotels.com

Portugal - The Algarve

Three accessible apartments. Heated swimming pool with hoist. Specialist equipment free to use. Accessible airport transfers. On site support plus carer support. Accessible excursions, boat trips and kayak tours. Free use of beach chairs. www.abletoholiday.co.uk

Jersey

Radisson Blu St.Helier - www.radissonblu.com/jersey

Ireland <https://www.mdi.ie/home-from-home.html>

A self-catering accessible 4 bedroom property in Dublin, called 'home from home' and available to Muscular Dystrophy members and their families

UK Holidays

Scotland

Crathie Opportunity Holidays – www.crathieholidays.org.uk

Wales

North Wales - Llandudno

- **St Georges Hotel** – www.stgeorgeswales.co.uk/
- **Winchmore Hotel** – www.winchmoorhotel.co.uk
- **The Grand Hotel** – www.hotels.com/grandhotelllandudno
- **Beth Eden Guest House** – www.betheden.co.uk
- **Merrion** – www.merrion-hotel.com/
- **The Esplanade Hotel** – www.safehandsholidays.co.uk
- **Ty Hapus Bungalow** – <https://www.disabled-holidays.co.uk/ty-hapus.asp>
- **Travelodge** – www.travelodge.co.uk

St. Asaph - Tan-yr-Onnen Guest House

Vale of Clwyd. B & B guesthouse. 6 bedrooms. 'Daisy' is an accessible bedroom with a wet room. A good hearty Welsh breakfast! Extra touches include bath robes, fluffy towels and chocolates. Contact Patrick and Sara Murphy T. 01745 583 821

www.northwalesbreaks.co.uk

Llyn Peninsula, Manaros, Aberdaron

Bungalow in Aberdaron, with 4 ensuite bedrooms, a few minutes from sandy beach, pubs and restaurants. Trumper all-terrain buggy, free for guests.

www.aberdarancottage.co.uk

Anglesey - Home Farm Holiday Park

<https://www.homefarm-anglesey.co.uk>

Disabled facilities. Tranquil setting. 5 minutes from beaches and coastal walks. Touring caravans and camping.

Cardiganshire - Gaer Cottages, Cribyn, Near Lampeter

Self-catering cottages. Allocated disabled bays with sufficient space for turning and loading larger vehicles. Beds are height adjustable. Wheelchair that can be used in the shower. Toilet height adjusters. Can hire specialist equipment for your stay. Heated indoor pool with hoist. www.selfcateringwales.co.uk

South Wales

Hampton Court – www.wheelchairaccessholidays.co.uk

Homeleigh Country Cottages – www.homeleigh.org

England

North West

Blackpool – The Bond Hotel - www.thebondhotel.co.uk

Holidays for people with disabilities, their families, friends and carers. 65 fully accessible bedrooms. Lifts to all floors. Electric hoists, ceiling hoists, electric riser beds, recliner chairs, panic buttons, raised toilet seats. Care services also available. Power chairs and scooters can be hired.

Carlisle - The Tranquil Otter, Egret Lodge - www.thetranquilotter.co.uk

North Lakes, Cumbria

Level access bungalows www.primrosecourt.co.uk

Irton House Farm – Near Keswick - www.irtonhousefarm.co.uk

Wheelchair accessible apartments. Great location, beautiful views. Open all year.

Lancashire – Brick House Cottages <https://www.brickhousecottages.co.uk>

Good disabled access and facilities. 7 of the cottages have ceiling hoists. Profile and electric beds, wheel in wetrooms, ceiling track hoist. Accessible hot tubs and accessible fishing.

Cheshire - Nantwich

- **Alveston Hall Hotel** – www.warnerleisurehotels.co.uk
- **Rookery Hall Hotel** – www.handpickedhotels.co.uk/rookeryhall

New Farm Cheshire

Set in the heart of the Cheshire countryside, open all year round.

Offers bed and breakfast, caravan park for touring caravans and motor homes and a Fishery. www.newfarmcheshire.co.uk

Yorkshire - www.forestholidays.co.uk

Pickering - Silver Birch 2 Cropton Lodges

Ross-On-Wye

Merton House Hotel – www.mertonhouse.org

Oxfordshire

Kingfisher Barn Holiday Cottages, Abingdon-on-Thames

www.kingfisherbarn.com

Belfry Hotel, Thame – www.theoxfordbelfryhotel

Somerset – Wall Eden Farm Holidays/Adventure Activities

Close to Burnham-on-Sea, 6 high quality self-catering accessible lodges all on one level. Wheel in shower rooms with handrails and shower chairs. On-site activities can be arranged on request. www.walledenfarm.co.uk

Cornwall

Treworgans. Converted cottages with fully wheelchair accessible accommodation. Including wheel in en-suite wetrooms, profiling beds with pressure relieving mattresses and portable electric hoists.

<https://www.treworgans.co.uk>

Gwelan Mor, Portreath, Cornwall - www.gwelanmor.com

Luxury, 5 star wheelchair accessible lodge

Todsworthy Farm Cottages - www.todsworthyfarmholidays.co.uk

The Tractor Barn, Hayle - www.aspects-holidays.co.uk/cornwall

Devon

Calvert Trust Exmoor - <https://calvertexmoor.org.uk>

South East

Strode Park Holiday Bungalows - www.strodepark.org.uk

Dorset – New Forest Lodges, Gold Oak Farm, Cranborne

www.holidaylogcabins.co.uk

Disabled Access beach huts - www.bournemouth.gov.uk

Access to Changing places facility and an electric charging point.

Beach wheelchairs.

Visit England - www.visitengland.com/plan-your-visit/access-all#/

See website for – accessible coastal breaks, accessible countryside escapes, accessible city breaks and an accessible destination guide

Sykes Cottages - www.sykescottages.co.uk/Accessible/Holidays

Center Parcs - www.centreparks.co.uk

Parkdean Resorts - www.parkdeanresorts.co.uk/holidays/wheelchair-friendly/

Haven holidays -Adapted caravans available - www.haven.com

Accessible Cottages www.holidaycottages.co.uk/accessible-cottages

Youth Hostels - www.yha.org.uk

Check out the website for disabled guest and access statements at the different sites across the UK.

City Hotels

- **Premier Inn** - www.premierinn.com (Always check with the hotel directly that the accessible room has a wetroom as not all do)
- **Travel Lodge** - www.travelodge.co.uk
- **MacDonald Hotels** - macdonaldhotels.co.uk
- **Handpickedhotels** - www.handpickedhotels.co.uk
- **IHG Group** - includes Holiday Inn, Holiday Inn Express, Crowne Plaza, Staybridge Suites. Carers room free. Check at time of booking www.ihg.com

Liverpool

- **The Shankley** - www.shanklyhotel.com
- **The Titanic** - www.titanichotelliverpool.com

Cardiff

- **Park Plaza** - www.parkplazacardiff.com

London

- **The Ritz** - www.theritzlondon.com

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Accessible Days out

Tips

- If you plan to visit any of the places listed, do contact them in advance to discuss any requirements you have.
- It is always worth asking if carers go free. If this is not the case, concession rates will usually apply.

Cheshire –Norton Priory Museum and Gardens

Most of the museum and all the gardens are accessible to wheelchair and scooter users. Shop and tearoom.

www.nortonpriory.org

Cheshire - Jodrell Bank Discovery Centre –

jodrell.visitor.centre@manchester.ac.uk

Cheshire - Chester Zoo - <https://www.chesterzoo.org/>

Countess of Chester Country Park –

<https://thelandtrust.org.uk/space/countess-of-chester-country-park/>

Cheshire - Tatton Park – www.tattonpark.org.uk

Cheshire - The Hollies Farmshop , Little Budworth

www.theholliesfarmshop.co.uk

Cheshire - Davenports Tearoom, Northwich – www.davenportsfarmshop.co.uk

Derbyshire - Carsington Water – www.carsingtonwater.com

Staffordshire – Alton Towers – www.altontowers.com

Stoke - Trentham Gardens – www.trentham.co.uk

Gardens, Monkey Forest, Shopping Village. Free entry for carers. Changing places facility.

Shropshire - Dorothy Clive Gardens, Market Drayton

Facilities for disabled visitors including disabled parking. There is a scooter and a wheelchair which can be borrowed free of charge but these must be booked 48 hours in advance of your visit. www.dorothyclivegarden.co.uk

The Wirral – New Brighton – www.visitnewbrighton.com

Bodnant Gardens - www.nationaltrust.org/bodnant-garden

Bodelwyddan Castle – www.bodelwyddan-castle.co.uk

Llangollen – Horse drawn boat trips – www.horsedrawnboats.co.uk

All weather wheelchair friendly boats

Wrexham - Ty Mawr Farm and Country Park

An accessible path that runs through the park and alongside the river with picnic spots along the way. Farm with pigs, goats, chickens, ducks and lama

<http://www.wrexham.gov.uk>

Wrexham, Alyn Waters Country Park

Pedal power – bikes, trikes and tandems available for everyone including those with a disability or health problem.

www.visitwales.com

Warrington - Walton Hall Gardens – www.warrington.gov.uk

Llandudno, The Eden Tea Rooms www.edentearooms.co.uk

Anglesey – Plas Cadnant, near Beaumaris

The Hidden Gardens. Visitor Centre and Tearoom. Disabled parking and disabled toilets.

www.plascadnantgardens.co.uk

Bournemouth - Boscombe – UK's first purpose built fully disabled beach huts

www.bournemouth.gov.uk

Birmingham Botanical Gardens

The gardens are flat and easily accessible.

www.birminghambotanicalgardens.org.uk

Cornwall - The Eden Project

Accessible for wheelchair users. www.edenproject.com

London – Kew Gardens

Accessible paths and the Treetop Walkway can be accessed by a lift.

www.kew.org/kew-gardens

London – Kensington Gardens

Good accessibility with level surfaces and plenty of seating. You can also reserve a buggy tour that will take you, your scooter or wheelchair, and up to five friends on an informative tour of the gardens. www.royalparks.org.uk

Somerset – Hestercombe Gardens

Offers a new all-terrain mobility scooter, enabling visitors with limited mobility to go off-road in the beautiful grounds and woodland.

www.hestercombe.com

The National Trust – Access for All

Some larger gardens and parks offer the hire of scooters and wheelchairs but it is advisable to ring and book in advance of your visit. Membership available - free access to over 500 places.

The '*Essential Companion Card*' enables your companion or carer of to go in free of charge. The normal admission charge applies to the disabled visitor.

www.nationaltrust.org.uk

The Rough Guide to Accessible Britain – www.accessibleguide.co.uk

Over 200 ideas for days out, with reviews, hints and tips on some of the UK's best attractions, written by, and for disabled people.

Tourism for All – www.tourismforall.org.uk

The UK voice for accessible tourism.

Open Britain – www.openbritain.net

A one stop shop, enabling you to find accessible destinations and places to stay. The sister website to Tourism for All.

Walks with wheelchairs – www.walkswithwheelchairs.com

UK website providing free information on routes suitable for those who use a wheelchair. Tried and tested by wheelchair users.

Treasure Trails – www.treasuretrails.co.uk

The trails, across towns, cities and villages across the UK are fully accessible and suitable for people age 6 to 106!

Euan's Guide

Disabled access reviews by disabled people, for disabled people.

Includes attractions, accommodation, events. Search for accessible toilets, Changing Places toilet, hoist, wet room. www.euansguide.com

Adventure Experiences

**It's what you can do that counts!
What's stopping you?
Try something different.**

A Tall Ship Voyage?

The Jubilee Sailing Trust operates two tall ships that can be crewed by people of all physical abilities. www.jst.org.uk

Skydive – Black Nights Parachute Centre – www.bkpc.co.uk

Hand gliding – Airways Airsports – www.airways-airports.com

Flyability – charity to help people get in the air! www.flyability.org.uk

Zipwire – www.zipwire.co.uk

Chill Factore – UK's longest indoor ski slope. www.chillfactore.com

Disability Snowsport www.disabilitysnowsport.org.uk

Provides adaptive skiing for individuals with any disability. Specialist instructors. Can cater for people with very limited mobility.

White Water Active – open canoeing, white water rafting (need to be very confident in the water), rock climbing and abseiling. www.whitewateractive

Snorkelling
Swim with dolphins
Hot air balloon

Birds of Prey Experience

www.cheshirefalconry.com

www.stockleybirdsofprey.co.uk

Accessible Horse Riding (RDA) www.rda.org.uk

Accessible attractions in London

National Gallery – www.nationalgallery.org.uk

Museum of London – www.museumoflondon.org.uk

London Eye River Cruise

South Bank

British Museum

Royal Botanical Gardens

Calvert Trust Kielder - www.calvert-trust.org.uk

Calvert Trust, Keswick - www.calvertlakes.org.uk

Calvert Trust - Exmoor - www.calvertexmoor.org.uk

Bendrigg Trust - www.bendrigg.org.uk NMC DofE participants stayed here

Tip

Please check with your Consultant to make sure it is safe for you to participate in any of these activities.

Useful Numbers / Websites

www.canbedone.co.uk

Open Britain Guide - www.open-britain.co.uk

National Rail Enquiries - www.nationalrail.co.uk 0345 748 5950

Disabled Persons Railcard - 0345 605 0525

<https://www.disabledpersonsrailcard.co.uk>

Disabled Transport - <https://www.gov.uk>transport-disabled>

Accessible Transport - <https://www.gov.uk>policies>accessibletransport>

Radar Key