

dementia adventure®

# North Yorkshire Scarborough

5 days, Monday to Friday

Price: £520 per person

Dates for 2018: 16–20 July, 8–12 October

## The Location

We have chosen to feature North Yorkshire this year for the variety of activities that are available in the local area—from a boat trip from Whitby Harbour to the majestic North York Moors Railway and Scarborough Castle, there is something for everyone.

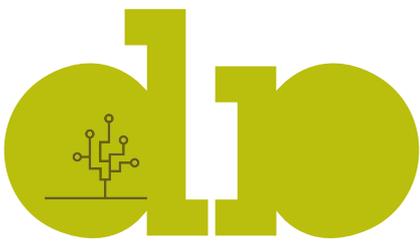
## The Accommodation

Cober Hill is a Victorian mansion, steeped in history and set in 11 acres of stunning grounds. Nestled in the North York Moors National Park and Heritage Coast, ensures breath-taking views. All the rooms are en-suite and the food is freshly made from locally sourced ingredients.

The grounds of this property are extensive and have many quiet spots for a wander and a sit down. We intend to use the facilities of this lovely hotel but also vary where we eat to experience the best the region has to offer!



Photo by Dunjenkeepa



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### **Disclaimer note:**

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.

## **Your Itinerary**

### **Day 1:**

Arrivals in mid-afternoon and settle into our comfortable rooms. Enjoy a delicious dinner together this evening and get to know your fellow travellers and surroundings.

### **Day 2:**

This morning we drive up the coast to Whitby and visit the Abbey and St Mary's Church—although these are perched up on the hill with spectacular views, level access is possible! After a picnic lunch taking in the view, we'll drive down into town, where we have the chance to take a short boat trip from the harbour—if the weather is fine! There is plenty to do in the town if it's not—including the Dracula museum and many small shops.

This evening we plan to enjoy an early dinner at one of the North East's famous pubs or eateries, before returning to the accommodation for the night.

### **Day 3:**

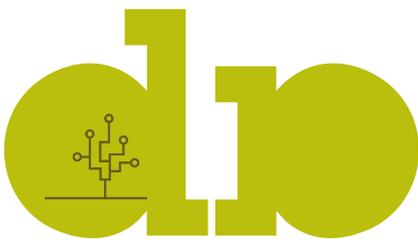
Today we have more of a local day with a visit to Scarborough. We visit the Castle with its spectacular views across the sea, before heading to Peasholme Park with its boating lake and pagoda. We'll see if we can spot some of the rare trees brought back from overseas by the early plant hunters—and maybe hire a small boat on the lake! We'll also enjoy a proper fish and chip lunch at the harbour, and watch the world go by! This afternoon we could visit the Tea Dances at Scarborough fair with music expertly played on an old Wurlitzer organ. For non-dancers there is plenty of memorabilia to look round and even ride on if you are feeling brave! and a café for a cup of tea.

### **Day 4:**

Today we'll visit the Ryedale Folk Museum, with pretty cottage gardens, a traditional cornfield, and atmospheric historic buildings. We'll find out how people have lived, worked and played in this area since pre-history. We'll take a picnic lunch with us today to eat wherever we find ourselves when we get hungry. Then we'll drive to Pickering, and hop on the famous North York Moors Railway to Goathland. This station was used as Hogsmeade station in the Harry Potter films and the steam train was the Hogwarts express! The TV series Heartbeat was filmed in the village. A spectacular ride on a proper steam train, and with luck the heather will be in full bloom across the moors. We go out for dinner this evening and celebrate a week well spent.

### **Day 5:**

We say a fond farewell to our new-found friends this morning and head off home after a hearty breakfast.



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### What's Included?

- All transport around the area
- All meals and soft drinks, tea and coffee while at the accommodation
- Accommodation
- Entrance fees and tickets, parking, etc.

### What's Not Included?

- Travel insurance—especially against curtailment or cancellation in the event of illness—is advised.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you.
- Travel from home to the venue.
- Alcoholic drinks with your meals (licensed bar in the hotel open from 6.30pm).

### Things To Bring

- Sturdy walking boots or shoes
- Waterproof jacket and warm layers
- Sunscreen and hat, gloves and scarf
- Water bottle

### How Much Does The Holiday Cost?

Prices start from **£520 per person** If you need further advice about funding please call us or visit [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk).

### How To Book?

Please call us on **01245 237548** or email [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk). We will go through an assessment process over the phone and ask you about your abilities, interests and expectations, ensuring we do everything we can to support you in taking part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.

