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# North Yorkshire

## Filey Bay

5 days, Monday to Friday

Price: From £500 per person

Dates: 4–8 September 2017

NEW

### The Location

We have chosen to feature North Yorkshire this year for the variety of activities that are available in the local area—from Whale watching out of Whitby to the majestic North York Moors Railway, Scarborough Castle to Birds of Prey, there is something for everyone.

Our venue for this holiday is two accessible cottages situated on the beautiful holiday development at Filey Bay. The site facilities include a pub, an Italian cafe, and free of charge use of the leisure and swimming pool complex with hoist access. Other onsite facilities include tennis courts, archery, and mountain bike hire, putting green, fishing lake, and beach activities.

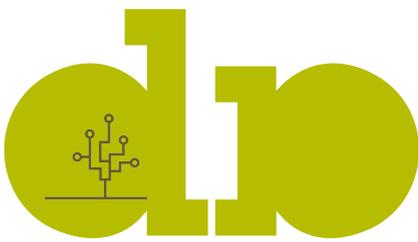
### The Accommodation

Bempton Beach House is a ground-floor luxury property that can accommodate up to seven guests. The property has four ensuite bedrooms with different configurations to suit everyone. The kitchen, dining and lounge area is open plan with a log-effect fire. There are bi-fold doors in the lounge and dining area giving access on to decking at the front and rear of the property Bempton Holiday Villa accommodates up to eight guests in five bedrooms, having a mix of doubles, singles, and twins, although not every room has its own bathroom. It also has a lift, giving wheelchair access to the upper floor.

The communal area of the villa is huge and open plan with bi-fold doors looking out on to woodland and a small lake. This is where we plan to eat some of our dinners together and gather in the evening. The kitchen is fully equipped so you can join in with meal preparation if you want to or not, if you don't! There is garden furniture for you to sit and enjoy the views from your patio. The two houses are a few minutes walk apart; we plan to gather in the larger villa and use that as our main base.



Photo by Dave Sample



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## Your Itinerary

### Day 1:

We arrive mid-afternoon and settle into our new home for the week. Enjoy a family-style home-cooked 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 there is an optional whale watching boat trip which costs £40 per person and is dependent on the weather—please let us know if you would like to do this when you book. There is plenty to do in the town for those not interested in going out in a boat—including the Dracula museum and many small shops.

This evening we plan to enjoy an early dinner at Whitby's famous black and white café *The Magpie* before returning back to the Bay 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. Let's 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! At the harbour, we'll also enjoy a proper fish and chip lunch, and watch the world go by!

This afternoon we could visit the little museum in Filey itself on our way home and take in the fresh air on the prom.

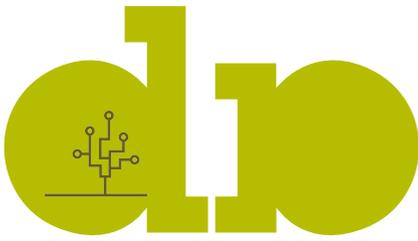
We'll eat in at our accommodation and have a relaxed evening—maybe taking a stroll along the beach before or even after supper.

### Day 4:

Today 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 also filmed in the village. We will grab some lunch in the village pub, have a wander around and get back on the train to Pickering. A spectacular ride on a proper steam train and, with luck, the heather will be in full bloom across the moors.

Then we'll carry on to the National Birds of Prey Centre at Helmsley, to see one of the best birds of prey shows in the country, and then back to Filey—a full day out!

We go out for dinner this evening and celebrate a week well spent.



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### **Day 5:**

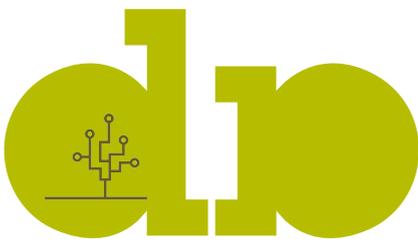
We say a fond farewell to our new found friends this morning and head off home after a hearty breakfast.

### **Notes on physical abilities for this break:**

We feel we can cater for fairly significant mobility issues on this holiday with relative ease. There is a specially adapted wheelchair called a Landeez which goes on the beach, which can be hired. The houses are both very accessible with level access or a lift. Being able to go up or down a few steps makes a huge difference to the places we can access and there are always plenty of people around to help. However, if you need a specially adapted wheelchair accessible vehicle, we would need to explore this option together and the costs involved.

### **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 due to this or the abilities of the group on the day. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.



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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 in accessible, twin or double rooms.
- Entrance fees and tickets, parking, etc.

## What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you. Care can be bought in at the location at the cost of £12 a visit morning/evening.
- Travel from home to Filey, although this can be arranged at an extra cost. The accommodation is accessible by train to Scarborough or Filey and we can arrange to pick you up.
- Alcoholic drinks with your meals. You may bring some with you or we can access shops during the holiday.
- £40 supplement for the whale watching

## Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket, fleece, hat, scarf and gloves.
- Sunscreen and sun hat.
- Water bottle and lunch box for picnics.

## How Much Does The Holiday Cost?

Thanks to our many supporters and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£500** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk).



## How To Book?

If you have any questions, call us on **01245 237548** or email [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk). We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

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