



## **Accessibility suggestions for Brain Health Breakthrough CIC community**

**Lune Valley Greenway:** Cycle path's transformation to be more accessible  
<https://www.bbc.co.uk/news/av/uk-england-lancashire-68725410>

**Gawthorpe Hall:** Has two scooters you can use around the park & gardens  
<https://www.nationaltrust.org.uk/visit/liverpool-lancashire/gawthorpe-hall>

**Cuerden Valley Park:** Accessible car park and cafe with path for wheelchairs/scooters, although this is on incline <https://cuerdenvalleypark.org/>

**RHS Gardens in the Northwest:** Most RHS gardens have accessible paths, loos & cafés. In the NW there is **Bridgewater Gardens** at Salford, <https://rhs.org.uk/gardens/bridgewater> and **Harlow Carr** near Harrogate <https://rhs.org.uk/gardens/harlowcarr>

**Accessible Countryside:** There is really useful information to be had if you want to get out somewhere accessible in Lancashire <http://www.accessiblecountryside.org.uk/lancashire> If you change Lancashire above, for Cumbria or Yorkshire or wherever you are, you should also find useful info on your relevant site <https://www.visitlancashire.com/blog/read/2023/01/accessible-walking>

**Brockholes Nature Reserve:** Disabled car park, wheelchair access for some areas, including main buildings & restaurant. Some paths with slight inclines but well surfaced paths & seating around all areas, most suitable for disability & wheelchair users & prams <https://brockholes.org>

**Lytham St Annes Promenade:** Plenty of car parks, most with some disabled spaces. Promenade is concrete or asphalt & suitable for wheelchairs. Some public WCs are available, sometimes closed in winter, but they have loos at Lowther café. Car Parks are Pay & Display & I don't think they are free for blue badge holders. <https://visitlancashire.com/lytham>

**Martin Mere:** This Wildfowl & Wetlands Trust has Paths around the waterfowl gardens which are all paved and accessible with benches at regular intervals as

resting points. Nature trails and hides: The nature trail is fully paved. Most of our hides have lower windows to allow for wheelchair users to view the wildlife and bird books to help with identification, a few have steps into them.

<https://www.wwt.org.uk/wetland-centres/martin-mere/plan-your-visit/>

Worth including the daily entry fee is quite high (£46.22 for 2 adults & 2 kids) . 65+/unemployed & FT student get a concessionary fee (£14.81 pp). Carers accompanying disabled & children under 4 are free.