









Telephone booking essential

THE EDGE ADVENTURE DAY (SOUTH CLIFF CARAVAN PARK, BRIDLINGTON)

£25 for the day

Telephone booking essential

**ADULT BEACH YOGA** 

(BRIDLINGTON AND HORNSEA)

Weekly sessions from May-September £3 a session | Turn up on the day

SEWERBY EXPLORERS

(SEWERBY HALL AND GARDENS)

£25 for the day | Online booking essential

For full session details. visit activecoast.org or scan the QR code



\*Anyone receiving free school meals can book onto The Edge Activity Days and Holiday Heroes Activity Days for FREE. Simply head over to 6 book, plinth.org.uk

ActiveCoast.org (01482) 395320 @ active.communitites@eastriding.gov.uk



# **OTHER SUMMER ACTIVITIES**

BUSHCRAFT, OUTDOOR
ADVENTURE AND SURVIVAL SKILLS

(DANES DYKE NATURE RESERVE AND HUMBER BRIDGE COUNTRY PARK)

Telephone booking required

# **ALL RIDE**

(BRIDLINGTON NORTH PROMENDADE)

Telephone booking required



BEACH FOOTBALL AND MULTI SPORTS
(BRIDLINGTON SOUTH CLIFF BEACH)

Turn up on the day

FAMILY FOSSIL HUNTS
(MAPPLETON BEACH)

Telephone booking required

For full session details and detailed booking information, visit **activecoast.org** or scan the OR code



# JOIN IN OUR YEAR ROUND AND SELF LED ACTIVITIES:

#### LOVE EXPLORING

Interactive Coastal Walks and Interactive Games via the love exploring app.

Download it on the app store!

## **ACTIVE BEACONS PHOTO POST PROJECT**

activebeacons.co.uk

#### **GEOCACHING WALKING TRAIL**

eastridingcoastandcountryside.co.uk/ whats-on

#### **WALKING THE RIDING**

eastridingcoastandcountryside.co.uk/walking-and-routes/walking-the-riding

### **WALKING FOR HEALTH**

eastridinghealthandwellbeing.co.uk

#### PARKRUN

Every Saturday 9am at Humber Bridge Country Park and Sewerby Hall and Gardens parkrun.org.uk

Follow our Facebook page () Active Communities to keep up to date with events and activities happening across the whole of the East Riding.















