



THE NEW FOREST
CATEGORY 2 RAMBLE

From April to October each year we organise a programme of 20 to 30 national rambles, 4 to 8 miles long, in varying areas of England and Wales

Rambles are graded according to difficulty so that you know what to expect



YORKSHIRE DALES

CATEGORY 3 RAMBLE

How we started

In the early 1990s, Dr Mike Bruton traversed 50 miles of the Ridgeway National Trail to raise funding for a medical charity and to explore disabled access in the countryside. Mike was pulled by volunteers in a special rickshaw made by apprentices at British Airways.

He then formed the Countryside Access Group within the Disabled Drivers' Association. In 2004 we became an independent registered charity as The Disabled Ramblers.



LOWTHER CASTLE, CUMBRIA

© Cameron Wilson
penrith

HOW TO CONTACT US and get our free booklet "Lets go rambling"

Go to "Contact Us" on our web site:
<https://disabledramblers.co.uk> or email:
membership@disabledramblers.co.uk

Regional contact :

RAMBLING ON WHEELS



CATEGORY 2 RAMBLE

Enjoy the countryside
with a friendly group
of people



www.disabledramblers.co.uk

Registered charity No. 1103508

Partners, carers, friends and family - and dogs - are all welcome as guests on rambles

We usually have able-bodied supporters with us but, if you need personal help, you must have a capable adult with you

On national rambles we have a small number of loan scooters if yours is not suitable



We try to provide a disabled toilet at the start, end & lunch stop of every ramble

To learn more about going rambling with us, get our free booklet "Let's go rambling"



Who are we?

The Disabled Ramblers is an independent national registered charity made up of people with mobility problems who enjoy being in the countryside.

Rambles use public rights-of-way in the National Parks and AONBs, plus National Trust estates, with the active co-operation of Rangers, Wardens and Landowners.

Long standing members in some areas act as

Regional Representatives. They work closely with the Authorities and Park Rangers to help to organise events and sometimes informal local rambles, often at short notice, in addition to the programme of national rambles. (for more information see "Let's go rambling")

We also campaign for better access whilst preserving the character of the countryside. This is achieved by encouraging those responsible to remove man-made barriers and, if appropriate, to address the surface quality of paths.

