

**dementia  
adventure<sup>®</sup>**

# Holidays 2024

## North Yorkshire

### Appleton-le-Moors

Five days, Monday to Friday

#### Dates & Prices:

(Prices per person, based on two people sharing a room)

📅 17th–21st June 2024

£1,200

📅 8th–12th July 2024

£1,250

📅 23rd–27th September 2024

£1,200

Our holidays are available to people from all walks of life and we don't want finance to be a barrier to you getting a break. If these prices are out of reach we might be able to offer you further financial help, support you with finding additional funding, or both. Contact us for more information. We will support you to get the holiday you need.



### Location

Town End Farm is located deep in the North York Moors National Park, an area of the UK rich with history and nature. Here you'll find beauty, peace, and the famous warm Yorkshire welcome. The area offers moorland walks, stunning coastline, picturesque market towns, and historic sites.

### Accommodation

This luxury 18th century barn conversion has its home in a friendly village called Appleton-le-Moors, in the heart of the North York Moors. A Grade II listed building, it retains its original stone walls and beams, filling it with robust character and creating a relaxing, peaceful retreat. Its whitewashed interior helps it feel calm, sunny, and airy. Throughout you'll find a feeling of real comfort with warm and luxurious touches.

There is a choice of either Twin or King rooms, two on the ground floor and two on the first; all but one have an ensuite shower room, in which the showers may need to be accessed by a small step. The other has an ensuite bathroom, containing a bath instead of a shower.

### Facilities

- ✓ Bedrooms with ensuite showers or a bath
- ✓ Wifi
- ✓ Washing machine/Tumble dryer
- ✓ Games room, with table tennis table
- ✓ Parking

## Activities

What makes the North York Moors so wonderful is the variety of places to go and things to do that are right on its doorstep. Visit famous seaside town Whitby to set eyes on the coast and feel the salty breeze on your face. Adventurers can hop on a steam train for a ride with a view, and dancers will delight in the chance to attend a tea dance with Wurlitzer. There's also Castle Howard for those who love to wander through pristine gardens and historic rooms.

## Example Itinerary

Every holiday with Dementia Adventure is unique! Your itinerary may vary depending on the date, and will be released to you in good time before your departure — usually about two to three weeks prior.

If you would like to get an idea of the kinds of activities that may be in store for you, see the example itinerary below. However, please note that this example is just a mock-up based on past years' schedules, and does not constitute your final itinerary.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Spend the morning in famous Whitby, then catch the North Yorkshire Moors Railway train from Whitby to Goathland	Leisurely exploration of Castle Howard Estate, with a picnic lunch stopoff	Peasholm Park at Scarborough. Ride on the dragon boats and explore the beautiful gardens	Guided tour of Helmsley Castle
Afternoon	Arrival and light lunch at a local tea rooms. Afterwards tour Ryedale Folk Museum	Picnic lunch on the train. Sightsee at famous Goathland station and sample a Yorkshire cream tea	Some relaxation time back at the accommodation	Visit the Scarborough Fair Vintage & Transport Museum. Cream tea lunch and the chance to dance to the Wurlitzer	A café lunch
Evening	'Music, Movement, and Me' session at the accommodation before enjoying a home-cooked evening meal	Returning to accommodation, enjoy a buffet dinner prepared by your support team	Evening meal at the charming local inn	Traditional fish and chips takeaway at the accommodation, and a performance by a local choir	

## Who is this holiday for?

- ✓ People who enjoy fresh air and beautiful countryside
- ✓ People with restricted mobility (staying in the ground-floor bedrooms)
- ✓ People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



## What is included?

The price you pay includes:

- ✓ Four nights' full board accommodation
- ✓ All meals, including lunch and dinner on the first day and breakfast and lunch on the last day. Some of these will be in cafés and pubs as part of the planned itinerary, and some at 'home' in the accommodation
- ✓ Complimentary soft drinks, tea, and coffee
- ✓ All activities and venue entrance charges
- ✓ Transport throughout the holiday
- ✓ Around-the-clock support from the Dementia Adventure team, on location and throughout the holiday
- ✓ Pre- and post-booking support
- ✓ Organisation, remote support, and personal communication in the run-up
- ✓ One free photobook per booking



## Book your North Yorkshire holiday:

Our holidays are available to people from all communities and financial backgrounds. We don't want finance to be a barrier to you getting a break. If these prices are out of reach we might be able to offer you further financial help, support you with finding additional funding, or both.

For more information on this, please contact us:

📞 01245 237548

✉ [adventures@dementiaadventure.co.uk](mailto:adventures@dementiaadventure.co.uk)

We will support you to get the holiday you need.

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