

# JOIN HOAA ON AN ADVENTURE

## Organising activities for people with disabilities



**HOAA is a registered charity who have organised exciting trips for people with disabilities for many years.**

Join adventures in 2026 £10

**1 FEB- WALK, SUNDERLAND**

**1 MAR - WALK, SUNDERLAND**

**20-23 MAR- RESIDENTIAL WEEKEND, YORKSHIRE DALES**

**12 APR-CANOE & WALK, DURHAM**

**4 MAY-BANK HOLIDAY WALK, SOUTH SHIELDS**

**20 JUN-CANOE RACE & WALK, YORK**

**9 JUL-RICHMOND CASTLE EVENT**

**7-10 AUG- CAMPING, GROSMONT**

**12 SEP-CANOE O & WALK, YORK**

**9-12 OCT-RESIDENTIAL WEEKEND, LAKE DISTRICT**

**\*CARERS ATTEND FREE\* TO JOIN PLEASE USE THE CONTACT BELOW**

**Email: [dave.thompson40@hotmail.co.uk](mailto:dave.thompson40@hotmail.co.uk)**

**Tel: 07368 694283**

