

# RUDDING PARK

— HARROGATE —

## RUDDING PARK SPA ACCESSIBILITY TECHNICAL SPECIFICATIONS

The Spa features an indoor pool, juniper log sauna, bucket shower, mud rasul, manicure, pedicure and make up bar, hair studio, retail therapy, Horto Cafe and Restaurant and a range of treatment rooms complemented by four mind and sense zones.

The Roof Top Spa and Garden offers an extensive range of thermotherapy and hydrotherapy experiences with views over the mature gardens.

The award winning hotel makes Rudding Park perfect for a Spa Break, whilst a range of Day Spa and evening Starlight Spa packages are available along with a limited spa membership.

Brands include Carita, Elemental Herbology, ila and Jennifer Young for those living with and beyond cancer

Further details can be found on our website [ruddingpark.co.uk/spa](http://ruddingpark.co.uk/spa)  
Alternatively, you can telephone 01423 871350 or email [sales@ruddingpark.com](mailto:sales@ruddingpark.com)

### Pre-Arrival (By Train, Bus, Taxi, Road, Air or Helicopter)

#### TRAIN

- Harrogate station (HGT) is situated on Station Parade in the centre of Harrogate and 3.1 miles from the Hotel. The bus station is adjacent to the train station
- There is a taxi rank outside the main entrance to the train station
- 'Real time' timetables (giving the next 24 hours' services), can be accessed by text using the TrainTracker Text Service. Text your journey request to 84 95 0. (Outward calls are charged at standard operator rates and inward replies cost 25p).
- Other train enquires can be accessed by Textphone on 0845 60 50 600, online at website: [www.nationalrail.co.uk](http://www.nationalrail.co.uk), or by telephone 08457 48 49 50
- Car Parking is available at the Railway Station for 117 cars. You can find out more about accessibility at the station and Car Parking at [www.nationalrail.co.uk/stations/hgt/details.html](http://www.nationalrail.co.uk/stations/hgt/details.html)

#### BUS

- Bus Stops are located either side of the road at the entrances to the Hotel and the Holiday Park with buses to Harrogate, Leeds and Wetherby
- Bus number 770 runs hourly to Harrogate from the far side of the road, and half hourly to Leeds and Wetherby from the near side.
- Buses are wheelchair accessible.
- Buses are not equipped with audio/visual notification of bus stops
- The bus stops are 0.25 miles from Hotel Reception and 0.05 miles from the Holiday Park Reception.

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- They are all on level tarmac areas, with no seat or shelter.
- The route from Reception to the Bus Stops is via the main tarmac driveway. There is a small area of mown grass (approx 2 metres), with a 2" kerb from the driveway onto the grass, just before you reach the stop.
- The driveway to the Hotel is smooth tarmac, with very low level speed bumps (1"/2.5cm) and a gentle slope down to the Hotel
- There are no footpaths or kerbs on the main road.
- Bus Stop (Rudding Park) is number 32006400
- Bus Stop (Rudding Holiday Park) is number 32077140
- Real time bus departure information can be accessed by Text to 63 87 6 at standard rate for outbound and 12p for reply. You will need to enter the Bus Stop Number. Also by email: [yournextbus@wypte.gov.uk](mailto:yournextbus@wypte.gov.uk) or by telephone at 0113 2457676

## TAXI

- An accessible taxi service is available. We recommend Blueline with its many wheelchair accessible vehicles. Contact: Telephone 01423 530830, email: [mail@bluelinetaxis.co.uk](mailto:mail@bluelinetaxis.co.uk), fax: 01423 567949, or you can book online at [www.bluelinetaxis.co.uk](http://www.bluelinetaxis.co.uk).
- Throughout Britain, both taxis and private hire vehicles must take assistance dogs on request unless the driver has a medical exemption certificate (usually because of an allergy to dogs). Please inform Blueline of any specific requirements when booking.

## ROAD

- From M1/M62  
From the M1 or M62 (M621) in Leeds follow the A61 Harrogate signs. At the roundabout with the A658 (Bradford/York Road) follow the brown tourist signs to Rudding Park (3 miles).
- From A1(M)  
Exit the A1(M) at Junction 47 signposted Harrogate, Knaresborough and take the exit off the roundabout on to the A59. For the next three consecutive roundabouts take the second exit signposted Bradford. After the fourth roundabout follow the brown tourist signs to Rudding Park.

## AIR

- Leeds Bradford Airport is a 30 minute drive away.

## HELICOPTER

- Helipad onsite
- Grid reference: OS 104
- Co-ordinates: N53° 58.3' W001° 29.6'

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## Rudding Park Spa and Horto



We offer ample 24 hour free parking. It is possible to drop off at spa reception. Blue badge parking is available.

There is a level pathway leading to the entrance.



The main entrance to The Spa and Horto are wheelchair accessible at ground level and the automatic sliding doors ensure easy access for wheelchair users.

### HOTEL RECEPTION TO THE SPA

- Level access to the open stairwell in the Follifoot Wing.
- Take the lift (500kg, alarm button) down from the Follifoot Wing (audio/visual display) or 18 stone steps (1m wide separated into two flights of 9 by small landing area).
- The steps are enclosed and non-slip/non-reflective ceramic
- Steps are edged with raised grip strips in silver colour
- The Spa has level access throughout
- All doors are 1.1m wide
- Sliding glazed access doors opening to 91cm
- Spa Reception desk at chest height when standing
- Pen, paper and magnifying glass available on request
- Additional tables provided for wheelchair use
- Induction hearing loop installed and staff trained
- Corridors and spa rooms have white walls and wooden flooring
- Level access to all areas and a gentle slope links the two buildings.



*Gentle slope linking two buildings*

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## THE LINK LIFT

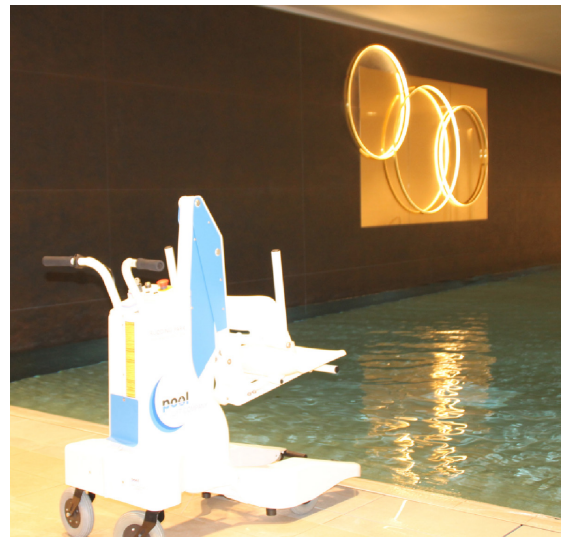
- The Link Lift provides direct access between the Hotel and Spa so guests do not have to venture outside
- Push button entry at low level
- Door opens to 100cm
- Low level controls
- Grab rails
- Audio and visual description
- Good overhead lighting
- Alarm with illuminated pictorial description
- Tactile raised buttons



*The Link Lift*

## INDOOR SWIMMING POOL

- Level access
- No ledge
- Poolside showers (75cm access)
- Battery operated digi project pool lift for ease of access to the indoor swimming pool and hydrotherapy pool



*Battery operated digi project pool lift*

## TREATMENT RECEPTION

- Treatment reception double doors 2.12m wide
- 1cm threshold
- Wood and rug floor
- Lighting can go to full daylight level
- All doors to treatments rooms 90cm wide

## ADAPTED TREATMENT ROOM

- Entrance door 90cm wide
- 1cm threshold
- Door to shower room 90cm wide
- Shower room 200cm x 240cm
- Fully accessible shower with seat at 42cm high
- Grab rail to right of the shower
- 2 red emergency pull cords
- 80cm x 80cm x 140cm clearance around treatment bed



*Doors to Treatment Reception*

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*Accessible/Adapted Treatment Room*



*Accessible/Adapted Changing Room*

## **ACCESSIBLE/ADAPTED CHANGING ROOM WITH TOILET**

- Door clearance 90cm
- Single washbasin with auto taps
- Wet room with open shower area
- Low level shower controls
- Overhead and hand held shower heads
- Wall mounted fold up shower seat at 48cm
- Two red alarm cords within reach of toilet and shower
- Non-slip/non-reflective ceramic flooring
- Under floor heating
- Beige walls and floors
- Well lit with overhead spotlights
- Touch lighting under mirror
- White towels and robes
- Toilet height 89cm to the right
- Vertical and horizontal grab rails to left of toilet
- Toilet to wall 32cm to left
- Automatic taps
- Grab rails to left of toilet
- Grab rails to either side of basin
- Low level coat hook
- Emergency red cords

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## Horto Restaurant

Rudding Park offers a variety of dining options including 3 AA Rosette Horto which is located in The Spa and is open for breakfast, lunch and dinner seven days a week.

- Level access from Reception
- Reached through single doors (90cm door from the main reception area)
- The outside seating area has level access, alternatively there is a small raised lip (2cm) from Horto.
- The outside seating area is on one level
- Stone flagging is power cleaned twice a year
- All areas are level access
- There is an abundance of natural light from floor to ceiling windows on south face of building
- There are additionally ceiling spotlights and table lamps
- The flooring in the dining area is wood
- Some areas have wooden varnished flooring but staff are advised to wear rubber soled shoes to help keep background noise to a minimum
- There is a variety of seating and chairs, sofas and low level tables (clearance 37cm)
- Table service available seven days a week (7am – midnight)
- Exceptional service – staff will read menus and pay attention to the individual needs of all guests
- Dining area is on one level
- Guests using wheelchairs will be seated first allowing them to choose their seat within a party.
- The Restaurant has an assortment of circular and square tables of 74cm clearance



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## GYM

Rudding Park offers many ways to improve or maintain fitness or simply enjoy the fresh air. The gym provides strength and cardio exercise equipment for residents. Personal training sessions can be arranged on request. For enquiries about the gym, please ask at Reception.

- Situated on the lower ground floor level in the Follifoot Wing
- Accessed by the accessible/adapted lift or stairs from the stairwell
- Glazed doors onto small landing area
- Sharp right to 4 steps down (portable ramp on request)
- Alternative access is via three steps to double French doors from the outside (portable ramp on request)
- Cardiovascular and strengthening equipment
- A personal trainer can be arranged in advance

## Contact Information

Address      Rudding Park, Follifoot, Harrogate, North Yorkshire, HG3 1JH  
Phone        01423 871350  
Fax            01423 872286  
Email        spaservices@ruddingpark.com

### LOCAL EQUIPMENT HIRE

- Yorkshire Care Equipment: Telephone: 01423 799 960, fax: 01423 202116, or complete and submit the online enquiry form at [www.yorkshirecareequipment.com](http://www.yorkshirecareequipment.com).

### LOCAL ACCESSIBLE TAXI

- Blueline: Telephone 01423 530830, email: [mail@bluelinetaxis.co.uk](mailto:mail@bluelinetaxis.co.uk), fax: 01423 567949, or you can book online at [www.bluelinetaxis.co.uk](http://www.bluelinetaxis.co.uk).

### LOCAL ACCESSIBLE BUS SERVICE

- Text to 63 87 6 (at standard rate for outbound and 12p for reply). You will need to enter the Bus Stop Number as displayed under travelling by Bus on this statement. Also by email: [yournextbus@wypte.gov.uk](mailto:yournextbus@wypte.gov.uk) or by telephone at 0113 2457676

### LOCAL HOSPITAL

- Harrogate Hospital A&E is less than two miles away. In case of emergency please call Reception on 01423 871350. Please report all accidents or minor medical problems to Reception.

### LOCAL DOCTOR

- Eastgate Surgery, 31b York Place, Knaresborough. Tel: 01423 557200, or The Health Centre Knaresborough Road, Harrogate. Tel: 01423 557225 (Appointments only)