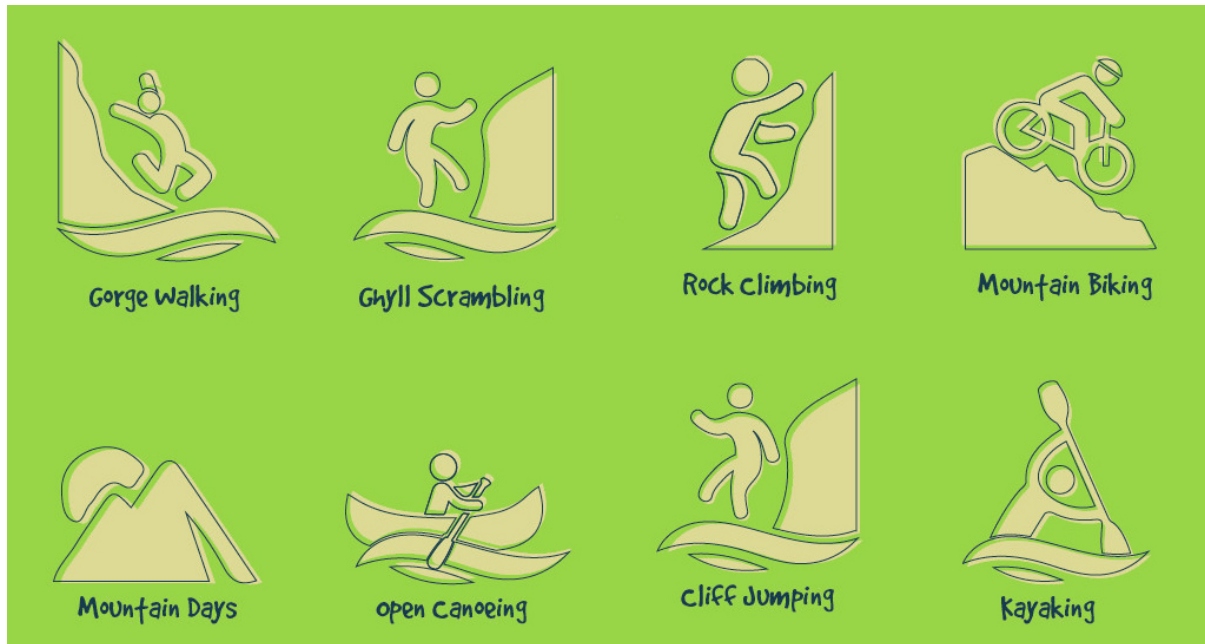


## Find out more about some of our most popular half day activities



**Duration:** Half Day.

**Skill Level:** Confident in water and able to walk across uneven surfaces.

**Equipment:** Full spare change of clothing, wet shoes/trainers and towel. All specialist and protective equipment will be provided



### Gorge Walking

#### Brief Description

This activity is not for the faint hearted!

Be prepared to slide, leap and cascade down a series of water falls, splash pools and cliff jumps for a day which you will remember forever.



**Duration:** Half Day.

**Skill Level:** Water confident and able to walk on uneven surfaces

**Equipment:** Full spare change of clothing, wet shoes/trainers and towel. All specialist and protective equipment will be provided

## Ghyll Scrambling

### Brief Description

Ghyll scrambling is an invigorating and challenging activity involving working your way up a ghyll, containing a tumbling mountain stream.

It's the perfect activity for families and groups wishing to try something a little different.



**Duration:** Half Day.

**Skill Level:** All abilities welcome, no previous experience required. A reasonable level of fitness would be advisable and confidence with heights

**Equipment:** Wear comfortable clothing appropriate to weather conditions on the day, trainers. All specialist and protective equipment will be provided

## Rock climbing

**Brief Description:** Climbing is a fun, dynamic sport and delivers exciting rewards both physically and mentally. If you are just starting out or already committed, we have something for everyone. From scrambles and first steps for new climbers, up to longer more challenging routes for those wanting to expand their skills and knowledge.

Experience exhilarating climbs on some of the most well-known Lakeland crags, or explore those hidden gems which the area has to offer!! One of our experienced and qualified instructors will be happy to help plan your day and help you discover your hidden talents.

We often can't help the good old British weather bringing along rain! On these occasions we're able to take our climbing indoors to the local indoor wall based in Penrith.





**Duration:** Half Day.

**Skill Level:** Able to ride a bike, a reasonable level of fitness

**Equipment:** Wear comfortable clothing (preferably sportswear) appropriate to the weather conditions on the day, trainers and a spare warm layer. All specialist and protective equipment will be provided



## Mountain Biking

**Brief Description:** The Lake District provides a range of challenging and exhilarating routes for all abilities. From purpose built mountain bike haven in Whinlatter Forest (approx. 40 min drive) to low level bridleways and tracks surrounding the site. Bike hire is included in the session. We have a range of bikes, from tandems, link ups and front suspension mountain bikes.

The session is tailored to the ability of the group members and instruction and leadership is provided by an experienced and qualified mountain bike coach. During the session we aim to develop skills and improve the individuals ability to ride safely. This may be using our purpose built obstacles on site or heading out to the high trails and steep downhill challenges the area has to offer.



**Duration:** Half Day.

**Skill Level:** Able to walk on uneven surfaces, a reasonable degree of fitness

**Equipment:** Sturdy footwear or walking boots & wear clothing appropriate to weather conditions. All specialist and protective equipment will be provided.



## Mountain Days

**Brief Description:** Exploring the National Park and accessing some of the fantastic scenery, which is only accessible by foot, is an experience which can change the individual for a lifetime. Some of the more classic routes on some of the legendary mountains in the Lake District can be achieved as an individual or family activity.

The mountains can be a hazardous environment, so with a qualified and experienced mountain leader, you can be assured that your journey into some of the remote areas, which the Lakes has to offer, will be a safe and enjoyable one!



**Duration:** Half Day.

**Skill Level:** Water confident

**Equipment:** Full spare change of clothing, wet shoes or trainers and towel. All specialist and protective equipment will be provided.

## open Canoeing

### Brief Description:

Work as part of a team to travel across Ullswater in an open canoe to gain access to some of the views not normally seen from the shores at Park Foot.



**Duration:** Half Day.

**Skill Level:** Water confident

**Equipment:** Full spare change of clothing, wet shoes/trainers and towel. All specialist and protective equipment will be provided.

## Cliff Jumping

### Brief Description:

Face your fears from one of our three jumping platforms and launch into the cooling waters of Lake Ullswater. For those up for more adventure, take the challenge to traverse around the cliffs, trying not to slide into the water!!

The cliff traverse and jump area is reached via open canoe, to enable participants to gain waterside access to the cliff jump area and explore the further reaches of Lake Ullswater.





**Duration:** Half Day.

**Skill Level:**

No previous experience required, water confident, not suitable for under 8's

**Equipment:** Full spare change of clothing, wet shoes/trainers and towel. All specialist and protective equipment will be provided.

## Kayaking

**Brief Description:**

A fun session aimed at introducing individuals to kayaking. The participants will receive coaching from qualified staff to develop the skills required in this paddlesport.

This will be a wet activity and aims to be fun and active.