

# Outdoor Activities for Groups



**Your**  
adventure in  
**safe** hands

  
THE  
**ADVENTURE**  
ELEMENT



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**Ben Keen**  
Managing Director

## Your Adventure in Safe Hands

The Adventure Element are proud to stand as a leading provider of Outdoor Activities and Expeditions. We know how taking part can have a positive and possibly a changing effect on a person. Our professional planning and delivery service ensures you will feel in safe hands.

## 2. The Activities



# Ghyll Scrambling

Full-on wet and wild fun

"Ghyll" is the Lakeland word for mountain stream and ghyll scrambling is an exhilarating activity which can be done in either ascent or descent.

During the trip students will climb up waterfalls, jump in to deep plunge pools, crawl through tunnels and slide down water polished rock chutes - with the occasional swim for good measure. A full on wet and wild adventure!!

### quick facts and highlights

- Wet suits, helmets and spray jackets are provided.
- A truly unique and wet experience.
- Great fun no matter what the age or ability.



# Canoeing

Exploration on the water

Take a fun and exploratory paddle around one of the Lake Districts most scenic lakes in our wonderful canoes.

The instructor will teach the necessary strokes for tandem canoeing, then guide the group on a journey as they explore islands and bays amidst wonderful mountain scenery. Along the way there will be plenty of games and laughs and the occasional wetting!

### quick facts and highlights

- We use 2 person canoes but often raft them together so 4 or more can paddle them.
- A very special and relaxing way to explore the countryside.
- It's not essential to get wet, but we can't guarantee it!





## 3. The Activities



# Canoe River Journey

See the countryside from a different angle

Paddle the Middle Derwent River between Derwentwater and Bassenthwaite Lake.

Journeying and exploring is what the open canoe was originally designed for. During the journey teams will be given the opportunity to learn essential strokes as they meander through the beautiful Lake District countryside. Along the way they will tackle simple moving water and shingle rapids.

### quick facts and highlights

- ✓ Journey between 2 of the Cumbria's finest lakes.
- ✓ This is a beautiful trip with simple rapids to negotiate.
- ✓ Only suitable for Secondary schools and above.



# Rock Climbing

Challenge your head for heights

A great introduction to the sport of rock climbing and an amazing way to view the beauty of the Lake District.

Using easily accessible crags with stunning views your expert instructor will have groups climbing multiple routes. Coupled with an abseiling session this can be an amazing day out, where groups will really challenge themselves and leave with a real sense of achievement.

### quick facts and highlights

- ✓ Venues will be chosen according to the groups ability.
- ✓ Learn to climb and also to supervise the safety ropes.
- ✓ A great activity for enhancing responsibility, team work and personal challenge.





## 4. The Activities



# Abseiling

A real challenge of your love of heights

**Participants will control their own descent down a vertical cliff face.**

Abseiling is a real personal challenge and gives an amazing sense of achievement to those who complete it. We use a range of venues from small crag outcrops to 120 foot of vertical rock. Abseiling can be a stand-alone activity or incorporated into a climbing session - all you need is a go for it attitude.

### quick facts and highlights

- ✔ Great as a personal challenge with a superb feeling of achievement.
- ✔ Anyone can abseil no matter their skill or ability.
- ✔ Abseiling is amazingly safe but has the feeling of a true



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[www.cyclewise.co.uk](http://www.cyclewise.co.uk)



# Mountain Biking\*\*

Sample some of the best biking around

**The Lake District has superb mountain bike terrain and trail centres.**

Groups will be taught some basic skills of bike handling and safety then be off sampling some of the best single track in the area under the watchful eye of an instructor. They will be challenged on small descents, switch backs and rocks in some of the finest countryside in the UK.

### quick facts and highlights

- ✔ Groups will play lots of games to familiarise themselves with the bikes.
- ✔ During the session groups will also learn about road safety.
- ✔ A superb way to explore some of the Lake District.





## 5. The Activities



# Via Ferrata Xtreme\*\*

A unique and way to get the finest views

**The Via Ferrata, is an adventure climbing / scrambling system that uses a permanently fixed cable for safety and protection up the rock face.**

Scramble up the huge cargo net to reach the summit of Fleetwith Pike and one of the finest views the Lake District has to offer. Via Ferrata is Italian for "Iron Way". Participants, using a harness, secure themselves to the cable and climb independently

### quick facts and highlights

- ✓ The Lake District Via Ferrata is one of the only activities of its kind in the UK.
- ✓ Groups will be following in the footsteps of the slate miners from 100's of years ago.
- ✓ A challenging and unique way to gain the summit of Fleetwith Pike.



# Mountain Walks

Enjoy some the UK's finest mountains

**Whatever the time of year the Lake District has some of Britain's best, most scenic and most accessible walking areas.**

Whether a short low level stroll or a strenuous high mountain walk, there is something here for everyone. We will expertly guide the group across some of the Lake District's finest mountains, leaving them to enjoy every moment of what the Lakes has to offer. Scafell Pike, Skiddaw, Langdale Pikes, Cat Bells just to name a few. The choices are endless.

### quick facts and highlights

- ✓ The choice of Lake District mountains to climb is endless.
- ✓ Journey through some of the UK's finest countryside.
- ✓ Groups will also gain knowledge of the geography of the area and some of the local history.



# 6. Packages and Prices

Whether there is a specific goal, or you would like to use an outdoor activity as a reward, an outdoor event with a range of activities will offer an experience to remember.

## Single Activity

Morning or Afternoon sessions available. 09:30 - 12:30 or 13:30 - 16:30

	PRICE	DURATION
Ghyll Scrambling	£35.00 per person	Up to 3 Hours
Via Ferrata Xtreme	£45.00 per person	3 - 4 Hours
Canoe River Journey	£50.00 per person	Whole day ( <i>can be run as half day</i> )
Canoeing	£30.00 per person	3 Hours
Rock Climbing	£30.00 per person	3 Hours
Abseiling	£30.00 per person	2 - 3 Hours
Mountain Biking	£45.00 per person	3 Hours
Mountain Walks	£195.00 per instructor	Whole day

## Activity Packages

Packages run all day from 09:30 - 16:30

	PRICE
Via Ferrata Xtreme & Ghyll Scrambling	£65.00 per person
Ghyll Scrambling & Canoeing	£60.00 per person
Canoeing & Rock Climbing / Abseiling	£55.00 per person
Climbing & River Canoe Journey	£65.00 per person
Via Ferrata Xtreme & Canoeing	£60.00 per person
Mountain Biking & Climbing	£65.00 per person

- ➔ All technical equipment and expert tuition is included.
- ➔ Minimum number of participants per activity - 4 people
- ➔ Packed lunches can also be arranged at an additional cost. £7.00 per lunch
- ➔ Prices are subject to VAT





# Our experience will make yours a better one.

We truly believe in the benefits of completing an adventure residential experience. We will do all we can to ensure your programme is a success.

## SAFETY

Priority Number One. We provide experienced and qualified staff who are supported by our exemplary safety management systems.

## ENJOYMENT

It's hard not to enjoy the experience when sharing it with fellow adventurers, giving encouragement and willing you to succeed.

## LEARNING

We know the outdoors pushes boundaries. You learn so much about yourself and you'll realise you are capable of more than you expect.



## Adventure Activities Licensing Authority (AALA)

AALA, acting on behalf of the HSE, indicates our Safety Management has been inspected and approved. We are licensed for Trekking, Watersports & Climbing. Ref: R1821



## DofE Approved Activity Provider

As an Approved Activity Provider we offer the Expedition section by foot, by boat and by bike.





#YourAdventureInSafeHands

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