



Expeditions and Adventure



2012 Open courses for Active Adults with a Mild Disability

Introduction to Canoeing or Kayaking 16th – 20th April £336 pp

This course, based in our Oakwood annexe, will introduce you to all aspects of canoeing and/or kayaking.

Introduction to Canoe Camping £227 per person

25th–27th May & 3rd–5th August

These courses are suitable for people who would like an easy introduction to an expedition. The first night will be spent at Bendrigg Lodge. The next day we will embark upon a mini expedition with just one night camping on a site with good facilities.



Descent of the River Wye in Open Canoes 11th–15th June £362 per person

This is a canoeing expedition. After meeting at Bendrigg we will travel to Wales (you can meet us there if more convenient). The next four days will be spent canoeing down the river. Accommodation will be a mixture of bunkhouse and camping.

Descent of a Northern River in Open Canoes 2nd–6th July £362 per person

A canoeing expedition. After meeting at Bendrigg we will travel to a northern river (approx 2-3hrs) The exact venue will be weather dependent. The next four days will be spent canoeing down the river and camping each night.

Introduction to Rock Climbing/Introduction to Caving and Potholing

30th July - 3rd August £336.00 per person

Choose to specialise in climbing or caving. We will introduce you to all aspects of your chosen activity. These courses are based in our Oakwood annexe.

Multi-Activity Courses £510 per person

July 28th - August 3rd For people with a physical disability including wheelchair users

September 1st - 7th For people with a mild learning difficulty

Based at Bendrigg Lodge which has excellent facilities. These courses give you the chance to sample a range of outdoor activities while staying in our most comfortable accommodation! Activities include canoeing, climbing and abseiling, archery, caving and others.



Please note that Bendrigg does not have the resources to employ medical or care staff. It is necessary, therefore, that all participants can take care of all their personal needs, or that they are accompanied by a friend, relative or carer who can assist them. We are attempting to secure funding to provide some subsidised places to people in need and especially for essential carers, please enquire.

For more information on any of the above courses please contact us.

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www.facebook.com/bendriggexpeditions