

Spirit of Adventure

Courses for Visually Impaired Adults 2018

The following is an outline of the courses that we have planned for 2018 so far. The prices shown are all subsidised prices and include VAT; we rely heavily on outside funding to make this possible. Please note that courses will be dependent on finding enough sighted guides to support them. You are welcome to source and bring your own guide.

For more information please contact Jo on 01539 723766 or email jo@bendrigg.org.uk To book please download and return a booking form.

Friday 23rd – Monday 26th March

Caving Weekend

Price £228

This is a caving course. We will do some surface training in the evenings and have two expeditions underground. Each of the underground trips will last a few hours. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking and will involve some abseiling and / or climbing. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Friday 6th – Monday 9th April

Canoe Weekend

Price £228

On this course you will learn the skills needed to paddle open canoes on rivers with gentle rapids. No experience is necessary but you need enough confidence in the water to cope if you fall in! Buoyancy aids will be worn and plenty of help will be available. Each visually impaired participant will be paired up with a sighted guide in a double open canoe. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Saturday 21st – Sunday 22nd April

Kendal Triathlon Event Weekend

Price £27.60

Bendrigg are happy to offer Acorn House as self-catering accommodation to Visually Impaired athletes and guides taking part in the Kendal Triathlon event on Sunday 22nd April. Bendrigg staff and transport will be available for train station collections/drop offs and to get you to and from the event on the Sunday. Please note you will have to provide your own food however there is a fully-equipped kitchen in Acorn House for food preparation.

Friday 4th – Monday 7th May

Rock Climbing Weekend

Price £228

This is a climbing course. We will do some indoor training in the evenings and have two expeditions to crags. Each of the crag trips will last all day. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Friday 29th – Monday 2nd July

Rock Climbing Weekend

Price £228

This is a climbing course. We will do some indoor training in the evenings and have two expeditions to crags. Each of the crag trips will last all day. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Friday 6th – Monday 9th July

Triathlon Training Weekend

Price £228

These courses are for Visually Impaired adults and guides. Groups will be split according to ability/experience and sessions will be tailored to everyone's needs. The weekend will consist of a series of workshops and practical sessions. Sessions will include cycling, running, swimming (pool and open water, weather permitting), stretching, core strength, injury prevention, competition, nutrition, equipment and training. Triathlon activities will finish by 5pm on Sunday. Sunday evening will be free for relaxation or taking part in something completely different (e.g. climbing wall).

Saturday 25th – Tuesday 28th August

Triathlon Training Weekend

Price £228

These courses are for Visually Impaired adults and guides. Groups will be split according to ability/experience and sessions will be tailored to everyone's needs. The weekend will consist of a series of workshops and practical sessions. Sessions will include cycling, running, swimming (pool and open water, weather permitting), stretching, core strength, injury prevention, competition, nutrition, equipment and training. Triathlon activities will finish by 5pm on Monday. Monday evening will be free for relaxation or taking part in something completely different (e.g. climbing wall).

Friday 14th September – Monday 17th September

Cycling Weekend

Price £228

This is a new course for 2018 and will involve a weekend of cycling using our tandem bicycles. Two days will be spent out cycling around the local area, with venues and routes dependent on ability and weather. Each visually impaired participant will be paired up with a sighted guide on a tandem. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Saturday 22nd – Sunday 23rd September

Kendal Triathlon Event Weekend

Price £27.60

Bendrigg are happy to offer Acorn House as self-catering accommodation to Visually Impaired athletes and guides taking part in the Kendal Triathlon event on Sunday 23rd September. Bendrigg staff and transport will be available for train station collections/drop offs and to get you to and from the event on the Sunday. Please note you will have to provide your own food however there is a fully-equipped kitchen in Acorn House for food preparation.

Friday 5th – Monday 8th October

Caving Weekend

Price £228

This is a caving course. We will do some surface training in the evenings and have two expeditions underground. Each of the underground trips will last a few hours. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking and will involve some abseiling and / or climbing. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Friday 12th – Monday 15th October

Multi Activity Weekend

Price: £228

This is a multi activity course perfect for people new to Bendrigg. Activities will include a selection from canoeing, climbing, abseiling, caving, ghyll scrambling, archery and more. Activities will be chosen depending on the weather and the preferences of the group. The course starts at 5pm on Friday and finishes after breakfast on Monday.

Dates TBC

Advanced Caving Course – 3 nights

Price: £456 visually impaired, £354 sighted guide

If you are interested in this course please get in touch to discuss possible dates. This course is for people who would like to learn some more advanced caving techniques, including single rope technique, for descending and ascending vertical pitches. The first afternoon and evening will be spent learning the ropework on site at Bendrigg. The second and third days will involve expeditions underground. To attend this course you must have attended at least one of our caving weekends. Due to the advanced nature of the skills being taught the group will be very small, 2 participants and 2 guides with 2 Bendrigg instructors. This does make this course more expensive than our standard courses. We recommend you enquire and book early.

Dates TBC

Start Yachting Course

Price: £678 visually impaired, £558 sighted guide

If you are interested in this course please get in touch to discuss possible dates. Based on the beautiful south coast of England, our Start Yachting Course is a fantastic opportunity for novices and those with limited sailing experience to spend a week living on a 40ft yacht learning to sail. Starting from the Southampton area, you'll spend seven days exploring the picturesque coastline of the Solent, visiting harbours and marinas along the way. As an active member of the crew you'll work on the day-to-day running of the boat, learning how to sail and developing your seamanship skills. If desired, there is also the opportunity for you to work towards an RYA recognised qualification. Our skipper is an RYA Yacht Master Instructor and has many years' experience in working with people with disabilities. This course is suitable for adults with a physical or sensory disability. However due to the nature of the boat, the saloon is down a steep stairway and the cabins are not accessible by wheelchair.

General Course Information

Booking: To book on any of the above courses please download an individual booking form from the Downloads page of our website (plain text versions available). One booking form can be used to book on multiple courses. Please return this to jo@bendrigg.org.uk Once we have received your booking form we will issue a deposit invoice (£50 per person per course). **Please do not send any funds before we have issued an invoice.**

Weather: On all courses we are at the mercy of the weather. Please be aware that we may need to change plans, venues or activities on the day. We will always put safety first and while there are many things we can do, they might not always be what you were expecting!

Guides: We aim to have an equal number of guides and visually impaired participants on each course. The guides are volunteers and will have had some training. They are not experts in the activities and will be learning as well. You are welcome, and encouraged, to bring your own guide if appropriate.

Domestic Arrangements: You will be based in either our main Lodge, or Acorn House building. All our bedrooms are different. In the main Lodge most are dormitory style with some smaller rooms which are suitable for couples, family members etc. In Acorn House all rooms are en-suite. For most courses all meals are included and we ask participants to help with setting tables and clearing up where possible.

Travel: Unless otherwise stated, courses start with a 6pm briefing. We can arrange pick up/drop off for you from Oxenholme station. If travelling by train please arrange to arrive at Oxenholme station between 4.30 -5.30pm and not before. Please advise us of your arrival and departure times.

Guide Dogs: Guide dogs are welcome on our courses that are based at Bendrigg. **Please let us know in advance.** If you are bringing your guide dog on a course there are a few things to bear in mind:

- If required (for example, if you are coming on the train), we can provide a dog bed, bowls and dog towels. Please let us know in advance.
- Dogs need to be kept on a lead while inside the building.
- Dogs can be walked in the grounds and we can provide a small spending area. Please clean up after your dog.
- Dogs do not come out on full day activities with us (with the exception of hill walking). They will be left at Bendrigg during the day. We will arrange a volunteer dog sitter to walk them while we are out.