

£600

Per participant

£300 Carers
(Bursarys available)

Individual Courses

ADULTS WITH A PHYSICAL DISABILITY

7th Sept - 13th Sept 2019



These multi-activity courses will give individual adults the chance to participate in a wide range of outdoor activities in the Yorkshire Dales and Lake District National Parks.

Activities may include canoeing, climbing, caving, archery, abseiling, orienteering, zip-wire, tube-slide, games and arts & crafts. A great way to have fun, make new friends and try a new challenge!

Please note that Bendrigg does not have the resources to employ medical or care staff. Therefore, it is necessary that all participants can take care of their personal needs or that they are accompanied by a friend, relative or carer who can assist them.



Bendrigg Trust

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www.bendrigg.org.uk Registered charity: 508450