

# Derwent Hill



## Activity Information

# Sailing



Sailing takes place in our fleet of Fun boats. Learn how to rig your sailing boat and how to use the wind to move across Derwent Water. You can sail as a pair or on your own. If you have sailed before, use this opportunity to learn some more skills and be coached by one of our instructors. From races, sailing round a course or a journey to St Herbert's Island there is something for everyone.

# SUP (Stand up paddle boarding)



Take part in the latest water sports craze. Learn the basics of paddle boarding, try out some new skills and play some games. A great fun and wet session!

# Mine Explore



Visit an old lead mine and learn how the mine was used and what they extracted. Experience the complete darkness lighting your way with a torch. If you are lucky, you might even find some treasure to take home.

# Coracle Building



A great fun and wet challenge to build your own craft and compete in a race to the finish!

# Bush Craft



Do you fancy yourself to be the next Ray Mears or Bear Grylls? Learn how to light a fire with a flint and steel, learn some outdoor survival top tips & other Bush Craft tricks. Bake some bread on an open fire or make a brew, sit back and relax in the wooded surrounds of our Bush Craft area.

# Stoney Croft Gorge and Extreme!



Sliding down riverbeds, jumping off waterfalls, scrambling over rocks, swimming in plunge pools, getting really wet. If this sounds like fun to you, try your hand at gorge scrambling. We will lend you a wetsuit to keep you comfortable and take you off into the surrounding valleys for an ascent or descent of one of the local ghylls. Please be advised this is extremely good fun! You may also like to consider our extreme gorge descent. This involves all the fun mentioned above with the added challenge of steep abseil descents into beautiful plunge pools.

# High Challenge, Big Swing and Low Ropes Course



Do you fancy a challenge at height? Try our on-site High Challenge apparatus: elements include The High All Aboard, The Trapeze Jump, The High See Saw or perhaps sample the infamous and unique Derwent Hill 'big swing'. If you get to the top the view is amazing! We have a purpose-built low ropes challenge course which will test your balance and poise. If you are a monkey at heart this could be the place for you!

## Kayaking



Derwent Water has numerous sheltered bays, interesting islands, lake shore cafes and is surrounded by stunning mountains; an idyllic setting for a water adventure or a relaxing paddle!

# Canoeing



Take to the water with a partner or learn the technique of solo paddling on the beautiful setting of Derwent Water or venture further afield to the beautiful Ullswater Valley. A fantastic way to explore the lakes of the Lake District.

# Via Ferrata



Climb to the summit of Fleetwith Pike via the Honister Mine Via Ferrata cableway. You'll be secured to the mountain side using 2 lanyards attached to the steel cable (via Ferrata) that worms its way up the steep sided rock face above Honister Pass. An adrenaline buzz with fantastic views and a great way to enjoy rock scrambling!!

N.B. There is an additional charge for this activity of £45 per person.

# Mountain Walking



Take to the hills and enjoy the fresh air, exercise and stunning views. Perhaps you're looking to tick off some Wainwrights! Join us on a mountain adventure!

## Kale Pot



Enjoy a walk up Hallin Fell with amazing views over Ullswater and surrounding fells. The walk then continues through woodland where you will arrive at Kale Pot. There are opportunities to traverse the rock face and a mixture of both low-level jumping and big jumps into the lake.

# Yoga



Early morning restorative & rejuvenating yoga to set you up for the day.

We will begin with slow, mindful restorative movements to slowly wake up and stretch the body before moving into some more rejuvenating standing postures & balances. The session will end with a warm down and a singing bowl relaxation. Sessions are open to all ages and abilities!

Hopefully weather permitting the sessions will be held on the lawn overlooking the lake - a fabulous way to start the day.

