

2024 ADVENTURES

EPIC ADVENTURES ADAPTED FOR INCLUSION

For :
Families,
Individuals
Groups of mates
& Non-disabled people

Book now at www.anyonecan.uk

Anyone Can is a small family business working to make sure that the opportunity to take part in authentic adventures, grow skills and connect with nature is open to all people.

We achieve this by harnessing our huge knowledge of the sports and adaption to create opportunities that meet the needs and aspirations of people living with disabilities

	Involves rough ground travelling on foot	Prices overleaf are per person unless otherwise stated. We base pricing on 4 people attending. If you have 4 or more save money by booking the whole trip just for yourselves.	Anyone Can is a leading inclusive adventure company based in the Lake District. www.anyonecan.uk f i t : @anyonecanuk
	Involves self transfer (standing not required)		



Anyone Can Open Weekends & Expeditions

We do private, group and family bookings too

Cave - your first underground abseil and climb	Yorkshire Dales	Caving adventures developing from horizontal exploration to vertical climbing and abseil skills. Join us for 1 day or both (day 2 price includes day 1)	Horizontal 17 Feb, 19 October Ropes 18th Feb, 20 October £106/£248 pp	
Inclusive and adaptive leaders	Windermere (Lake District)	Outdoor leader professional training in enabling adventure and facilitating accessibility	11th, 12th & 14th March, 12, 14th & 15th Nov £215pp/£86 per day	
Open Canoeing Awards	Windermere (Lake District)	Learn to Canoe on flat water and gain your Paddle Start or Paddle Discover award, depending on your level of experience. With these skills, you could then stay on and join us for our intro to white water days.	22 March £98pp PLUS intro to moving water 1 day £226pp	
Paddle on Moving water	South Lake District	A day spent practicing river technique and incident recoveries. Before moving onto a river. Need to have Canoeed with us previously if going straight to moving water, or sign up for all 3 days!	23 - 24 March £260pp 22 - 24 March £358pp	
Sail Micro yacht 2 day journey	Windermere (Lake District)	Sail the whole length of Windermere and back again, hostel accommodation overnight in Ambleside	27-28 April £278pp	
Walk/Roll	Yorkshire Dales	TBC - looking for a fun and suitable route!	11-12 May TBC	
Sailing fast - ultra light weight sailing canoes	Windermere (Lake District)	A fun 2 days of whizzing around in our adapted Sailing Canoes. light, flighty and great fun. Steep learning curve as these are solo boats	14-15 May 30-31 September £213pp	
British Canoeing Paddle-ability	Windermere (Lake District)	Paddleability- Paddlesports instructors disability training day on Spinal Cord Injury Awareness day.	9 May £86pp	
Splash about	Windermere (Lake District)	A fun wet day, to try lots of new watersports. Have a go at open water swimming, sit on top kayaking and paddle-boarding (all the wetsuit stuff!).	7 June £106pp	
End to end Windermere by Canoe	Windermere (Lake District)	Paddle the length of Windermere, Englands longest lake, over 2 days. Cook your meals over the fire and sleep under the stars, in a tepee on a wild peninsula.	8-9 June £301pp	
Little yacht big fun. Micro Yacht sailing	Windermere (Lake District)	A weekend of learning to sail in our day yacht on the lake. A day learning the ropes and a day journeying on Englands biggest lake	29-30 June 5-6 October £197pp	
Rock Climbing - Rock up and push your skills	Dales and North Lakes	Day 1 developing your core skills and adaptations (start indoors and move outdoors) Day 2 developing your outdoor rock skills Day 3 longer routes and multi pitch climbing 1 nights camping, 2 days climbing and full meals	5-6 July 6-7 July £301pp	 Day 3
Scottish Canoe Wild Campout	Loch Lomond	Experience the beauty of the Southern highlands from water level and camping out on an island.	20-21 July £344pp	
Canoe the Great Glen - Coast to Coast Epic	Scottish Highlands	Spend a week canoeing this legendary coast to coast route through the heart of Scotland via Lochs and canals	11 - 18 August £1142	
Big Yacht Sea sailing adventure Scottish islands	Scotland (Oban)	An inclusive sailing journey off the Scottish West Coast living aboard a 40 foot yacht. Remote beauty with warmth and comfort	14th - 20th September £1321	
Rock Climb Wales	North Wales	Climbing and adaptive camping in North Wales for the weekend 2 nights camping, 2 days climbing and full meals	6th - 8th September £361pp	
Canoe Ullswater	Ullswater Lake District	Ullswater is Beautiful in Autumn - no more reason needed. Overnight camping.	26-27 September £213	
Sunny Rock Climbing abroad	Spain	5 days rock climbing in the beautiful mountains of Southern Spain. Excellent indoor accommodation. Push your skills and learn sport climbing	19 - 25 November £1240	