

DUKE OF EDINBURGH AWARD EXPEDITIONS

ADVENTURES ADAPTED FOR INCLUSION

Bronze

13-15 AUGUST
2025
TRAINING
AND QUALIFYING

Silver

28-29 AUGUST 2025
SILVER TRAINING
30 AUGUST REST DAY
31 AUGUST - 2
SEPTEMBER 2025
SILVER QUALIFYING

Gold

28-31 AUGUST 2024
13-15 AUGUST 2025
GOLD TRAINING
18-21 AUGUST 2025
GOLD ASSESSMENT

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.

Frustrated by the lack of opportunities for authentic journey based Duke of Edinburgh expeditions available to people living with a disability - we decided to host our own.



Anyone Can is a leading inclusive adventure company based in the Lake District.

www.anyonecan.uk
f i : @anyonecanuk



One step in the right direction

DUKE OF EDINBURGH EXPEDITION ACCESSIBILITY

We journey through land and water, by sail, canoe and walking or with wheeled mobility aids. By utilising multiple methods of transport we can best leverage the accessible parts of the Lake District, keep the challenge up but also spread stresses on the body. We train on sections of lake Windermere and the areas surrounding paths, where we have good access to the water and all user routes. Our qualifying journeys are in the vicinity of the lakes with the venues getting progressively more challenging along with the techniques required to complete the expedition.

How we make it inclusive

Firstly lets address the key thing - we're not finished - not everyone will be able to access our expeditions but loads more folks will. We think we have pushed the resources we have available to the limit of what is affordable for people - we have plans afoot to expand the range of needs to those who would need more support: this all hinges on external funding coming through.

There's not space for everything we do to make it inclusive but here's a flavour in rapid fire list form. Wheelchair accessed powerboat to provide rescue cover, towing and transport to venues - Stabilised canoes - using various all user paths - tall tents you can wheel inside - tall extra stable camping stoves- a pop up anywhere toilet system - radio communications - radio to headset or bluetooth - trained moving and handling staff - assistance dog friendly - campsites with good facilities – grip aids - tactile markers - electronic boat steering - capacity for carers to travel in powerboat for on water support - canoe access hoist - a massive rollup ramp - special low temp campfire units (Gold) - WC access wild camp spot (Gold) - kit trolley - supportive seating - transfer stools - on-land canoe transfer - Tactile markers for sailing - Audio navigation system..... and patient understanding leaders used to ensuring peoples needs are met. Phew!



Do I have to be disabled/have a diagnosis

No not at all, please do sign up because you like the sound of it, fancy meeting others living a very different life, or just think these trips suit you best. We need numbers to run - sign up and your making the world that little bit more accessible to all.

See below for our ability guide to our ALL of our expeditions





Sensory Needs



Water happy Assistance dogs welcome



Walk on rough terrain unaided

OR



Possible for those with no vision with support from a friend or assistant





Cognition Needs



Water happy Assistance dogs welcome



Apply skills and make decisions with support




You will need to self manage meals, money and travel with support

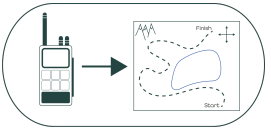
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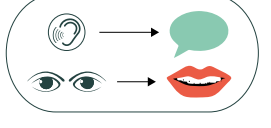
Bring a supporter



Communications needs

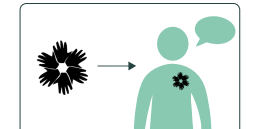


Radio support with amplified headsets or direct to Bluetooth connections




Must hear or lip read day to day functional level

OR

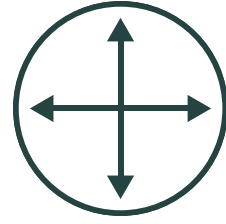


Ask us to seek BSL volunteer

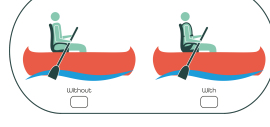
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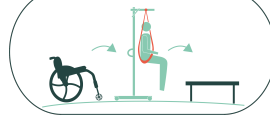
Bring your own interpreter or friend




Mobility Needs (For Expedition)




Sit in alternative supportive seating



Hoist available to move between craft and chairs

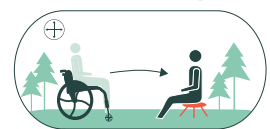


Pop up portable loo and tent available




Grass, Pounded slate, Potholes and occasional beaches to cross with support. Ask us to seek alternate chair if needed

(To Camp)



Transfer to seating of different heights

OR



We can facilitate return-to-home or return-to-holiday-accommodation with your carers



DUKE OF EDINBURGH BRONZE TRAINING AND ASSESSMENT

The skills to meet the conditions and the preparation for more adventures

Where	Low Wray Windermere Campsite	
When	13-15 August 2025	
Accommodation	Under canvas or Return to home or return to rented accommodation	
Cost	£261 per person	£73 essential carer camping and accommodation
Includes	All food, camp fees, transport between sites and equipment (including camping equipment)	

Train in canoeing and land journeys around Windermere then for qualifying: Paddle into camp, camp, and the next day strike off on the multi user path network to the finale.

This expedition is designed to not only maximise participation but to give young people the groundwork to join in the higher level expeditions we offer.

We will cover the basics of the sport but also coach individuals on the movement and control skills they need to develop to maximise their independence.

The Plan

Day 1	Bronze training	Meet and set up camp Introduction to canoeing, and meeting daytime needs like: food, hydration and toileting. Controlling the canoes in different wind directions and adjusting seating navigation and planning, safety procedures and raising assistance.	Evening group cook with intro to stove cooking, hygiene, food prep and social eating. Camp craft: Sleep systems and staying warm
Day 2	Bronze Assessment	Powerboat transfer to Bowness, Canoe to campsite	
Day 3		Pack down tents and proceed along multi user path through to Windermere Chain Ferry cross via ferry to Bowness for Celebration	



Will it meet my needs?

This is a decision you will ultimately have to make but we are here to chat and help in that process. There are challenges and great opportunities and this expedition will not suit everyone. Drop us a line and we will be happy to help you decide.





DUKE OF EDINBURGH SILVER TRAINING AND ASSESSMENT

The skills to meet the conditions and the preparation for more adventures

Where	Low Wray Windermere Campsite	Coniston Hall Camp Site
When	Training 28-29 August 2025 Arrive 27 Night (optional)	Assessment 31st August to 2nd September 2025
Accommodation	Under canvas or Return to home or return to rented accommodation	
Cost	£245 per person £73 essential carer camping and food	£255 per person (own food) £73 essential carer camping and food
Includes	All food (own food on qualifying) , camp fees, transport between sites and equipment (including camping equipment)	

Train in Canoeing and land journeys around Windermere then for qualifying: Paddle through Coniston camping along the way and before striking off into the hills for the finale.

Rather than back to back training and assessment we have built the expedition to use the weekend to break up the event. You will have Saturday off with your usual care giver to explore the Lakes, (and buy your expedition food). Before starting again on Sunday. This is to give you a rest and also to minimise booked time off parents may need to take to support you.

Training Highlights

- Spending time in the Windermere valley - a stunning part of the world
- Camping and being independent at the campsites (if you return to accommodation it will be near bed time typically)
- Getting confident at canoeing, rafting canoes and using a downwind sail
- Getting to know the team and hanging out
- Learning about menu planning, provisioning and cooking
- Getting to grips with paper/iPad/audio navigation tools

Expedition Highlights

- Getting some space in wild places with your peers
- Being independent
- Exploring Coniston water
- Doing a linear journey
- Being outside for 3 days

The plan

Day 1	Meet and set up camp Introduction to canoeing, and meeting daytime needs like: food, hydration and toileting. Controlling the canoes in different wind directions and adjusting seating, sailing downwind.	Evening group cook with intro to stove cooking, hygiene, food prep and social eating. Camp craft: Sleep systems and staying warm
Day 2	Multi-user path practice, working through obstacles, navigation and planning, safety procedures and raising assistance.	Evening Group cook - Menu planning, Route planning and adaptations to weather forecast
Day off	Chill out and explore the lakes - a carer can stay over at the campsite with you - or wonder off for a comfy indoor bed (families are welcome to book the family onto the site and borrow tents/mats, assuming availability - the campsite gets fully booked a longtime in advance!). Just don't forget to go shopping!	
Day 3	Transport to Coniston in morning. Paddle into Campsite from South Coniston Launch point - Pitch camp, project work and cook meal.	
Day 4	Paddle from campsite to the North end of Coniston and use multi-user path to return to camp site	
Day 5	Continue to use muti-user path to proceed up the Coniston valley to the Hodge Close Vally and Carpark. The journey is finished once debrief and project work has been completed.	

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Preparing for the pinnacle of the DofE Adventure

Where	Low Wray Windermere Campsite + wild camp practice	Wild camp x 2 Low Wray x 1
When	Training 28th - 31st August 2024 13th - 15th August 2025	Qualifying 18-21 August 2025
Accommodation	Under canvas or return to home or return to rented accommodation	
Cost	£387	£399 (own food)
Essential carers	£85 camping and food	£85 camping and food
Includes	All food on training, camp fees, transport between sites and equipment (including camping equipment)	

Designed to train folks for a truly inspirational journey and maximise inclusion for those living with a disability.

You canoed on your silver (if not do not panic, we have a catch up day planned) now we need to add some big lake skills and a new craft - a mini yacht to your skill set.

This isn't a typical training - your are going to love the lift in challenge and new learning ready for the pinnacle of the DofE scheme: The Gold Expedition

Training and assessment are such a long experience that we've put them in different weeks to let people rest and recover between them. We've snuggled it up to either side of a weekend to minimise any time off people have to book.

The training plan

Day 1	Meet and set up camp Introduction to canoeing, and meeting daytime needs like: food, hydration and toileting. Controlling the canoes in different wind directions and adjusting seating.	Evening group cook with intro stove cooking, hygiene, food prep and social eating. Camp craft: Sleep systems and staying warm
Day 2	Canoe Sailing and Sailing boat basics - getting to grips with handling the boats in open water, hoisting and lowering sails and operating electric engine. Use of the electronic steering system	Evening Group cook intro to campfire cooking - Menu planning, Route planning and adaptations to weather forecast
Day 3	Sailing advanced procedures, launch and landing, rules of the road, anchoring, reducing sail. On water navigation	

EXCITING NEW SKILLS LEARNED (OVER AND ABOVE THE SILVER EXPEDITION)

Sailing a yacht

- Hoisting, changing the size of and lowering sails
- Leaving and arriving at a pontoon
- Setting the sails to the wind
- Using the engine (electric)

Lighting a fire

- Cooking over camp fire
- Making clean drinking water
- Using a canoe sail



Will it meet my needs?

This is a decision you will ultimately have to make but we are here to chat and help in that process. There are challenges and great opportunities and this expedition will not suit everyone. Drop us a line and we will be happy to help you decide.



DUKE OF EDINBURGH GOLD QUALIFYING

The pinnacle of the DofE Adventure - and gateway to so much more

Where	Low Wray Windermere Campsite + Secret (private) wild Camp Spot 2 nights
When	18-21 August 2025
Accommodation	Under canvas or return to home or return to rented accommodation
Includes	Camp fees, transport between sites and equipment (including camping equipment)

Canoe, Sail, Powerboat and travel by path around Windermere over 4 days.

Two wild camp nights (with optional accessible toilet and changing bed visit offsite 10 mins - powerboat - before bed and in morning). 1 night at a campsite.

This expedition is designed to maximise inclusion: it leverages and strings together the amazing resources of Windermere to put together an awesome trip that maximises independence, minimises strain on the body (by changing modes of travel across the days) and works with the typical weather patterns it promises to be a truly memorable trip. Wild camping is enabled by raised beds, wide entrance tents and a portable loo with rails and transfer space.

The plan

Day 1	Launch canoes at Fell Foot on the Southern tip of Windermere and proceed north to the wild camp spot
Day 2	Depart Wild Camp spot proceed north to Low Wray campsite by canoe
Day 3	Transfer by powerboat to Northern hoist access point by powerboat and transfer to sail boat. Sail south to hoist access spot and transfer to the Wild camp spot by powerboat
Day 4	Depart wild camp spot by powerboat for short inaccessible leg leading to all user path - use path to head south to the final destination, celebrations and pickup

