

ANYONE CAN 2025 ADVENTURES



For :

Families

Individuals

Groups of mates

& Non-disabled people

EPIC ADVENTURES
ADAPTED FOR
INCLUSION



Book now: 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. Most trips include food and accommodation .	Anyone Can is a leading inclusive adventure company based in the Lake District. 01539 310041 info@anyonecan.uk f i : @anyonecanuk
	Involves a transfer (standing not required)	We base pricing on 4 people attending. If you have 4 or more in your group, save money by booking the whole trip just for yourselves.	

Inclusive and adaptive leadership	Windermere (Lake District)	Outdoor leader professional training: enabling adventure and facilitating accessibility. Co-run with an Occupational Therapist to include postural support and manual handling	12 - 14 March £234	
Keswick Mountain Festival	Keswick	We will run morning and sunset paddles from Keswick Mountain Festival to explore Derwent water and its islands. Bookings for this will go live 2 weeks before the event.	16 - 18 May £40 adult and £20 a child (5+).	
Splash about	Windermere (Lake District)	This is a fun wet day to try lots of new watersports. We will explore down the river on paddle boards, which is rich in wildlife, take a dip in Windermere and then go for a spin on the lake in our accessible powerboat.	6th June £109	
End to end Windermere by Canoe	Windermere (Lake District)	Paddle the length of Windermere, England's longest lake, over 2 days. We will cook a 3-course dinner as a group over fire and sleep under the stars, sleeping in a tepee on a wild peninsula.	7-8 June £299 with Camping	
Rock Climbing - Rock up and push your skills	Peaks	Once you arrive at the bunkhouse, there is no need for a car for the whole time you climb! Arrive in time for an evening's boulder and dinner, followed by 2 days of some of the best rock climbing found in the Peak District.	23-25 June £314 with bunkhouse accomodation	
Sailing fast - ultra light weight sailing canoes	Windermere (Lake District)	A fun 2 days of whizzing around in our adapted Sailing Canoes. They are light, flighty and great fun. This can be a steep learning curve as they are primarily solo boats, but you will be under the guidance of an experienced sailing instructor. Arrive on the 27th, ready to start your sailing journey the following day.	27 - 29 June £388 hostel accomodation £267 no accomodation	
Scottish Canoe Wild Campout	Loch Lomond	This 3-day getaway is a fantastic way to explore the famous Loch Lomond and its many islands. Easy to reach by train with a class A station. Arrive at lunchtime, where you will be kitted up and whizzed out to a wild island to camp. We spend the rest of the day learning campcraft and bushcraft skills. Wake up on the island and explore the islands by Canoe. On the final day, we return to the start for a dip followed by warm showers.	2 - 4 July £396 Camping	
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. We start and finish the trip from Fort William, where there is a grade-A train station. Some nights, we sleep under the stars whilst others are spent in hostels. This is a 60-mile Canoe trip, over 6 days with powerboat support.	29 July - 5 August £1171 Hostels and Camping	
Duke of Edinburgh Bronze	Windermere	Complete your Bronze DofE with the knowledge that the expedition will be a fun challenge but accessible to meet your needs. Practise and Qualifying are combined. We stay at a campsite and use Canoes for the expedition.	13 - 15 August £261 £73 essential carers	
Duke of Edinburgh Gold	Windermere	Practise and qualifying expeditions on and around Lake Windermere. This is a multi-mode expedition to avoid exhausting the same muscles day after day and allows us to circumnavigate Windermere over 4 days, utilising all its accessible features. We use Canoes, Sail boat and accessible pathways.	Practise: 13 - 15 August £387 (£85 carers) Qualifying: 18 - 21 Aug £399 (£85 carers)	
Duke of Edinburgh Silver	Windermere and Coniston	Practise expedition is on Windermere using Canoes to journey by and then we move to Coniston to complete our qualifying expedition using a mixture of accessible pathways and Canoes.	27 - 29 August £245 31 Aug - 2 September £255 (£85 carers)	
Sail Micro yacht 2 day journey	Windermere (Lake District)	Sail the whole length of Windermere and back again! Windermere is England's longest lake at 10.5 miles long. We will teach or refresh you with plenty of sailing skills over the 2 days. Accessible hostel accommodation in Ambleside.	6-7 Sept £285 Hostel Accomodation	
Big Yacht Coastal Adventure Scottish islands	Scotland (Largs)	An inclusive sailing journey off the Scottish West Coast living aboard a yacht. This is an outstanding area of the UK which is best explored by boat. Wild coastlines and rugged islands, dolphins, seals and birds galore, what isn't there to love? We all live aboard the boat for 4 sleeps, sometimes in marinas and possibly on anchor, depending on the crew and weather. You may be expected to share a cabin - life aboard boats can be cosy!	16 - 20 Sept £842 and £263 for a friend/partner/carers who will share your cabin.	
Walk/roll and Powerboat exploration	Windermere (Lake District)	Meet at Bowness, where we walk/roll along the shores of Windermere to meet our accessible powerboat (yes, you can drive her!) and then travel to the campsite for some bushcraft activities. The next day we use accessible pathways to travel down to the chain ferry and back to Bowness to complete our circumnavigation of Northern Windermere.	25-26 Sept £352 Camping	
Cave - your first underground abseil and climb	Yorkshire Dales	Meet at the hostel Friday night to talk about caving and hand-out kit. The next morning, we explore a horizontal cave, which is all walking and then on the second day, we have the option to try abseiling underground, and maybe a ladder climb. Expect to be blown away by the beauty of the underground world and to see fossils galore.	7-9 Nov £379 Hostel accomodation	
Inclusive and adaptive leadership	Windermere (Lake District)	Outdoor leader professional training: enabling adventure and facilitating accessibility. Co-run with an Occupational Therapist to include postural support and manual handling	12 -14 November £234	
Spain	Alicante	A wonderful week of sunshine climbing in Southern Spain	2026 - dates and prices tbc. Please email for info	