

# ANYONE CAN 2026 ADVENTURES



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

EPIC ADVENTURES  
ADAPTED FOR  
INCLUSION



Book now: [www.anyonecan.uk](http://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	<b>Prices</b> overleaf are per person unless otherwise stated. Most trips include <b>food</b> and <b>accommodation</b> .  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.	Anyone Can is a leading inclusive adventure company based in the Lake District. <b>01539 310041</b> <b>info@anyonecan.uk</b> f i : @anyonecanuk
	Involves <b>a transfer</b> (standing not required)		
Price "1st person"	Indicates we have an arrangement where the second person and/ or dedicated support person can take part at a lower rate than the first person. See website for details. Sometimes this is a care support only deal and sometimes a full participation discounted place		



Have a <b>Go Day</b> at <b>Paddle Boarding</b>	Windermere (Lake District)	Try Paddle Boarding sitting supported or standing. One of the most enabling paddle sports in terms of transports, cost and storage. We have standard, large and stabilised boards to try.	13th April 10:00 - 13:00 £33 per person Bring a packed lunch	
Have a <b>Go Day</b> at <b>Canoeing</b>	Windermere (Lake District)	Canoe Day canoes are the long haul craft of the water comfortable, stable and big enough for adventures come try the sport out and see how it could suit you.	14th April 10:00 - 13:00 £33 per person Bring a packed lunch	
Have a <b>Go Day</b> at <b>Canoe Sailing</b>	Windermere (Lake District)	Canoe Sail Day adding stabilisation, sails and steering turns the canoe into a fast responsive sailing boat where you sit facing forward. Exhilarating independence	15th April 10:00 - 16:00 £69 per person Bring a packed lunch	
Have a <b>Go Day</b> at <b>Yacht Sailing</b>	Windermere (Lake District)	Our mini keel boat is very easy to board and control but retains all the fun of sailing small boats, come play and see if it suits your needs and ambitions for fun.	16th April 10:00 - 16:00 £69 per person Bring a packed lunch	
<b>Sail Micro yacht</b> 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. Wet room level access hostel accommodation.	17th - 18th April £285 1st person Inc. hostel & meals	
<b>Keswick Mountain Festival</b> inclusive Canoe sessions	Derwent water nr Keswick	Canoe based sessions on: staying safe on the water, wild family and kids splash sessions, quiet SEND focused sessions, trips out to the islands or up you paddling skills to solo technique.	16th + 17th May £25 single -£70 family places see web for bookings	
<b>Canoe Sail</b> 2 day camping Scotland	Balloch - Loch Lomond	Easy to reach by train with a class A station. Arrive at Balloch, to be transported by powerboat to an island camp. Sail from here the next day (see Try canoe sailing above) 2 days of sailing.	3-5 July £315 1st person Inc. 2 nights camping and meals	
<b>Canoe</b> End to End	Windermere (Lake District)	A unique canoe journey the length of Windermere wild camping along the way. Paddle to our secret location, set up camp and cook a three course meal over wood stoves before packing up an paddling onto the end of the lake.	2-3 July £266 1st person Inc. Camping and meals included	
<b>Climbing</b> Dales 2 day trip	Nr Ingleton Yorkshire	Start in the climbing wall getting sorted with the kit before moving to the first crag to get aquatinted to outdoor climbing. The second day off to another amazing venue. No experience needed	13 - 15 July £338 1st person Inc. Camping and meals	
Duke of Edinburgh <b>Silver</b>	Windermere and Coniston (Lake District)	Practise expedition on Windermere in canoes. Qualifying based at Coniston to a mixture of challenging but accessible paths and canoes.	Practice 25 - 27 July £326 Qualifying 29 - 31 July £335	
Duke of Edinburgh <b>Bronze</b>	Windermere (Lake District)	Complete your Bronze DofE with the knowledge that the expedition will be a fun challenge but accessible to meet your needs. Training and Qualifying are combined. We stay at a fixed campsite and Canoe in and out of camp.	Training 12 August Qualifying 13- 14 August £298 1st person	
Duke of Edinburgh <b>Gold</b>	Windermere (Lake District)	Practise and qualifying expeditions on and around Lake Windermere. This is a multi-mode expedition to avoid exhausting the same muscles day after day that allows us to circumnavigate Windermere over 4 days, utilising all its accessible features. We use both Canoes and Sail boat.	Practice 18 - 20 Aug £430 Qualifying 22 - 25 Aug £467 1st person	
<b>Big Yacht Coastal Sailing</b> Adventure	West Coast Scotland - Largs and local islands	An adaptive 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!	7 - 11 September £866 1st person Meals, charter (accommodation) included	
<b>Sail Micro yacht</b> 2 day journey	Windermere (Lake District)	As 17th-18th April	8 - 9 October £285 1st person Inc. hostel & meals	
<b>Cave</b>	Ingleton (Yorkshire)	Two days of exploring under ground a mixture or walking and gentle climbing with short walks to get there.	19-20 November £274 1st person Inc . Lunches	
<b>Rock Climb</b> Spain	Alicante (Spain )	A wonderful week of sunshine climbing in Southern Spain. The warmth, weather and sheer quality of the rock really helps get loads of climbing done. The systems employed help greatly those aspiring to progress their climbing ability with technically and physiclally.	17 - 23 November TBC ≈ £1177 1st person Inc. Meals, transport and lodge	

### Family and Friends - Book Anytime Activities - Based on groups of 5 persons or less

Canoe days	Mini Yacht days	Canoe Sailing days	Cave Days	Rock climb days
Full day & Lunch £328	Full day & Lunch £378	Full day & Lunch £326	Full day & Lunch £352	Full day & Lunch £387
Morning or Afternoon £212	Morning or Afternoon £238	(Needs a whole day)	Morning or Afternoon £282	Morning or Afternoon £166

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