



## Stag & Hen Parties.....

We offer a wide range of alternative activities for that last weekend of freedom whether its extreme adventure you're looking for or a relaxing slower pace we have something to suit you and your party. If you want to discuss ideas on location, accommodation or activities on offer please email or give us a call.



## Adult Birthday Parties.....

What do you give as a present to the man or woman who has everything?

Adventure activities birthday parties are a great alternative. We organise the right venue to suit you and supply all the equipment. All you need to do is turn up.



## Junior Birthday Parties.....

What do you do when you've been bowling, hired a bouncy castle, had a swimming or football party?

Why not try one of our Junior adventure activities birthday parties. We organise the right venue to suit you and supply all the equipment. All you need to do is turn up.



## Wilderness Camping & Residential Activities Programs.....

Adventure 21 can offer a wide range of accommodation from country cottages, organised through The Coppermines and Lake District Cottages [www.coppermines.co.uk](http://www.coppermines.co.uk). Other budget options include B&B, basic hotel or bunk house accommodation.

Adventure 21 also specialise in self catering and all inclusive camping and wilderness camping trips. Wilderness camping includes sleeping in hammocks under tarp shelters. Incorporating open canoeing; it is proving popular with groups including hen and stag parties.

## Coniston & Coniston Water.....

As a mobile Adventure Training Company, Adventure 21 have worked all around the country but has found Coniston in the English lake District to be a true Cumbrian village. With the lake at the foot of the fells, Coniston lends itself to a wide a range of activities. For food and drink there is no better place to be than in Harry's Restaurant & Wine Bar in the village centre tel: 01539 441389.



☎ 01257 47 44 67



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[www.adventure21.co.uk](http://www.adventure21.co.uk)

e-mail: [info@adventure21.co.uk](mailto:info@adventure21.co.uk)

# Activities & Training

## Activities Available

ABSEILING | ARCHERY | AQUASAILING | CLIMBING  
CANOEING | CANYONING | CAVING | CULVERT SCRAMBLING  
CYCLING CLINICS | FIRST AID | GORGE SCRAMBLING  
LOW ROPES | KAYAKING | MOUNTAIN BIKING | NAVIGATION  
ORIENTEERING | RAFT BUILDING | RIFLE TARGET SHOOTING  
TEAM CHALLENGE GAMES | TYROLEAN TRAVERSE | WALKING

## Corporate Team Events

"P.A.C.E" Training Consultants is a department within Adventure 21, which works specifically in management and corporate team events. Whether your team have a specific training requirement or you would like to organise an in-house fun team challenge event, we can discuss a variety of options, which can be tailored to suit you, and your teams needs. Conference, catering and accommodation can be arranged.

For more information please visit: [www.pacetrainingconsultants.co.uk](http://www.pacetrainingconsultants.co.uk) or contact the booking office on 01257 47 44 67.

## Schools, Colleges, University & Inclusion Programmes

Adventure 21 offers a wide range of activity programmes for Schools, Colleges and Universities. We work with groups or individuals from 4 years upwards. Whether its a half-day session or multi-day residential activities we will put together a programme tailored to suit your groups needs.



## About Adventure 21

Adventure 21 is a well established and respected, mobile outdoor activities provider. As a company our aim is to provide our clients with safe, fun and memorable activities programs.

Adventure 21 holds public liability (£5,000,000.00) and employers liability (£10,000,000.00) insurance provided by Jardine Lloyd Thompson, certificate number: CGLB06E000/058.

It is always advisable to check your own personal accident cover before taking part in any activity.

Adventure 21 are registered with the Adventure Activities Licensing Authority, licence number: L3804/R1134.

We are happy to quote for any outdoor activity that you are interested in trying out. You can contact us by either telephone or email.

## BOOKING ENQUIRIES

Email: at [info@adventure21.co.uk](mailto:info@adventure21.co.uk)

Telephone: 01257 47 44 67



Please Think of the Environment

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