

## **ACTIVITY PROVIDERS**

If you are looking for fun ways to spend your weekend with friends and family, there are some people we know and trust to deliver a great time.

### **CUMBRIAN ADVENTURES**

Alex and the team run far from traditional activities for action minded groups looking for fun, adventure and tailor-made activities in the stunning Cumbrian countryside. Their list of activities range from paintballing to clay pigeon shooting, from Zorb to karting and so on. You'll definitely have a day to remember when booking a day with Cumbrian Adventures.

See more on their website [www.cumbrian-adventures.co.uk](http://www.cumbrian-adventures.co.uk) or ring Alex on 07754 547444.

### **ADVENTURE ELEMENT**

Ben and his team from Adventure Element offer some more traditional outdoor activities in the Lake District: from guided walks in the Cumbrian mountains to more exhilarating days of ghyll scrambling or abseiling. The Adventure Element can definitely offer you and your friends a memorable and adrenaline-filled day in the Lakes. Take a closer look on their website

<http://www.theadventureelement.co.uk> or ring Ben on 077932 288647.

### **LAKE DISTRICT PAINTBALL and LAKE DISTRICT PADDLE BOARDING**

John and his team from Lake District Paintball and Lake District Paddle Boarding also offer some fantastic days out doing what it says in the name. Why not spend your day paintballing in the beautiful Lake District woods or trying out stand up paddleboarding (SUP) on one of the lakes in the area. See more on <http://lakedistrictpaddleboarding.co.uk/> and <http://lakedistrictpaintball.co.uk/> or call John on 01768892105.

### **THE DUTCHMAN WINE TASTING**

After action-packed days out in the beautiful Lake District, Jan can come to you here to organise a relaxing and educational session of wine tasting. Jan is happy to customise the session according to your wishes; why not treat yourself with some champagne or whiskey instead of wine. See more on <http://thedutchman.org/personal-services/wine-tastings/> or call Jan on 079 678 46 513.