



# Kids Go Wild!



## *Armathwaite Hall*

COUNTRY HOUSE HOTEL & SPA



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Armathwaite Hall Country House Hotel and Spa have teamed up with a local outdoor activity centre to create an exciting programme of activities which can be enjoyed by just the children or the whole family. The events take place at suitable locations off the Armathwaite Hall estate in the beautiful Borrowdale valley. Qualified instructors will guide you through the activities creating a fun packed adventure to remember for a lifetime. Let the children go on an adventure while you relax in The Spa or take part in the fun as well.



**Choose from the following half day activities:**

### Ghyll scrambling (age 8 years+)

A 'ghyll' is the traditional name for a mountain stream in the Lake District. These fast flowing watercourses have cut deep into the hillsides, providing the backdrop for an action packed activity including climbing waterfalls, sliding down chutes, jumping into plunge pools and crawling through tunnels.

### Climbing & Abseiling (age 8 years+)

The Lake District is home to some of the world's best rock climbs and abseiling is an increasingly popular activity. Both activities offer thrills and excitement whilst discovering the fascinating vertical worlds offered by the waterfalls, gorges and cliffs.

### Via Ferrata (age 11 years+)

Via Ferrata is Italian for "Iron Way" The Lake District Via Ferrata is situated on Fleetwith Pike (2,126 feet high) overlooking Buttermere. While different from traditional rock climbing, the activity of Via Ferrata can give the participant the sensation of being exposed on a rock face as well as allowing access to areas not easily reached. The participant is firmly attached to a steel cable running the length of the route and is completed by using iron rungs, ladders and supports installed in the rock face. It may be the perfect answer to conquering your fear of heights!



### Orienteering & Archery (age 8 years+)

Ever though that you could be the next Robin Hood? Why not come along and learn the basics of this technical and rewarding sport? This is a fun session for all the family and we can introduce a competition element for those who want it.

If you are ready for a challenge that is both mental and physical and gets you off the beaten track, then orienteering is for you! You will learn to read and interpret a variety of specialist orienteering maps to help you navigate interesting and challenging routes through local woodland.

*The activities can be arranged on most days of the year (weather dependant) and take approximately half a day to complete, however you can extend the events to a full day.*

*Each activity commences at 9.30am.  
£30.00 per person per half day or  
£55.00 per person per full day*

*Price includes:*

- Transport to and from the hotel to the activity site*
- Fully qualified instructors*
- Hire of all kit including waterproofs and boots*
- Use of centre changing and shower facilities if required.*

*Min 2 participants per activity, age restrictions apply. Packed lunches can be provided at extra cost through the hotel.*

*It is necessary to book the activities in advance of your stay. Please contact the hotel for further details 017687 76551*