

**POSITIVE  
ADVENTURE**

# ADVENTURE RETREATS

Our Adventure Retreats focus on getting you away from the stress of day to day life; using the great outdoors to provide a positive experience. Through challenging activity and informative workshops, we focus on improving physical and mental well-being. We have four locations to choose from:

## CONISTON THE LAKE DISTRICT

### Activities Include:

- Rock Scrambling & Abseiling
- Trekking Caves & Tunnels
- Canoe Rafts
- Waterfall Jumps

### Dates Available:

8th & 9th July 2023

## BARLEY THE FOREST OF BOWLAND

### Activities Include:

- High & Low Ropes
- Climbing & Abseiling
- Archery
- Assault Course

### Dates Available:

5th & 6th November 2022

## EDALE THE PEAK DISTRICT

### Activities Include:

- Rock Scrambling
- Abseiling
- River Scrambling
- Trekking

### Dates Available:

29th & 30th April 2023  
23rd & 24th September 2022

## LONGTOWN HEREFORDSHIRE

### Activities Include:

- Rock Scrambling
- River Run
- Paddleboarding
- Archery

### Dates Available:

13th & 14th August 2022



Fully Catered



Indoor or Tented  
Accommodation

London Veterans Partnership  
Better Together

FOR MORE INFORMATION, EMAIL:

**DAN@POSITIVE-ADVENTURE.ORG**