



News

Adventure Activities in The Lake District

Easter Activity and Skills Programmes are now in place

Believe it or not there are only 5 or 6 weeks to the Easter holidays. Most local authority schools are breaking up either on the 26th March or the 1st of April. You could start to plan your visit to The Lakes at what is often the driest part of the year, (April, May, June). Programmes are also running in the summer and are booking up already.

As well as Activity Fun Sessions, we also have Activity Skills Sessions for both adults and children. See the time table below. For more details go to <http://www.jointadventures.co.uk/Holiday%20skills%20courses.htm>

Activity Fun Sessions

Day	Morning activity	Afternoon activity
Sunday	Kayaking	Gorge walking
Monday	Children's Adventure Day	
Tuesday	Abseiling	Kayaking
Wednesday	Canoeing	Gorge walking
Thursday	Climbing	Canoeing
Friday	Children's Adventure Day	
Saturday	Family Adventure Day	

Activity Skills Sessions

Activity	Mon	Tues	Wed	Thurs
Archery				Archery beginners course
Climbing		Rock climbing Beginners course		
Kayak	Beginners kayak			
kayak		Improvers kayak		
Kayak/canoe		BCU 2 star Must be 14 yrs or more		
Bush Craft Day		Bush Craft Day		

We also have a BCU 3 star training course on 5th and 6th April.

This course is suitable for adults and children who have the necessary paddling experience. Contact us for details.

Remember that we provide full wetsuits and water proofs for all water based activities.

Advanced Booking Essential

For those of you who have more choice over free time, we have activity sessions running at other times.

Kayak Touring Continues. It could be you out there!

Even if you are relatively new to kayaking our touring kayaks could be just the thing to give you that sense of getting out on that journey on the lake. We have invested in more touring kayaks so you can live the dream of being good enough to go somewhere.. even if you're a relative novice. Check out kayak touring at www.jointadventures.co.uk/kayak_touring.htm

BCU Foundation Safety and Rescue Course May 8th.

This course will help you develop the knowledge and skills you need to get out there with your peers and stay safe on the water. It's also a pre requisite course for all those would be instructors. For details see

http://www.jointadventures.co.uk/canoe_kayak_safety%20test.htm

Other Skills Courses.

Navigation Skills

We run NNAS navigation skills courses as 2 day training/assessment courses at bronze and silver levels, with the option to do one day assessments as well. Gold NNAS is usually done as a 2/ 3 day course. We have the following courses arranged:

- NNAS Bronze 6th 7th March, 29th 30th May, 18th 19th August.
- NNAS Silver. 21st 22nd August, 18th 19th September, 25th 26th October.
- NNAS Gold Assessment. 18th 19th September, 25th 26th October

Kayaking

- Foundation Safety and Rescue training 8th May
- Kayak Touring on the lakes. 30th 31st March, 17th 18th April 29th 30th May
- Introduction to kayaking one day courses: 3rd April, 29th March 15th May.
- BCU 2 star Training/Assessment 3rd 4th April, 12th 13th June, 17th 18th July.
- Introduction to moving water (kayak) 6th 7th March 2010
- BCU 3 star training/assessment 15th 16th February, 6th 7th March, 5th and 6th April.

Canoeing

- Introduction to canoeing one day courses: 28th March, 3rd April 2010.
- Introduction to canoeing two day courses 3rd 4th April 2010.

Bush Craft

- One day introduction to Bush Craft: 13th March, 1st May
- One day one night introduction to Bush craft: 13th 14th March, 1st 2nd May
- Two day two night course: 16th 17th 18th April, 18th 19th 20th June

Rock Climbing

- Rock climbing for beginners: 10th 11th April, 24th 25th April, 5th 6th June.
- Rock climbing for intermediates 5th and 6th April **This course will be suitable for children 13 and over.**

If you would like further details on any of these courses, then please contact us, and we will be happy to help you. www.jointadventures.co.uk or 015394 41526.

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