



Activities



in South Lakeland

£1

This guide includes information on:

- Airborne Activities
- Bowling
- Climbing Walls
- Cycling
- Golf
- Mini Golf & Putting
- Horse Riding
- Management Development/
Outdoor Courses
- Outdoor & Environmental Education
Courses
- Mountaineering, Climbing & Walking
- Swimming
- Tennis
- Watersports



South Lakeland District Council, South Lakeland House,
Lowther Street, Kendal, Cumbria LA9 4DL
Email : tourism@southlakeland.gov.uk
Website : www.golakes.co.uk
www.southlakeland.gov.uk



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ROAM - Recognised Outdoor Activity Member
AALA - Adventure Activities Licensing Authority
AMI - Association of Mountaineering Instructors
MIA - Mountaineering Instructor Award



General Interest

Activities in Lakeland

Seatle Farm, Field Broughton, Grange-over-Sands LA11 6HT
☎ (015395) 35999
www.lakesactivities.co.uk
Abseiling, Aquasailing, Archery, Argocat, Canoeing, Caving, Clay Pigeon Shooting, Corporate Days, Cycling, Falconry, Go-Karting, Gorge Scrambling, Hot Air Balloon Flights, JCB Operating, Off-Road Driving, Orienteering, Paint Balling, Pony Trekking, Quad Bikes, Human Bowling, Raft Building, Rock Climbing, Sailing, Team Building, Treasure Hunts, Walking, Stag and Hen Party Weekends, Tyrolean Pond Crossing, Wine Tasting, Pamper Breaks, Zip Wire, Highrope Course. AALA. Packages inc. accommodation.

Adventure Learning

Sandy Ridge, Kendal Road, Staveley LA8 9LP
☎ 0800 0025044
www.adventurelearning.co.uk
Canoeing, Caving, First Aid Courses, Hill Walking, Rock Climbing, Winter Mountaineering, Group Activities. AALA

Bendrigg Trust (Outdoor Residential Activity Centre)

Bendrigg Lodge, Old Hutton, Nr Kendal LA8 0NR
☎ (01539) 723766
www.bendrigg.org.uk
Residential activity centre for the disabled, and disadvantaged young people. Pre-booking only.

For further information on activities in Cumbria please refer to Cumbria Tourism's website:
www.lakedistrictoutdoors.co.uk

Bigland Outdoors

Backbarrow, Newby Bridge LA12 8PB
☎ (01229) 861517
www.biglandoutdoordays.co.uk
Archery, Clay Pigeon Shooting, Fishing, 4x4 Offroading, Quad Trekking, Target Shooting, Stag and Hen Parties, Pony Trekking, Simulated Game Shoots.

Brathay Exploration Group Trust Ltd

Brathay Hall, Ambleside LA22 0HP
☎ (015394) 33942
www.brathayexploration.org.uk
Group Expeditions for individual young people. UK and worldwide leadership courses.

B.T.C.V.

Stricklandgate House, Kendal LA9 4PU
☎ (01539) 742612
www.BTCV.org
Practical conservation work including: Bracken Cutting, Digging Ponds, Dry Stone Walling, Footpath Work, Planting Trees, Rhododendron Cutting, Tree Felling, Coppicing, Fencing, Woodland Management.

Dave's Adventure Company

☎ (015395) 68805 or 07796 773005
www.adventuremakers.co.uk
Canoeing, Kayaking, Climbing, Caving, Ghyll Scrambling, Mountain Walking.

Destination Cumbria

2 Sandylands Road, Kendal LA9 6EU
☎ (01539) 736006
www.destinationcumbria.co.uk
Information and booking service for various activity providers.

Activity providers offering activities for those under 18 years of age may be required to have an Adventure Activities Licence. It is advisable to check this before booking an activity.



Dream Rides (motorbikes)

Stanley House, 1 Livingstone Road,
Accrington BB5 5BX

☎ (01254) 397185

www.dreamrides.co.uk

Guided tour by motorbike of Lake District
& Yorkshire Dales.

Eclipse Global Events

Cragwood House, Windermere LA23 1LQ

☎ (015394) 44033

www.eclipseglobalevents.com

Abseiling, Canoeing, Rock Climbing,
Team Building, Gorge Scrambling,
Caving, Mountain Bikes.

Euphoria Extreme

☎ (016973) 71087 or 07803 264942

www.euphoria-paintballing.co.uk

Paintballing, Kitesurfing.

Firefighter Experience

Kidside, Milnthorpe LA7 7LT

☎ (015395) 64242 or 07941 227063

www.firefighterexperience.com

Firefighting, Fire Engine Rides, childrens
parties. Team building.

Go Ape

Grizedale Forest Visitor Centre

Hawkshead LA22 0QJ

☎ 0845 643 9086 or 0870 444 5562

www.goape.co.uk

High Wire Forest Adventure Course.

Pre-booking advisable.

HF Holidays Ltd

☎ (0845) 470 7558

www.hfholidays.co.uk

Guided Walking Holidays, Special
Interest Breaks, Long Distance Paths.
Country House Hotel at Coniston and
Derwent Water.

High Points

8 High Row, Backbarrow, Newby Bridge
LA12 8QN

☎ 07799 694128

www.highpoints.co.uk

Abseiling, Canoeing, Caving, Gorge
Scrambling, Hill Walking, Team Building
Activities, Kayaking, Orienteering, Rock
Climbing, Outdoor Education, Mountain
Biking, AALA

Holmescales Activity Centre

Holmescales Farm, Old Hutton,
Kendal LA8 0NB

☎ (01539) 722147

www.holmescales.com

Bird of Prey Experience, Archery, Clay
Pigeon Shooting, Corporate Events, 4x4
Challenge, Leadership Projects, Paintball
Games, Quad Bike Challenge, Team
Building, Group Activities, Stag/Hen
Parties, Zip Wire, Orienteering, Rally
Buggy, Target Golf, Tank, Fly Fishing,
Abseiling, Tree Climbing, Power Turns.

Joint Adventures

2 Newfield, Hawkshead Old Road,
Coniston LA21 8EE

☎ (015394) 41526

www.jointadventures.co.uk

Abseiling, Gorge Walking, Canoeing, Hill
Walking, Kayaking, Rock Climbing,
Archery, Raft Building, Orienteering.

Kankku

Victoria Forge, Victoria Street,
Windermere LA23 1AD

☎ (015394) 47414

www.kankku.co.uk

Off Road Driving.



Kendal Mountaineering Services

31 Appleby Road, Kendal LA9 6ES
☎ (01539) 737332
☎ 07761 483364
www.kendalmountaineeringservices.co.uk
Caving, Climbing, Mountaineering, Navigation, Scrambling, Canoeing, Kayaking, Ghyll Scrambling, Canyoning, Orienteering, Team Building, Abseiling, Stag and Hen events. Full and half sessions. AML.

Kendal Ski Club

Canal Head North, Kendal LA9 7BY
☎ (0845) 6345 173
www.kendalski.co.uk
Dry Ski Slope and Snow Boarding. Members only. Open Sept - Mid Spring.

Key Adventures, Activities and Sports

2, Low House Barn, Old Hutton, Kendal LA8 0NH
☎ (01539) 730890 &
☎ 0845 226 5752
www.keyadventures.co.uk
Abseiling, Archery, Canoeing, Caving, Kayaking, Corporate Team Building, Gorge Scrambling, Guided Hill Walking, Mountain Biking, Simulations, Mountaineering, Navigation Walking, Orienteering, Rock Climbing, Sailing, Trekking, Zip Wire. Schools programmes, Residential, Corporate, AALA.

Lakeland Activity Co.

P.O. Box 209, Kendal LA9 9BR
☎ 0845 600 1440
www.lakelandactivitycompany.co.uk
Corporate Activities and Team Building. Also cater for small groups and individuals. Corporate and Leisure. Adults only.

Lakeland Mountain Ventures

84 Windermere Road, Kendal LA9 5EZ
☎ (01539) 741318
www.lakelandmountainventures.co.uk
Rock Climbing, Scrambling, Mountain Walking, Canoeing, Mountain Biking, Wild Camping. Groups and Individuals.

Lakeland Segway

PO Box 56, Grange-over-Sands LA11 9AG
☎ 0845 6193456
www.lakelandsegway.co.uk
Unique guided tours on a Segway Personal Transporter.

Lakes Leisure Windermere

Leigh Groves Building, Rayrigg Road, Windermere LA23 1BP
☎ (015394) 47183
www.lakesleisure.org.uk/windermere
Abseiling, Open Canoeing, Climbing, Kayaking, Navigation, Nordic Walking, Sailing, Team Building, Windsurfing, RYA & BCU Courses. AALA.

Low Wood Watersports & Activity Centre

The Old Workshop, Lupton, Lancs LA6 2PT.
☎ (015394) 39441
www.elh.co.uk/watersports
Boat Hire, Canoeing, Kayaking, Kneeboarding, Mobile Climbing Wall, Sailing, Wakeboarding, Wakesurfing, Water Skiing.
(10 mph restriction in operation).

For further information on activities in Cumbria please refer to Cumbria Tourism's website:
www.lakedistrictoutdoors.co.uk

Activity providers offering activities for those under 18 years of age may be required to have an Adventure Activities Licence. It is advisable to check this before booking an activity.



MDP Sports International

The Old Workshop, Lupton, Lancs
LA6 2PT

☎ (01524) 272797 or

☎ 07971 127392

Sports Activities for Children in Holidays and throughout Year. Tennis, Football, Basketball, Gymnastics. Holiday Camps, Theme Days.

Mere Mountains

Seatle Farm, Field Broughton,
Grange-over-Sands LA11 6HT

☎ (015395) 35030 Bookings Only.

www.meremountains.co.uk

Abseiling, Canoeing, Caving, Gorge Scrambling, Orienteering, Raft Building, Rock Climbing, Initiative Challenges, Leadership Courses, Tyrolean Pond Crossing, Stream Scrambling, Sea Cliff Traverse, Walking, Mountaineering, Zipwire, High Rope Course, Canyoning. AALA

Mobile Adventure

☎ (07960) 875563

www.mobileadventure.co.uk

Ghyll Scrambling, Climbing, Abseiling, Fell Walking, Kayaking, Canoeing. BMC

Mountain Adventure

Chris Ward,

☎ 07964 405525

www.ascent-sports.co.uk

Adventure breaks, Climbing, Mountaineering, Mountain Biking. IML.

R & L Adventures

Mill Cottage, Broughton Mills,
Broughton in Furness LA20 6AX

☎ (01229) 715161

www.walk-climb-paddle.co.uk

Rock Climbing, Abseiling, Caving, Ghyll Scrambling, Kayaking, Mountain Walking, Activity Weekends, Orienteering. Mobile unit. AALA, AMI, ROAM.

River Deep Mountain High

Clocktower Buildings, Low Wood,
Haverthwaite LA12 8LY

☎ (015395) 28666

www.riverdeepmountainhigh.co.uk

Abseiling, Canoeing, Canoe-Sailing, Climbing, Gorge Walking, Mountain Biking, Raft Building, Scrambling, Archery, Dinghy Sailing. ROAM.

Rothay Manor Specialised Holidays

Rothay Manor Hotel, Rothay Bridge,
Ambleside LA22 0EH

☎ (015394) 33605

www.rothaymanor.co.uk

Courses on:- Antiques, Bridge, Gardening, Scrabble, Music, Painting, Chess, Walking, Lakeland Life-Past and Present, Interior Design.

Skateboard Park

Grange Road, Lindale, Grange-over-Sands
LA11 7DT

Summitreks

14 Yewdale Road and Centre on Lake
Road, Coniston LA21 8DU.

☎ (015394) 41212

www.summitreks.co.uk

Abseiling, Aquasailing, Canyoning, Canadian Canoeing, Children's Adventure Days, Gorge Scrambling, Kayaking, Orienteering, Adventure Walks, Rock Climbing, Corporate Groups. Navigation Courses, Equipment Hire. AALA. ROAM.

Surf the Turf

☎ 07740 861019

www.surf-the-turf.co.uk

Mountain Boarding.

Open March - November. Ring to book.



Activities in South Lakeland

Total Adventure Ltd

The Boat House, Ferry Nab Road,
Windermere LA23 3JH

☎ (015394) 44451

www.total-adventure.co.uk

Abseiling, Archery, Canyoning, Candian
Canoeing, Gorge Scrambling, Kayaking,
Orienteering, Rock Climbing, Walking,
Scrambling, Zip Wire. AALA. ROAM
Accredited.

Vertical Air

Hawthorn Hill, Stainton,
Kendal LA9 0LQ

☎ (015395) 61311

www.verticalair.co.uk

Outdoor activities, kayaking, climbing,
walking. Purpose built ropes course.
AALA.

Water Park Lakeland Adventure Centre

High Nibthwaite, Ulverston LA12 8DQ

☎ (01229) 885456

www.waterparkadventure.co.uk

Teambuilding, Outdoor Education,
Outdoor Activities. Residential only. AALA.

Wrights Leisure NW Ltd

PO Box 82, Carnforth LA5 9WX

☎ (01524) 732599 or 07767 447115

www.wrightsleisure.co.uk

Paintballing, Quad Biking, Clay Pigeon
Shooting.

YMCA National Centre

Lakeside, Newby Bridge LA12 8BD

☎ (015395) 39000

www.lakesideymca.co.uk

Day camps, Group bookings. Residential,
Youth Programmes, Wide Variety of
Activities.

For further information on activities in Cumbria
please refer to Cumbria Tourism's website:
www.lakedistrictoutdoors.co.uk

Vertical Adventures

☎ 08450 947923

www.verticaladventures.co.uk

Guided ascents - walking, climbing or
scrambling. AMI. AALA.

Airborne Activities

Activities in Lakeland

See General Interest for further details.

Cumbria Balloons

☎ (01254) 247014

www.cumbriaballoons.co.uk

Balloon flights.

Cumbria Soaring Club

☎ (017687) 80297

www.cumbriasoaringclub.co.uk

Hang Gliding & Paragliding.

High Adventure

c/o RM Travel, Rayrigg Road, Bowness
LA23 3DN

☎ (015394) 47599 / 46588

www.high-adventure.co.uk

Ballooning

Lakeland Balloons

11 South Holme,

Lytham St. Anne's FY8 4JR

☎ (01253) 736869 or 07766 347856

Ballooning.

Lakes Gliding Club

Walney Airfield, Barrow LA14 3YJ

☎ 07860 135447

www.lakesgc.co.uk

Open on weekends and bank holidays.
After 10.30am.

Activity providers offering activities for those
under 18 years of age may be required to have
an Adventure Activities Licence. It is advisable to
check this before booking an activity.



North West Parachute Centre

Cark Airfield, Moor Lane, Flookburgh
LA11 7LS
☎ (015395) 58672
www.skydivenorthwest.com
Parachuting.

Virgin Balloons

Kirkby Lonsdale
☎ (01952) 212750 or 0871 633 0016
www.virginballoonflights.co.uk
Balloon Flights.

Bowling

Ambleside (Outdoor)

White Platts Recreation Ground,
Compston Road LA22 9DJ
☎ (015394) 32074 (open April-Oct)
(Closed Sundays)

Grange-over-Sands (Outdoor)

The Promenade Recreation Ground
☎ (015395) 34026 (seasonal)

Kendal (Outdoor)

Abbot Hall
(Mr Brookshaw)
☎ (01539) 723679

Burneside

(Mr A. Slinger)
☎ (01539) 723973

Netherfield

(Mrs S. Hoggarth)
☎ (01539) 726948

Tenterfell

(Miss Ion)
☎ (01539) 731798

Victoria

(Mrs Ann Oswald)
☎ (01539) 733284

Kirkby Lonsdale (Outdoor)

Crown Green Bowling
☎ (015242) 76331 April-September

Natland Village Hall, Kendal (Indoor)

Mr Cason
☎ (015395) 60790 Members Only

Ulverston (Indoor)

(Tourist Information Centre)
Coronation Hall, County Square
LA12 7LZ
☎ (01229) 587120 (Winter Season)

Ulverston (Outdoor)

Leisure Complex, Priory Road LA12 9HT
☎ (01229) 581123
(April-September)

Climbing Walls

Activities in Lakeland

See General Interest for further details.

Kendal Climbing Wall (Lakeland Climbing Centre)

Lake District Business Park, Mint Bridge
Road, Kendal LA9 6NH
☎ (01539) 721766
www.kendalwall.co.uk
Courses for Adults & Children.
Equipment for hire. Tuition available.

Low Wood Watersports and Activity Centre

See General Interest for further details.

YMCA National Centre

See General Interest for further details.



Cycling

Activities in Lakeland

See General Interest for further details.

Askew Cycles

Old Brewery, Wildman Street,
Kendal LA9 6EN
☎ (01539) 728057
www.askewcycles.co.uk
Bike Hire all year. (Closed Sundays)

Biketreks

Rydal Road, Ambleside LA22 9AN
☎ (015394) 31245
www.biketreks.net
Bike hire, service centre. Bike shop.

Country Lanes Cycle Centre

The Railway Station, Windermere
LA23 1AH
☎ (015394) 44544
Lakeside, Newby Bridge, LA12 8AS
☎ 07748 512286
www.countrylaneslakedistrict.co.uk
Cycle Hire, Service & Repairs
Day Trips & Cycling Holidays.

Evans Cycles

113 Stricklandgate, Kendal LA9 4RF
☎ (01539) 740087
www.evanscycles.com
Sales and Service.

Ghyllside Cycles

The Slack, Ambleside LA22 9DQ
☎ (015394) 33592
www.ghyllside.co.uk
Bike Hire all year. Sales and Service.
Closed Wednesdays.

Gill Cycles

1, The Gill, Ulverston LA12 7BJ
☎ (01229) 581116
www.gillcycles.co.uk
Bike Hire all year.
Closed Sundays.

Grizedale Mountain Bikes

Visitor Centre, Hawkshead LA22 0QJ
☎ (01229) 860369 (hire) or (01229)
860335 (sales)
www.grizedalemountainbikes.co.uk
Bike Hire and sales.

Spinnoff Guided Mountain Biking

Lovat Cottage, Main Street, Endmoor
LA8 0EU
☎ (015395) 67123 or
☎ 07968 139440
www.spinnoff.co.uk
Guided Mountain Biking, Bike Hire.

Wheelbase

Mill Yard, Staveley LA8 9LR
☎ (01539) 821443
www.wheelbase.co.uk
Bike Hire, Sales and Service.

Windermere Canoe & Kayak

Ferry Nab Road, Windermere LA23 3JH
☎ (015394) 44451
www.windermerecanoekayak.com
Bike Hire.

For further information on activities in Cumbria please refer to Cumbria Tourism's website:
www.lakedistrictoutdoors.co.uk

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Golf

Beckside Golf Club

Ellerbeck Farm, Crook,
Nr. Kendal, LA8 8LE
☎ (01539) 821415
9 hole - no handicap. Visitors welcome.

Carus Green Golf Course

Burneside Road, Kendal LA9 6EB
☎ (01539) 721097
www.carusgreen.co.uk
18 hole, pay and play. Access may be restricted at competition times.

Casterton Golf Club

Sedbergh Road,
Nr. Kirkby Lonsdale LA6 2LA
☎ (015242) 71592
www.castertongolf.co.uk
9 hole course - no handicap.

Grange Fell Golf Course

Grange Fell Road,
Grange-over-Sands LA11 6HB
☎ (015395) 32536
9 hole. Visitors welcome.

Grange-over-Sands Golf Club

Meathop Road,
Grange-over-Sands LA11 6QX
☎ (015395) 33180
www.grangegolfclub.co.uk
18 hole - handicap required. Visitors welcome. Dress Code.

Kendal Golf Club

The Heights, Kendal LA9 4PQ
☎ (01539) 733708
www.kendalgolfclub.co.uk
18 Hole - Visitors welcome.
Handicap required. Dress Code.

Kendal Golf Driving Range

Oxenholme Farm, Oxenholme Road,
Kendal LA9 7HG
☎ (01539) 733933
10am-9pm. Weekends 10am-6pm.
Open all year. Closed Tuesdays,
Christmas Day and New Years Day.

Kirkby Lonsdale Golf Club

Scaleber Lane, Barbon LA6 2LJ
☎ (015242) 76365
www.kirkbylonsdalegolf.co.uk
18 hole - Visitors welcome.

Sedbergh Golf Club

Dent Road, Sedbergh LA10 5SS
☎ (015396) 21551
www.sedberghgolfclub.com
9 hole - no handicap. Visitors welcome.

Ulverston Golf Club

Bardsea Park, Bardsea near Ulverston
LA12 9QJ
☎ (01229) 582824
www.ulverstongolf.co.uk
18 hole - Handicap and membership of a club required

Ulverston Golf Driving Range

Nook Farm, Colthouse Lane,
(off Urswick Road), Ulverston LA12 OSG
☎ (01229) 585031
Open all year.

Windermere Golf Club

Cleabarrow, Windermere LA23 3NB
☎ (015394) 43123
www.windermeregolfclub.net
18 hole - handicap. Visitors welcome.



Mini Golf & Putting Greens

Ambleside

White Platts Recreation Ground,
Compston Road
☎ (015394) 32074
9 hole mini-golf, Putting Green, Pitch and
Putt, Crazy Golf, Bowling Green, 3 Tennis
Courts
Closed Sundays. Open April-Oct.

Bowness-on-Windermere

The Glebe Recreation Ground
☎ (015394) 45926
9 hole putting, 18 hole pitch & putt.
Open April-Oct.

Grange-over-Sands

The Promenade Recreation Ground
☎ (015395) 34026
9 hole putting (seasonal).

Kendal

Goose Holme, Little Aynam, Kendal
☎ (01539) 741197
18 Hole Putting. Open April - Sept.

Horse Riding

Bigland Hall Equestrian

Backbarrow
LA12 8PB
☎ (015395) 30333
www.biglandhall.com

Crook Barn Stables

Torver, Nr Coniston LA21 8BP
☎ (015394) 41088
www.crookbarnstables.co.uk

Crooked Birch

Subberthwaite, Ulverston LA12 8EP
☎ (01229) 885060
www.crookedbirch.co.uk

Cumbrian Heavy Horses

Chappels Farm
Whicham Valley, Nr Millom LA18 5LY
☎ 07769 588565
www.cumbrianheavyhorses.com
Magnificent Clydesdale & Shire
specialist heavy horse riding. Holiday
rides and trail rides to suit varying
abilities.

Hipshow Riding Stables

Hipshow Farm, Mealbank,
Nr Kendal LA8 9DR
☎ (01539) 735689 or 728221
(evenings)
Hacking for all ages and abilities.
www.horseridingholidays.co.uk

Holmescales Riding Centre

Holmescales Farm, Old Hutton,
Nr Kendal LA8 ONB
☎ (01539) 729388
www.holmescalesridingcentre.co.uk

Larkrigg Riding School

Natland, Nr Kendal LA9 7QS
☎ (015395) 60245
Lessons only.

Murthwaite Green Trekking Centre

Silecroft, Millom LA18 5LP
☎ (01229) 770876
www.murthwaitegreen.co.uk
Beach Rides.

For further information on activities in Cumbria
please refer to Cumbria Tourism's website:
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Spoon Hall Pony Trekking

Coniston LA21 8AW
(015394) 41391
www.piczo.com/spoonhallconiston

Witherslack Hall Equestrian Centre

Witherslack Hall Farm,
Nr Grange-over-Sands LA11 6SD
☎ (015395) 52244
www.lakelandriding.co.uk

Management Development/ Outdoor Courses

Bendrigg Trust

See General Interest for further details.

Brathay Exploration Group Ltd

See General Interest for further details.

Castle Head Field Centre

(Field Studies Council)
Lindale, Grange-over-Sands LA11 6QT
☎ 0845 3307364
www.field-studies-council.org
Residential and Day Courses, all ages.
Outdoors and Arts/Crafts. Eco-
adventure. Academic courses. AALA.
Professional Development (Environment
Professionals, Teachers, Leaders).

Dallam Outdoors

Heversham LA7 7EH
☎ (015395) 65961
www.dallamoutdoors.co.uk
Outdoor and Environmental Educational
Courses, First Aid, Expeditions.

Eclipse Global Events

See General Interest for further details

Holmescales Activity Centre

See General Interest for further details.

Impact International

Cragwood House, Windermere LA23 1LQ
☎ (015394) 88333
www.impact-international.com
Specialises in development programmes
creating sustainable enterprise. ROAM.

Kepplewray Project

Broughton-in-Furness LA20 6HE
☎ (01229) 716936
www.kepplewray.org.uk
Brings disabled and non disabled people
together. Rock climbing, Water Sports,
Hill Walking. Disability awareness
training. AALA

Key Adventures

See General Interest for further details.

The Key Network

2 Low House Barn, Old Hutton, Kendal
LA8 0NH
☎ (01539) 730890
www.thekeynetwork.co.uk
Leadership development, Team
Development, Team Building etc.
(Primarily Outdoor). NLP development
sessions.

Lakeland Activity Co.

See General Interest for further details.

Mere Mountains

See General Interest for further details.

Vertical Air

See General Interest for further details.

YMCA National Centre

See General Interest for further details.



Mountaineering, Climbing & Walking

Activities in Lakeland

See General Interest for further details

Adventure Learning

See General Interest for further details.

Ascents of Adventure

☎ (015394) 42593

☎ Mob: 07999 883712

www.ascentsofadventure.co.uk

Mountain Walking, Rock Climbing,
Navigation Skills, Scrambling. AMI

Roger Chaldecott

☎ (01524) 782402

☎ Mob: 07891 326027

www.mountaininstructors.co.uk

Mountaincraft, Climbing, Scrambling,
Navigation. AMI/MIA

Climb 365

Dales Cottage, 111 Milnthorpe Road,
Kendal LA9 5HH

☎ (01539) 739186

☎ Mob: 07880 742799 or 07968
706498

www.climb365.net

Abseiling, Guided Multi-pitch Climbing,
Learning to Climb, Family Adventure
Days, Tyrolean Traverse, Mountaineering,
Rock Climbing, Ghyll Scrambling, Winter
Courses. AALA, AMI, ROAM.

Dave's Adventure Company

See General Interest for further details.

Chris Ensoll Mountain Guide

40 Victoria Road North,
Windermere LA23 2DS

☎ 07796 868468

www.chris-ensoll.com

Abseiling, Alpine Climbing, Classic Walks
and Scrambles, Ghyll Scrambling,
Orienteering, Rock Climbing, Snow and
Ice Climbing, Winter Walking Skills.

High Points

See General Interest for further details.

High Times Mountaineering

Martin Ibbotson,

12 Heron Close, Kendal LA9 7JR

☎ 07765 585690

www.hightimesmountaineering.com

Mountain Walking, Rock Climbing,
Scrambling. AMI

In The Mountains

Nigel Edwards

12 Pine Close, Kendal LA9 7SQ

☎ (01539) 738276

www.inthemountains.co.uk

Abseiling, Climbing, Ghyll Scrambling,
Mountain Guiding, Winter Walking. Full or
half day sessions. AMI. Winter/Summer
Courses.

Kendal Mountaineering Services

31 Appleby Road, Kendal LA9 6ES

☎ (01539) 737332

☎ Mob: 07761 483364

www.kendalmountaineeringservices.co.uk

Abseiling, Caving, Canoes and Kayaking,
Climbing, Ghyll Scrambling, Canyoning,
Mountaineering, Navigation,
Orienteering, Scrambling, Team Building,
Stag and Hen events. AMI.

For further information on activities in Cumbria
please refer to Cumbria Tourism's website:
www.lakedistrictoutdoors.co.uk

Activity providers offering activities for those
under 18 years of age may be required to have
an Adventure Activities Licence. It is advisable to
check this before booking an activity.



Key Adventures

See General Interest for further details.

Knobblystick

5, Whitbarrow Close, Kendal LA9 6RR

☎ (01539) 737576

www.knobblystick.com

Guided and self-guided walks. ROAM.

Lakeland Mountain Ventures

See General Interest for further details.

Lakes Leisure Windermere

See General Interest for further details

Mere Mountains

See General Interest for further details.

Mountain Adventure

See General Interest for further details.

R & L Adventures

See General Interest for further details

River Deep Mountain High

See General Interest for further details

Mark Scott

☎ (01229) 466096 Mob: 07743

274115

www.classicfellwalks.co.uk

Guided Walks.

Striding Ahead

28 Kirkstone Close, Kendal LA9 7HU

☎ 0845 6381885

www.stridingahead.co.uk

Walking Adventures. Corporate entertainment. ROAM.

Summitreks

See General Interest for further details.

Treks and Trails

17 Dove Nest Lane, Endmoor, Kendal LA8 0EY

☎ (015395) 67477 or 07971 244907

www.treksandtrails.co.uk

Navigation Skills and Walking Holidays. ROAM.

Vertical Adventures

☎ 08450 947923

www.verticaladventures.co.uk

Guided ascents - walking, climbing or scrambling. AMI. AALA.

WalkWise UK Ltd

30 Greenways Drive, Endmoor, Kendal LA8 0EL

☎ (01539) 560911

www.walkwise.co.uk

Walking holidays, Navigation Courses. Charity Walks. Spice Weekends.

Water Park Lakeland Adventure Centre

See General Interest for further details.

Swimming

Dalton Leisure Complex

Chapel Street, Dalton-in-Furness

☎ (01229) 463125

www.daltonleisurecentre.co.uk

Swimming Pool, Gym & Sauna, Fitness Classes and Spinning Room.

Grange Health & Leisure Club

Grange Hotel,

Grange-over-Sands LA11 6EJ

☎ (015395) 33666

www.grange-hotel.co.uk

Day Membership Available.



Lakes Leisure Kendal

Burton Road, Kendal LA9 7HX

☎ (01539) 729777

www.lakesleisure.org.uk/kendal
Swimming Pool and Fitness Centre.
Indoor Sports Hall and Theatre and Events.

Lakes Leisure Ulverston

Priory Road

Ulverston LA12 9HT

☎ (01229) 584110 or 581123

www.lakesleisure.org.uk/ulverston
Swimming Pool and Gym.

Langdale Country Club

Langdale Estate, Nr Ambleside LA22 9JD
(015394) 37302

www.langdale.co.uk

Swimming and Health Centre.

Daily Passes for Visitors. Restaurant
open to non-residents.

Life

Windermere Road, Troutbeck Bridge,
Nr. Windermere LA23 1HP

☎ (015394) 43243

Swimming and Gym.

Netherwood Spa

Netherwood Hotel, Lindale Road,
Grange-over-Sands LA11 6ET

☎ (015395) 33999

www.netherwood-hotel.co.uk/spa
Swimming and Gym.

Tennis

Ambleside

White Platts Recreation Ground,
Compston Road

☎ (015394) 32074

Open April - September, Closed Sundays.
3 Tennis Courts

Bowness-on-Windermere

The Glebe Recreation Ground

☎ (015394) 45926

Open April to October Daily.

Burneside Tennis Club

Rod Wakeford

☎ (01539) 823570

Open all year. Pay at Premier Shop.

Grange-over-Sands

The Promenade Recreation Ground

☎ (015395) 34026

(seasonal)

Heversham with Milnthorpe Tennis Club

Dallam School, Heversham LA7 7EH

Cathy Honeybone

☎ (015395) 52502

www.hevershamtennis.org.uk

4 Floodlit Courts. Visitors Welcome.

Club Night Tuesday (or Wed if wet Tues)
and Sunday at 2pm.

Kendal

Appleby Road, Kendal LA9 6HF

☎ (01539) 721757

Members Tues Evening and Sun pm.
Children Coaching Sat 10am-12noon
(Easter-July).

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www.lakedistrictoutdoors.co.uk

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an Adventure Activities Licence. It is advisable to
check this before booking an activity.



Lakes Leisure Ulverston

Priory Road, Ulverston LA12 9HT
☎ (01229) 581123 or 584110
Open everyday all year (except Bank Holidays) . 4 Indoor Acrylic Courts, 2 Outdoor Artificial Grass Courts, 3 Tarmac Courts.

North Lonsdale Tennis Club

Memorial Playing Fields,
Grange-over-Sands
☎ (015395) 35590
Members Only.

Watersports

Activities in Lakeland

See General Interest for further details.

Can You Canoe

35c Wildman Street, Kendal LA9 6EN
☎ 07812 598571
www.canyoucanoe.co.uk
Canoeing, Kayaking, Sailing. River and Lake Trips.

Classic Cruises

Windermere
☎ (015397) 25687
☎ 07592 256732
☎ 07879 665273
www.classic-cruises.co.uk
Bespoke charters on Lake Windermere.

Coniston Boating Centre

Lake Road, Coniston LA21 8EW
☎ (015394) 41366
www.lake-district.gov.uk
Canadian Canoes, Canoeing, Dinghies, Rowing Boats, Electronically Powered Boats, Sailing Tuition.

Dave's Adventure Company

See General Interest for further details.

Destination Cumbria

2 Sandylands Road, Kendal LA9 6EU
☎ (01539) 736006
www.destinationcumbria.co.uk
Information and booking service for various activity providers.

Eclipse Global Events

See General Interest for further details.

Joint Adventures

2 Newfield, Hawkshead Old Road,
Coniston LA21 8EE
☎ (015394) 41526
www.jointadventures.co.uk
Abseiling, Gorge Walking, Canoeing, Hill Walking, Kayaking, rock Climbing, Archery, Raft Building, Orienteering .

Key Adventures

See General Interest for further details.

Killington Sailing Association

22 Hill Street, Carnforth LA5 9DY
☎ (01539) 723766-Geoff Pardoe
www.k-s-a.co.uk
Sailing, Canoeing, Windsurfing.

Lakes Leisure Windermere

See General Interest for further details.

Low Wood Watersports Centre

See General Interest for further details.

Mere Mountains

See General Interest for further details.

OB Sailing

Maiden Marine, Ferry Road,
Bowness-on-Windermere LA23 3JH
☎ (015395) 52338 Mobile:07836 525992
www.obsailing.co.uk
Skippered Charter, Short Cruises, Day Charter, Match Racing, Sailing tuition. Charter Holidays, Corporate Days, Half day 'Have a go Sessions'.



Outrun Sailing

Cross Houses Farm, Docker LA8 ODE
☎ (015394) 47446 Mob: 07795
802364

www.outrunsailing.co.uk
Charter Cruises, Corporate Hire, Sailing
Instruction, Team Building. Flotilla
Holiday Skills.

R & L Adventures

See General Interest for further details.

River Deep Mountain High

See General Interest for further details.

Shepherds

Windermere Marina Village LA23 3JQ
☎ (015394) 46004 or 44031
www.shepherdswindermere.co.uk
Motor and Electric Boat Hire.
Boat Sales-New and Used. Maintenance.

Summitreks

See General Interest for further details.

U-Cando-Canoe and Kayak Hire

YHA Waterhead, Ambleside LA22 0EX
☎ 07542 460820
www.ucando.co.uk
Canoe and Kayak Hire.

Vertical Air

See General Interest for further details.

Water Park Lakeland Adventure Centre

See General Interest for further details.

Windermere Canoe & Kayak

The Boat House, Ferry Nab Road,
Bowness on Windermere LA23 3JH
☎ (015394) 44451
www.windermerecanoekayak.com
Canoe & Kayak Hire, Bike Hire, Shop,
Tuition.
Also Base for Total Adventure Mobile
Outdoor Centre.

Windermere Lake Cruises

Ambleside, Bowness & Lakeside
☎ (015394) 43360
www.windermere-lakecruises.co.uk
Launches, Rowing Boats, Self Drive Hire
Boats.

Windermere Quays Marina

Glebe Road, Bowness-on-Windermere
LA23 3HE
☎ (015394) 42121
www.windermerequays.co.uk
Electric boats-hire. All year round
berthing, Boat sales and repairs.

YMCA National Centre

See General Interest for further details.

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an Adventure Activities Licence. It is advisable to
check this before booking an activity.



Lakes Leisure Kendal, Windermere & Ulverston

Lakes Leisure Kendal
Burton Road,
Kendal, Cumbria, LA9 7HX
Tel: 01539 729777 Web: www.lakesleisure.org.uk/kendal

Lakes Leisure Kendal is one of the largest sports, arts and leisure facilities in South Cumbria, offering a range of activities for all ages...Go swimming in our 25m pool, enjoy a work out in our newly extended 40+ station gym, challenge a friend to a game of squash, badminton or settle down to watch one of the stunning shows at our 900 seat theatre... we have something for everyone.

Lakes Leisure Windermere
Leigh Groves Building, Rayrigg Road,
Windermere, Cumbria, LA23 1BP
Tel: 015394 47183 Web: www.lakesleisure.org.uk/windermere

At Lakes Leisure Windermere, you can experience a taste of the lakes - on the lake. Enjoy kayaking or canoeing with our qualified instructors, learn how to sail, or be one of the few people on the Lake gaining tuition in windsurfing. For those happier on dry land, we offer a range of land based activities from hill walking, climbing, abseiling, orienteering. The best in outdoor pursuits.

Lakes Leisure Ulverston
Priory Road, Ulverston,
Cumbria, LA12 9HT
Tel: 01229 584110 Web: www.lakesleisure.org.uk/Ulverston

Lakes Leisure Ulverston is unique to the area; a centre that boasts the largest indoor and outdoor tennis centre in Cumbria, a swimming pool, gym and fitness centre, exercise studio, astroturf pitch, crown bowling green - and much more!



Services Available

Accommodation

- Local & national booking service
- Telephone/email booking service
- British holiday guides

Events

- Local event information and ticket sales

Local Services

- Concessionary bus passes
- SLDC car park permits

For Sale

- Local souvenirs
- Sweets, stamps and postcards
- Maps and books including bargain books
- Wide range of Kendal mintcake

Transport

- Stagecoach Goldrider tickets

Other Guides available

- Accessible Guide to Kendal
- Antiques, Art & Books
- Clubs & Societies
- Fishing in South Lakeland
- Food and Drink in Kendal
- General Information
- Places of Worship in Kendal

Contact Details

Kendal

Town Hall, Highgate, Kendal, Cumbria
LA9 4DL
Tel: 01539 797516

Ulverston

Coronation Hall, County Square,
Ulverston LA12 7LZ
Tel: 01229 587120

Windermere

Victoria Street, Windermere LA23 1AD
Tel: 015394 46499

If you would like a copy of this document in another format such as large print, Braille, audio or in a different language, please call **0845 050 4434** or email **customer.services@southlakeland.gov.uk**



Whilst every effort has been made to ensure the information contained in this leaflet is correct, South Lakeland District Council cannot be held responsible for any error or omission.

May 2011.