



BROSTERFIELD ACTIVE

Get out and about in the Peak !

Brosterfield Farm is situated in the spectacular Peak District National Park, an undisputed natural 'adventure playground' of hills, caves, crags, footpaths, rivers and cycle trails.

During your stay here why not try something new, visit some 'out of the way' places, push your comfort zone or just relax and enjoy the very best the National Park can offer, such as:

abseiling

Also known as 'Rappelling' or 'Rap-Jumping', an adrenaline-pumping 'controlled slide' down a rope dangling off a high bridge or a rock-face. A great way to start a day and something which requires no special level of physical fitness as gravity is doing most of the work for you!

caving

Exploring the 'underworld' of natural caves and fascinating old lead mines which lie beneath our feet across much of the Peak District National Park. Walking through large passages and chambers, following underground streams, climbing/scrambling, even abseiling down underground waterfalls. Caving is 'so much more' than most people's perceptions of "crawling around in muddy holes" (...but it can be that too if you want!).

rock climbing

Derbyshire's Millstone Grit rock-faces are renowned around the world because the rock is very 'grippy' and fun to climb. There are literally miles and miles of 'Gritstone' crags to choose from and we'll always be able to give you a range of grades from 'easy' to 'extreme' so you can enjoy your 'cragging' and push yourself against the harder grades if you wish.

hill walking

The Peak District National Park is divided into the White Peak with its rolling hills, white dry stone walls and deep limestone dales, and the Dark Peak with its open moorland covered in dark peat and heather, Gritstone walls and high plateaus. Both regions have their own 'personality' so if you fancy a navigation challenge or a gentle stroll between pubs, we can suggest lots of alternatives for you.

We supply experienced professional activity guides and all the technical equipment you'll need for a day of adventure... so all you need to do is turn up!

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Get out **Adventure Days:** about in the Peak!



“Ab and Crag”

Start the day with an abseil off a 25m disused railway viaduct which is a sure-fire means of getting comfortable with all the rope, technical kit and harnesses etc you'll be using later on the rock-face. After a break to eat your 'snap' (lunch) we travel to one of the many Gritstone crags in the National Park for an afternoon of classic climbing and some spectacular views of the countryside thrown in.

“Ab and Cave”

A similar day to the “Ab and Crag” day but the afternoon activity is an exploration of a natural river cave which includes an underground waterfall to abseil down (thus putting into use the abseiling skills you learned in the morning).

“Up and Down”

A morning of rock climbing and an afternoon underground in a natural cave or lead mine (can be vice-versa). It's quite likely that we'll be able to fit in an abseil when we're rock climbing.

“Peak Trails”

Choose between a couple of options depending on what choice of scenery you'd prefer for your walk:

Dark Peak – A walk around the Edale Valley 'sky-line' or across Kinder Scout. Reasonably strenuous (the level of the walk can be decided in advance) with a reasonable amount of height-gain during the day. Spectacular peat-moorland scenery and the possibility of seeing Grouse and Mountain Hares.

White Peak – An excursion between pretty villages and along limestone dales following rivers and ancient trails. Gentle walking through rolling hills, sheep and cattle grazing fields with 'white' limestone dry-stone walls and ancient 'drovers' roads'. Quite likely there may be a pub to halt at around lunchtime!

“Bespoke Day”

If you are open to the spirit of true adventure your best bet would be to book a 'bespoke' day and create an itinerary which suits you and your group. Before you confirm your booking our guide will contact you to discuss the options open to you based on your objectives, the time of year, the length of the day and the weather possibilities.

“Personal Instruction”

If you would like to get the very most out of your activities or would like to take the opportunity to brush up on some personal skills either above or below ground we would suggest going for a day of personal instruction (this can be just for you, for a couple or for multiples of individuals/friends etc providing you don't exceed the group size/ratio described below). If you opt for 'personal instruction' the guide will liaise closely with you before the day to ensure they understand what you want out of the session(s).

“Stag and Hen”

Adventure activities are extremely popular for Stag and Hen groups as well as groups of friends, extended families and well, just about any gathering of adventurous-minded people...



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Get out **Prices:** d about in the Peak !



To keep things simple we have one price for all of the 'Adventure Days' which is £350.00 inc VAT for up to 6 people and then £50.00 per person after that.

This price includes:

- Activity guide(s).
- All technical equipment required for the activities including over-suits and wellies for the caving.
- We can provide waterproof jackets but these are 'cagoule' style and you probably would prefer to wear your own!
- Public Liability insurance cover for all activities offered.

The price doesn't include the following:

- Transport to and from the activities and Brosterfield Farm (groups generally share private cars).
- Lunch (this can be provided at Brosterfield Farm for a small 'per person' supplement).
- Outdoor clothing/boots etc for abseiling, climbing and walking etc.

How to book your adventure at Brosterfield Farm...

Simply choose your 'Adventure Day' and then contact Penny or Steve here at Brosterfield Farm on 01433 630312, let us know your group size and we'll add your Adventure Day onto your overall holiday cottage booking with us.

Then your guide for the day will be in touch with you to design the 'finer points' of the day and the activities.

Team-building and Personal Development...

Brosterfield Farm is an ideal venue for team and personal development where you can immerse yourself in challenge and adventure during the day and then relax in luxury in the cottages in the evening.

It's a magical mix which groups love, so if you're planning a team-building event, wanting to develop leadership skills in yourself or your team or just fancy something new to challenge you personally... please think of Brosterfield Farm.

We very much look forward to seeing you in Derbyshire.

Penny & Steve