# KIELDER WATERSIDE

SELECTION OF FREE ACTIVITIES FOR LODGE GUESTS -OPEN TO FIND OUT MORE



Jo Active at Kielder Waterside

Go Active, at Kielder Waterside, is a fun and exciting collection of activities brought to you exclusively from Hoseasons.

Offering a range of sporting activities from beginners to keen amateurs, high adrenaline adventure to relaxation therapies, making it perfect for families, couples and groups of friends.

As a lodge guest we would like to say thank you and offer you a choice of activities for free. You will be able to identify these activities by the note of 'free for lodge guests' written alongside it. Once you have chosen your activity please call or pop into reception to book. Free activities are unlimited.

To book any of the activities in this booklet, please visit reception or call direct from your lodge. Please note the timetable in this booklet is subject to change. The ideal choice for those looking to try something new or rediscover an old skill.

Our professional coaches are on hand to teach you everything from archery to fencing to snorkelling. Ideal for all of the family to learn something together or get competitive and see who comes out on top in your activity of choice. ARCHERY Ready, Aim, Fire

Learn the skills and techniques of shooting a performance bow with an Archery GB activity leader.

Price: £15 per person | Age: 7+ | Time: 1 - 1.5 hours Under 16's must be supervised by an adult.

- Discover your inner Robin Hood and perfect your arrow technique in the heart of the forest.
- Test your accuracy skills with this historic sport.
  Take part with your friends and family and compete to see who can get the highest score.

Experience the powerful Crossbow with this target sport.

**CROSSBOWS** 

Learn how to fire a Crossbow under the supervision of our qualified Crossbow instructor.

Price: £10 per person | Age: 8+ | Time: 1 hour

- Shoot a variety of targets with your very own high powered Crossbow.
- Test your precision skills to see if you can get a bullseye!
  - Test your skills on one of the oldest sports in a fun and relaxed environment.

DISC GOLF A new way to play the popular game of Golf.

GUESTS

A favourite that all the family can join in with.

Price: £6.50 | Age: 5+ | Time: All day Under 16's must be supervised by an adult.

- Use Frisbees to see if you can hit the target.
- Put your precision and accuracy to the test.
- Play in your own time, no instructor is needed for this one.
  - A game everyone over 5 can play no matter your fitness level.

FENCING Sharpen your swords and polish up your fancy footwork.

Test your nerve and reactions as you learn the art of fencing.

Price: £10 per person | Age: 7+ | Time: 1 hour Under 16's must be supervised by an adult.

- Test your stamina, co-ordination, flexibility and reaction times.
- Join in with friends and family and try out being real life musketeers.
- Burn up to 400 calories per session.

#### **SNORKELING & SEA SCOOTERS**

Learn to snorkel like a pro.

Learn to snorkel like a pro and play different swimming pool games on our turbo Sea Scooters.

Price: £12.50 per person | Age: 7+ | Time: 1.5 hours Under 16's must be supervised by an adult.

- Explore underwater by piloting your very own speedy sea scooter once you can snorkel.
  - Learn to stay under the water for longer.
    - Come along with your friends and family for a fun filled session.



A favourite that all the family can join in with.

Price: £2.50 | Age: Any age | All day Under 16's must be supervised by an adult.

A game the whole family can play.
See how light footed you really are and test your reflexes.
Go with a group and create your own mini tournament with knock out rounds. In this game

you will be more competitive than you think!

#### BODY ZORBS Learn to zorb like a pro.

Run, roll, bump and bounce around in an inflatable bubble!

Price: £7 per person | Age: 6+ | Time: 30 minutes Under 16's must be supervised by an adult.

- Inflatable ball covers your entire upper body, leaving your legs to do the running around.
  - Try and knock your family and friends over.
  - Safe, great exercise, and huge fun for the whole family.

#### HOVERBALL ARCHERY

Archery with a twist.

Try our new inflatable archery range.

Price: £7.50 | Age: 6+ | Time: 1 hour Under 16's must be supervised by an adult.

•Take aim with our safe foam ended arrows

Try and knock off the balls hovering mid air.
Score points for your team and forfeit's will be given to the opposition.

#### CRAZY CARTS

Unleash your inner formula one driver!

Drive, drift or spin like a pro!

Price: £12.50 per person | Age: 9+ | Time: 45 minutes Under 16's must be supervised by an adult.

- Try and drift around our course on our Razor Crazy Carts.
- With a top speed of 12mph the battery powered carts will get you speeding around the track.
  - Get competitive and try and beat your friends and family's times.

#### PANNA SOCCER

Football with a twist.

Enjoy some football with a difference!

Price: £7.50 | Age: 6+ | Time: 1 hour Under 16's must be supervised by an adult.

• Test your footballing ability in our brand new Inflatable Panna Soccer arena.

- Score a nutmeg or a "Panna" to instantly go through and win points.
  - If you're a football fan you will love this high energy activity.

#### **BIKE HIRE**

Explore at your own pace on two wheels.

Set your own pace with our choice of trails and routes.

f Various | Age: Various | Time: Various

Explore more of the park.
Set off along our 26 mile Lakeside Way and discover some of our Art & Architecture on your way.
If you are more of a thrill seeker try out one of our mountain bike trails – they are some of the best in the country.

OSPREY FERRY Sail across the water. FREE FOR LODGE GUESTS

Sail across the water and take in the stunning scenery on our popular boat.

Price: £7.50 adult £5 child (other price options are available, please enquire at reception) | Age: All ages | Time: Various

- Sit back and take in the stunning views.
- Explore the park at a more relaxed pace.
- Learn interesting tips and facts about the park from our voice over guide.

Please note that the ferry runs from April to October and is weather dependant.

# Discover something new at Kielder Waterside.

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Perfect for those who would like to explore the park or get closer to nature.

Come rain or shine the park is just waiting to be discovered; there is so much to see all you need to do is decide if you want to do it by foot, bike or water.

#### BIRDS OF PREY

See over 60 birds plus wallabies.

See flying demonstrations, interact with the birds and learn about them from our expert.

Price: £7 adult £4.50 children and O.A.P (family tickets available) | Age: All ages | Time:10.30am – 4.30pm

• See a flying demonstration and have a chance to interact with the birds of prey (daily at 1:30pm and 3pm during summer and at 2pm in winter - weather permitting).

Be amazed by two of the largest flying birds in the world - a pair of great white pelicans.
Meet "Sima" a white Tailed Sea Eagle and "Hope" a Steller's Sea Eagle.

#### PLEASURE BOATS

The best view on site.

Get the ultimate lake view to take in your stunning surroundings.

Price: £12 | Time: 30 mins | Price: £19 | Time: 60 mins Age: 5+ (minimum of 2 adults 17+ per boat)

- See Kielder Waterside from a different view.
  Relax on your very own boat in northern Europe's largest man-made lake.
- Take in the stunning views and enjoy the peacefulness.

#### WILDLIFE TRACKING AND HABITAT HOME BUILDING A favourite for little explorers!

FREE FOR LODGE GUESTS

Discover some of the vast wildlife that lives at Kielder.

Age: 4+ | Price: £7 | Time: 1 hour Under 16's must be supervised by an adult

- Learn how to recognise wildlife trails and which species have made them.
- Create wildlife friendly footprint tracks to check throughout your stay.
- End your session by making your own bug hotel, bird box, squirrel feeder or bat box!

FREE FOR LODGE GUESTS POND DIPPING Great for mini adventurers and grown up explorers.

Get close to our underwater residents at Kielder.

Age: 2+ | Price £7 | Time: 30 minutes Subject to weather conditions. Under 16's must be supervised by an adult.

- Discover the wildlife which choose to make the ponds at Kielder their home.
- Get close to the aquatic wildlife and learn how to identify beasts, bugs and amphibians.
  - Keep memories of your session by using our underwater camera to take photos.

# Create memories for all the family

Read

These activities are fun fun fun!

Fun for the whole family; kids, friends, parents and grandparents can all get involved.

Try walking on water, go crazy on our crazy carts or get out and about with Go Quest. There is loads for you to pick from.



#### SEA SCOOTERS FUN SESSION

Bring out your inner mermaid and explore under the water.

Play different swimming pool games on our turbo Sea Scooters.

Price: £12.50 per person | Age: 7+ | Time: 1 hour Under 16's must be supervised by an adult.

- Explore underwater by piloting your very own speedy sea scooter.
- Glide effortlessly through the water with the easy-to-use controls.
- Come along with your friends and family for a fun filled session.

#### WATER WALKERZ

Walk on water in your own giant bubble.

Walk, spin around, roll about or simply try and stay standing, in a giant bubble on water!

Price: £5 per person | Age: 3+ | Time: 5 minutes

- Experience the unique thrill of floating around on water.
  - Never get wet inside the waterproof bubbles
    - Be in fits of laughter with your family and friends as you have a go together.

#### SEGWAY<sup>PT</sup> TOUR Take a tour of Kielder on your very own Segway!

Speed along the Lakeside Way at up to 12mph on this fun for all activity.

Price: £35 per person | Age: 12+ | Time: 1 hour Weight restrictions apply. Under 16's must be supervised by an adult.

Extended Segway Tour £50 per person | Age: 12+ | 1.5 hours Weight restrictions apply. Under 16's must be supervised by an adult.

Perfect your Segway skills with a briefing from our professional instructors.
Explore Kielder on an instructor led tour.
Take in the beautiful scenery and spot some or our varied wildlife across the Lakeside way.

### Relax, recharge and take it slow.

Chill out and enjoy life at a slower pace with a selection of activities designed to help you relax and unwind.

Enjoy a traditional game of petanque or pick from our list of beauty therapies to fully relax and have a little me time away from the outside world.

### **PETANQUE** A game of French Boules for you to enjoy.

#### A family friendly activity.

Price: £5 equipment hire | Age: 8+ | Time: 1 hour Under 16's must be supervised by an adult.

• Test your co –ordination skills by using the boule to try and hit the target.

• An activity for everyone; grandparents, parents, children, friends, everyone can play no matter what their fitness level.

# Fun filled activities for the little ones in your group.

Fun, games and early learning in this handpicked selection of activities specifically designed for 3-7 year olds.

Become a pirate, play at being a cowboy and taking the first steps to riding a bike are just a taste of what you can do in these sessions.

#### BALANCEABILITY

Help little ones take the first steps towards riding a bike.

Build confidence, balance and spatial awareness.

Price: £6.50 per person | Age: 3-7 | Time: 1 hour

- A fun and safe way to introduce kids to the world of two wheels.
- •Kids learn to ride completely at their own pace.
- Activities to improve balance and co-ordination.
- Play in your own time, no instructor is needed.

FREE FOR LODGE GUESTS JUNIOR MUSKETEERS Perfect for kids to learn how to fence.

Learn the art of fencing in a fun and safe environment with a safe sword and mask.

Price: £6.50 per person | Age: 3-7 | Time: 1 hour

A safe, fun and exciting introduction to the world of fencing.
Designed especially for kids to learn fencing techniques and skills.
A wide range of activities to compete in, from practical to creative. PIRATES ADVENTURE Discover your inner Jack Sparrow with this fun filled activity.

FREE FOR LODGE GUESTS

Dress up, hunt for treasure and sing sea shanties as you play pirate themed games.

Price: 6.50 per person | Age: 3 - 7 | Time:1 hour

Hunt for treasure and play pirate themed games.Children can dress up as a pirate in their own unique way.

• Learn the basics of orienteering.

WILD WILD WEST Polish up your cowboy boots and Stetson for these fun activities.

FREE FOR LODGE GUESTS

Let your little ones imaginations run as wild as the Wild Wild West with this fun filled activity.

Price: £6.50 per person | Age: 3-7 | Time: 1 hour

 Indian, Cowboy or Cowgirl take your pick and run wild!
 Perfect for little ones to be interactive and burn off some steam. CRAZY TRIKES Unleash your inner Lewis Hamilton.

#### Learn to drift, drive and spin!

Price: £10 per person | Age: 6+ | Time: 45 minutes

• Race around our track on our brand new crazy trikes.

- Designed for younger children these trikes are a smaller version of our crazy carts.
  - Get up to 9mph whilst drifting around our track.



LITTLE ARCHERS Perfect for little ones to learn about accuracy.

Introduce your young adventurers to their inner Robin Hood.

SAUNA STEAM TREATMENT

Price: £6.50 per person | Age: 3-7 | Time: 1 hour

- Get involved in an action packed fun and games session.
- Join in with themed activity crafts and junior archery equipment.
- Start to teach your little ones about accuracy and precision in a fun environment.

#### REVIVE

FREE FOR LODGE GUESTS



Facilities include: • Swimming pool • Sauna • Steam room

• Gym

Our brand new gym features state-of-the-art Technogym equipment and is open from 8.00am until 8.00pm every day.

Equipment available at our gym includes:

- Treadmills
- Kettle bells
- Concept2 rower
- Resistance machines
  - Recline bike
  - Medicine balls
  - Upright bike
  - Dumbells
- Spin cycle

Swimming times are 8.00am until 7.30pm excluding 12.00pm until 3.30pm. Please book at reception before entering the swimming pool.

## BEAUTY AND HOLISTIC TREATMENTS

Relax and unwind with a treatment of your choice.

For an extra touch of tranquillity, treat yourself to a spa experience in our brand new treatment room. Our holistic spa provides holistic beauty and massage therapies, including reflexology.

> Prices vary | Age: 16+ | Various times Under 16's must be supervised by an adult.

• Relax and rejuvenate after a day in the outdoors.

- Take some times out to de-stress from everyday life.
- Options available from 30 minutes up to 75 minutes.

Treatments available include:

- Aromatherapy massage
  - Swedish massage
- Hot Stones back massage
  - Indian head massage
  - Organic holistic facial
    - Reflexology
      - Reik
    - Hopi ear candles
      - Manicures
      - Pedicures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bouncing Pillow (behind The Boat Inn) 12:00pm - 5:00pm or sunset daily						
<b>Archery</b> 10.30am - 12.00pm	<b>Archery</b> 9.30am - 10.30am	<b>Little Archers*</b> 9.00am - 10.00am	<b>Pirates Adventure*</b> 9:00am - 10:00am	<b>Archery</b> 10:30am - 12:00pm	<b>Little Archers*</b> 9:00am - 10:00am	Wildlife Tracking and Habitat Home Building* 9:00am - 10:00am
<b>Junior Musketeers*</b> 12:30pm - 1:30pm	<b>Crossbows</b> 10:45am - 11:45am	Extended Kielder Segway <sup>pt</sup> Tour 11:00am - 12:30pm	Body Zorbs 11:00am - 11:30am	Wild Wild West* 12:30pm - 1:30pm	Body Zorbs 11:00am - 11:30am	Extended Kielder Segway <sup>pt</sup> Tour 10:30am - 11:30am
Extended Kielder Segway <sup>p</sup> Tour 2:00pm - 3:30pm	Water Walkerz 12:15pm - 1:00pm	Sea Scooters Fun Session 12:15- 1:15pm	<b>Body Zorbs</b> 11:30am - 12:00pm	Extended Kielder Segway <sup>er</sup> Tour 2:00pm - 3:30pm	Body Zorbs 11:30am - 12:00pm	Archery 12:15pm - 1:15pm
Wildlife Tracking and Habitat Home Building* 1:00pm - 2:00pm	Snorkelling & Sea Scooters 1:30pm - 3:00pm		Extended Kielder Segway <sup>pr</sup> Tour 12:30pm - 2:00pm	Wildlife Tracking and Habitat Home Building* 1:00pm - 2:00pm	Snorkelling & Sea Scooters 12:15pm-1:45pm	Sea Scooters Fun Session 12:30- 1:30pm
Hoverball Archery 5:00pm - 6:00pm	Pond Dipping* 3:00pm - 3:30pm	Crazy Trikes 1:45pm - 2:30pm		Hoverball Archery 5:00pm - 6:00pm	Water Walkerz 2:15pm - 3:15pm	
	Kielder Segway <sup>pt</sup> Tour 3:30pm - 4:30pm	Crazy Carts 2:45pm - 3:30pm	Wildlife Tracking and Habitat Home Building* 2:30pm - 3:30pm		Pond Dipping* 1:00pm - 1:30pm	<b>Crazy Trikes</b> 1:45pm - 2:30pm
	Fencing 5:30pm - 6:30pm	<b>Go Quest*</b> 4:00pm - 5:00pm	<b>Archery</b> 3:00pm - 4:00pm		<b>Archery</b> 2:30pm - 3:30pm	Crazy Carts 2:45pm - 3:30pm
		Wild Wild West* 6:00pm - 7:00pm	Panna Soccer 6:00pm - 7:00pm		<b>Crossbows</b> 3:45pm - 4:45pm	<b>Go Quest*</b> 3:30pm - 4:30pm
* Free for lodge guests					Panna Soccer 6:00pm - 7:00pm	Fencing 5:30pm - 6:30pm
Go Discover Ready, Steady, Go Go Pro Go Juniors						





#Kielder

Take a snap of you and your group enjoying your activity and share it online with us using the hashtag #Kielder.

Some will be reposted and featured on our website!

Visit www.kielderwaterside.com to see if yours is in our gallery!

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