Summer 2026 Schedule

Advanced Walking Bank Holiday (May)

Course Code: C02

Course date: May 1st to May 5th

Price: £445

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

We have introduced this course in response to requests for a more challenging walking course with the chance to reach some summits. It is funded by The Austrian Alpine Club.

We will be walking between 5 and 7 hours per day. Distance will depend on the terrain and to some extent the weather. We expect to walk in 2 groups to accommodate different levels of experience and fitness.

The course is suitable for experienced walkers who have the fitness for a full day's walking and some extended uphill sections. It is a bank holiday course over 4 nights involving 3 full days of walking.

Cycle Touring Relaxed

Course code: C03

Course date: May 12th to 14th (Tuesday to Thursday)

Course fee: £275

Venue: tbc

Train station: Oxenholme

Please note that course timings are different from other courses.

Pick up is Tuesday 12.30pm and drop off is Thursday 4.15pm.

Our relaxed cycle touring trip is all about cycling, whilst taking our time to enjoy the places we pass along the route! We will be riding tandem bikes, covering up to 120 miles over 3 days. There will be late finishes and early starts. Pick up at Oxenholme will be at 12.30 on the first day. We do now have 2 E assist tandems which make this course an option for those who might not currently be easily able to do the daily mileage.

The first day we cycle from the VoA cycle store, carrying our essentials with us in cycle panniers. We will arrive back at the store on the last day in time to get to Oxenholme for 4.15pm. At the store there is a toilet, and room to get changed but no showers.
You are welcome to leave a bag in the vehicle that is travelling to the accommodation.

Please note that for cycle touring courses, breakfast and packed lunch are included (except day 1), but Evening Dinners are not. We will eat in the hostel restaurant or a local pub.

Cycling Bank Holiday (May)

Course code: C04

Course date: May 22nd to 26th (Friday to Tuesday)

Course fee: £**445**

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

Three days will be spent cycling around the local area, with venues and routes dependent on ability and weather. Each visually impaired participant will be paired up with a sighted guide on a tandem. We will aim to cycle around 40 to 50 miles each day but can provide a shorter option if necessary. We do now have 2 E assist tandems which are a great boost for those just getting into cycling longer distances or who may be getting older or carrying an injury. A key requirement for this course is to be comfortable in the saddle for 3 consecutive days! If you would like a shorter course, please see the May Relaxed Cycle.

Relaxed Cycling

Course code: C05

Course date: June 5th to 8th

Course fee: £335

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

Two days will be spent out cycling around the local area, with venues and routes dependent on ability and weather. Each visually impaired participant will be paired up with a sighted guide on a tandem. This course is aimed at relaxed cyclists who prefer a leisurely ride with plenty of stops. We will aim to cycle a maximum of 40 miles each day, but shorter options will be available. We do now have 2 E assist tandems which are a great boost for those just getting into cycling longer distances. If you would like a slightly more challenging course, please see the Bank Holiday Cycle courses.

Hike and Dip

Course code: C06

Course date: June 19th to 22nd

Course fee: £335

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

We will be hill walking and stopping at a couple of out of the way swimming spots. These may be tarns, lakes, rivers or plunge pools.
Exact routes and venues will depend on the weather and ability of the group. We will walk in 2 groups so we should be able to provide a suitable level of challenge for everyone.

Rock Climbing Relaxed

Course code: C07

Course date: June 26th to 29th

Course fee: £335

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

We will have two expeditions going out to the crags. Climbing will be top roped. Each of the crag trips will last all day. This course is suitable for beginners and those who prefer gentler climbs. Those with a lot of climbing

experience are welcome but be aware that we will be prioritising easier climbs.

Rock Climbing South Lakes

Course code: C08

Course date: July 10th to 13th

Course fee: £335

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

We will have two expeditions going out to the crags. Climbing will be top roped. Each of the crag trips will last all day. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking. This course is suitable for beginners and those with some experience.

Rock Climbing North Lakes

Course code: C09

Course date: July 31st to August 3rd

Course fee: £335

Venue: This course is based at High Row

Train station: Penrith

Travel Timings: Pick up 5pm drop off 9.30am

We will have two expeditions going out to the crags. Climbing will be top roped. Each of the crag trips will last all day. As an indication of effort levels, each trip involves a similar amount of effort to a day's hill walking. This course is suitable for beginners and those with some experience. On this course we will be visiting North Lakes crags which are not accessible from our more usual South Lakes accommodation.

Open Water Swimming August

Course code: C10

Course date: August 21st to 24th

Course fee: £335

Venue: This course is based at Hawes End Bunkhouse on Derwent Water

Train station: Penrith.

Travel Timings: Pick up 5pm drop off 9.30am

Accommodation is basic, but we will be in the heart of the Lake District with excellent swimming on our doorstep.

Most swimming will be in wetsuits including a longer expedition type swimming adventure. We will also have the chance for a shorter dip without wetsuits.

As we obviously cannot swim solidly from morning till night for 2 days, there will also be the opportunity for a little walking, or possibly running (depending on which guides are available)

Swimming wetsuits are provided if you do not have your own. To get the best out of this course you should be able to swim a few hundred metres (at least 12 lengths of a standard 25m pool) without stopping (speed is not important) and be prepared to get your head and face wet.

Cycling Bank Holiday (August)

Course code: C11

Course date: August 28th to September 1st (Friday to Tuesday)

Course fee: £445

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

Three days will be spent cycling around the local area, with venues and routes dependent on ability and weather. Each visually impaired participant will be paired up with a sighted guide on a tandem. We will aim to cycle around 40 to 50 miles each day but can provide a shorter option if necessary. We do now have 2 E assist tandems which are a great boost for those just getting into cycling longer distances or who may be getting older or carrying an injury. A key requirement for this course is to be comfortable in the saddle for 3 consecutive days! If you would like a shorter course, please see the May Relaxed Cycle.

Cycle Touring Advanced

Course code: C12

Course date: September 8th to 10th Tues to Thurs

Course fee: £275

Venue: This is a touring course and will be based at 2 different hostels in Yorkshire

Train station: Oxenholme.

Pick up is Tuesday 12.30 and drop off is Thursday 4.15pm.

Our advanced cycle touring trip is all about cycling. We learned in 2025 that people can do hard things! This course is supposed to be challenging. It's towards the end of the season to give everyone the chance to get bike fit. We will be riding tandem bikes, covering up to 140 miles over 3 days. There will be late finishes and early starts.
This time we will be tackling some of the hills of Yorkshire including the infamous Tan Hill! The first night will be at Hawes youth hostel and the second at Kirkby Stephen Hostel.
The first day we cycle from the VoA cycle store. We will arrive back at the store on the last day in time to get to Oxenholme for 4.15pm. At the store there is a toilet, and room to get changed but no showers.
You are welcome to leave a bag in the vehicle that is travelling to the accommodation.

Please note that for cycle touring courses, breakfast and packed lunch are included (except day 1), but Evening Dinners are not. We will eat in the hostel restaurant or a local pub.

Open Water Swimming September

Course code: C13

Course date: September 11th to 14th

Course fee: £335

Venue: This course is based at Hawes End Bunkhouse on Derwent Water

Train station: Penrith.

Travel Timings: Pick up 5pm drop off 9.30am

Accommodation is basic, but we will be in the heart of the Lake District with excellent swimming on our doorstep.

Most swimming will be in wetsuits including a longer expedition type swimming adventure. We will also have the chance for a shorter dip without wetsuits.

As we obviously cannot swim solidly from morning till night for 2 days, there will also be the opportunity for a little walking, or possibly running (depending on which guides are available)

Swimming wetsuits are provided if you do not have your own. To get the best out of this course you should be able to swim a few hundred metres (at least 12 lengths of a standard 25m pool) without stopping (speed is not important) and be prepared to get your head and face wet.

Multi Activity

Course code: C14

Course date: September 18th to 21st

Course fee: £335

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

This course is an ideal introduction for those who would like to sample a variety of the activities that we offer. Everything is optional and nothing is too taxing. It is also great for those who have been before and still like a variety instead of just one focussed activity.

This course will include short sessions of different activities. Depending on availability, weather and group preference these will include a selection from climbing, caving, open water swimming, walking, archery.

Walking October

Course code: C15

Course date: October 16th to 19th Friday to Monday

Price: £335

Venue: This course is based at Yealand Old School

Train station: Oxenholme.

We will be walking between 5 and 7 hours per day. Distance will depend on the terrain and to some extent the weather. We expect to walk in 2 groups to accommodate different levels of experience and fitness.

Additional information and Booking terms

Accommodation – the different venues

We use various venues for our courses, see individual course descriptions. The accommodation is different at each venue, please check carefully as it may be different from the accommodation you have been to with us before. The accommodation we use is comfortable but not luxurious.

If you prefer more luxurious or hotel style accommodation, consider booking day activities with us and then arranging your own accommodation.

Yealand Old School

VI accommodation here is generally in ensuite rooms, sharing 2 or 3 to a room. A limited number of venues we use do not have these options and small bunk rooms are the standard accommodation option here.

It may be possible to book a single or twin room and this will involve an extra charge. These are extremely limited and if it is important to you, you must mention this at the time of giving us your course requests.

On some courses it may be possible to accommodate some VIs in the more basic dormitories mainly used by the guides. These are upstairs from the showers and toilets so are not as convenient as the ensuite rooms. There is a discount for this type of accommodation.

Hawse End

This accommodation is basic, but we will be in the heart of the Lake District with excellent swimming on our doorstep.

Accommodation is in dormitories with bunk beds (we will always ensure that VI participants get a bottom bunk)

There is no other accommodation (singles, twin etc) at this venue.

The building is quirky and a bit awkward but the 2025 group agreed that the difficulties are worth it to be in such an amazing location right on the shore of Derwent Water.

High Row

This is based in the North Lakes. It is quite basic in comfort. However, its location gives us great access to new adventures.
Accommodation is in dormitories with a mix of bunk beds and single beds. We will ensure that VI's get a single or bottom bunk.
Singles or Twins may be available, please request if this is important to you.
Costs as for Yealand.

Cycle Touring Accommodation

To be advised – probably Youth Hostels.

Additional accommodation fees are:

- Single room £75 for 3 night course, £100 for a 4 night course.
- Twin room shared with another named VI, £75 between you for a 3 night course or £100 between you for a 4 night course.
- Twin room shared with your own guide, £75 for a 3 night course or £100 for a 4 night course (guide places are free).
- Bed in an upstairs dormitory with a price reduction. (only applicable at Yealand), by arrangement.

Weather

On all courses we are at the mercy of the weather. Please be aware that we may need to change plans, venues or activities on the day. We will always put safety first and while there are many things we can do; they might not always be what you were expecting!

Guides

We aim to have an equal number of guides and visually impaired participants on each course. The guides are volunteers and will have had some training, particularly for cycling and canoeing courses, but most are not experts in the activities, and some will be learning as well. If you wish to bring your own guide, please let us know at the time of booking.

Domestic Arrangements

All the accommodation we use is different, see above. All meals are included except for cycle touring evening meals. We ask participants to help with washing up, making packed lunches etc, where possible. Please tell us about any special diets at the time of booking as we cannot cater for these at short notice.

Guide Dogs

We will accommodate guide dogs where we can. Dogs do not come out on full day activities with us (with the exception of rock climbing). They will be left at the accommodation during the day. This means we will need to arrange a volunteer dog sitter.

Guide dogs cannot come on cycle touring courses.

You must let us know **at the time of booking** if you wish to bring your guide dog as we cannot arrange a sitter at short notice. It is now much trickier than previously to find and accommodate these extra volunteers.

If you are bringing your guide dog on a course, there are a few things to bear in mind…

If required (for example, if you are coming on the train), we can provide a dog bed, bowls and dog towels. Please let us know in advance.

Dogs need to be kept on a lead while inside the building.

The guides can assist you with walking your dog. Please clean up after your dog.

Activity Level

Most of our courses are open to beginners. You will need to be willing and able to keep up a reasonable level of physical activity for a couple of days (please see individual course descriptions and check with us if you are not sure). Participants with more experience are very welcome and we will always attempt to challenge everyone, but these are not advanced courses. If you wish to pursue your activity at a higher level, you may wish to consider a bespoke advanced course. Contact the office if you wish to explore a bespoke course booking, email admin@visionofadventure.org

Booking terms, payment and cancellation

Full terms and conditions are on our website and will be sent with your invoice.

We will offer initial course places in February and send invoices by email. Your place is confirmed only when we receive your deposit of £50. The deposit is payable within a week of receiving the invoice. The balance of your course fee is due 8 weeks before the start of your course, reminders will not be sent.

If you cancel your place more than 8 weeks ahead of your course, you will lose your deposit.

If you cancel your course within 8 weeks of the start of your course, you will lose your entire course fee.

You can easily and cheaply (approx. £10 for a weekend) obtain holiday insurance to protect yourself against the loss of course fees if you need to cancel your place. Many of these policies now include cover for Covid related cancellations. They should also cover any other expenses already incurred such as train tickets.

If we can fill your place, we may be able to refund your course fee minus the deposit, but please do not rely on this.

If we have to cancel your course, we will refund any course fees and deposits paid but we cannot be liable for any other costs incurred. Again, insurance is recommended.

Hardship

All of our courses are already heavily subsidised by funders as they are expensive to run. However, we do realise that some people will still not be able to afford to come.

We have secured a limited amount of funding to assist those who would like to take part but are unable to afford the full cost of a course. In this case, please contact the office by emailing admin@visionofadventure.org and explain your situation. There are no specific criteria, the Trustees will make decisions on an individual basis.

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