

ACTIVITIES



EDENHALL
ESTATE

EDENHALL ACTIVITIES

At Edenhall Estate, adventure, relaxation and the beauty of the countryside come together to create unforgettable experiences. Whether you are looking to test your aim, unwind by the river, or simply soak up the tranquility of nature, there is something here for everyone. Here at Edenhall Estate we have a brilliant team of outdoor activity and nature specialists that we call our rangers. They will ensure you have an incredible time and leave with memories that will last forever.

Activities are open to all unless indicated otherwise.

Our packages include all necessary equipment, instruction and guidance.

Water, soft drinks and a local treat are provided for all activities.



WHERE WATER MEETS WILDERNESS

Whether you are gliding along on a paddleboard or simply enjoying a peaceful wild swim, the calm waters of Edenhall Estate offer the perfect escape. Surrounded by breathtaking scenery and fresh country air, it is an unforgettable way to experience nature from a whole new perspective - refreshing, relaxing and a whole lot of fun.

*For all water activities you must be a confident swimmer.
Robes and towels will be provided for all activities.*

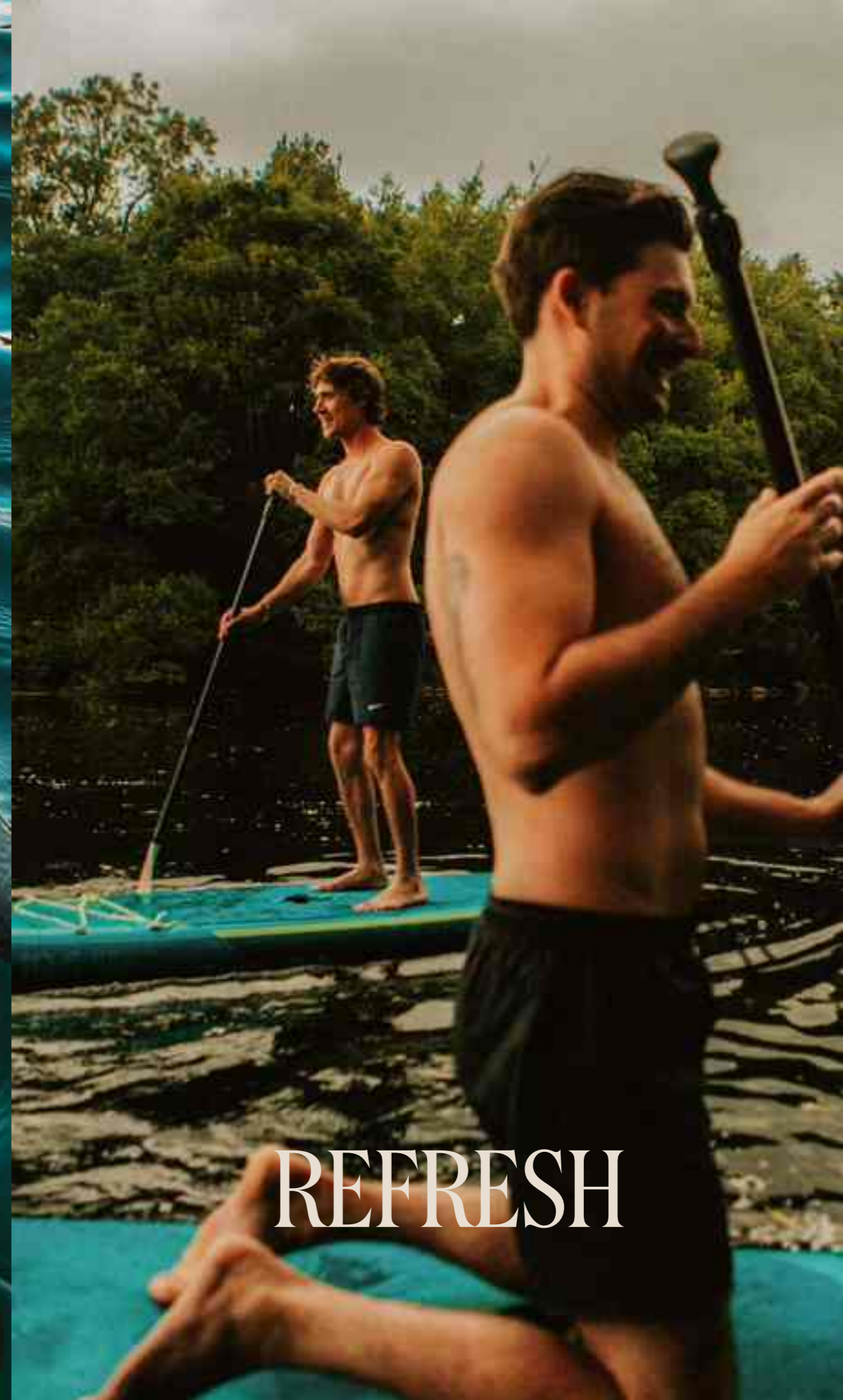


UNWIND



[ACTIVITES]

ESCAPE



REFRESH

ACTIVITY 01.

WILD SWIMMING

Step into the magical private waters of the River Eden for a truly immersive adventure and be at one with nature. Our rivers are home to many wonderful birds, fish and wildlife. Whether you are a seasoned wild swimmer or entering the cold water for the first time, our rangers are there to ensure your safety and enjoyment making sure you will leave wanting more.

*Open to adults 14+, must be confident to swim in open water up to 50 meters
£25 per person, £100 minimum, 60 minutes*





ACTIVITY 02.

STAND-UP PADDLEBOARDING

Jump on board and try your hand at this fun sport combining adventure and exercise. It is not only a fantastic full-body workout, but also an excellent way to experience the beauty of Edenhall, surrounded by its trees and wildlife. From first timers, to experts wanting to hone their skills, it is as enjoyable on your own as it is shared with family and friends.

Open to all ages and abilities

Any child 12 years and under must share a board with someone 18+

£35 per person, £140 minimum, 60 minutes

ACTIVITY 03.

WET AND WILD

Why do one when you can do two. Experience our fantastic riverside retreat on the banks of the River Eden. Not only will you have the river to bathe in and the paddleboards to glide on, but with this combo you also have your very own wood-fired hot tub to jump into. Sit back in your robe by a roaring bonfire while our rangers serve you teas, coffees and local treats. This truly is a magical place, a hidden secret on the banks of the river, a place where you will leave all your worries behind and immerse yourself in the beauty of the nature that surrounds you.

£75 per person, £300 minimum, 90 minutes





TARGET SPORTS

Sharpen your focus and test your aim with our exciting range of target sports on offer at Edenhall Estate. From the precision of archery and the thrill of axe-throwing, to the challenge of clay pigeon shooting, our woodland activity centre offers something for every skill level. Under the guidance of our friendly, qualified rangers, you will learn new techniques, build confidence, and enjoy a safe, hands-on experience in a stunning countryside setting. Whether you are competing with friends or trying something new, target practice here is guaranteed to hit the mark.



TAKE AIM

[ACTIVITES]



EXPLORE



RECALIBRATE

ACTIVITY 04.

ARCHERY

Ready, aim and let the arrows fly. Archery is a fantastic way to test your focus and enjoy some friendly competition. With easy-to-learn techniques and guidance from our rangers, you will be hitting the target in no time. Whether you are cheering on friends or celebrating a bullseye, it is all about having fun and enjoying the great outdoors

Open to ages 6+

£40 per person, £160 minimum, 60 minutes



ACTIVITY 05.

AXE THROWING

Embrace your inner lumberjack by trying your hand at axe-throwing. Test your aim and nerve in this fun and energising experience, suitable for all abilities. Available in our woodland activity centre or closer to your holiday home. Axe throwing at Edenhall Estate is a unique way to unwind, compete, and connect with the outdoors in a bold new way.

Open to ages 7+

£40 per person, £160 minimum, 60 minutes

ACTIVITY 06.

ROBIN HOOD EXPERIENCE

Discover your inner Robin Hood and become a master of both the bow and the axe. Our rangers are on hand to give you expert guidance, and help you hone your skills. With exclusive use of our target range this is a great way to come together and discover a variety of target sports in the most beautiful setting. For the more competitive, our rangers will create a fun competition with a variety of targets and challenges, designed to test your skills and discover who is to be crowned Robin Hood. Whether for small or large groups of family or friends, this is an experience you will always remember.

Open to ages 7+

£65 per person, £260 minimum, 90 minutes





ACTIVITY 07.

DISC GOLF

Whilst not your typical golf game or course, this fun new sport is a fantastic way to walk through and explore the stunning woodlands at our activity centre. Walk and play whilst exploring the woods with family and friends in this fun new game. Our ranger will be on hand to teach you the necessary skills, including a few trick shots, to make this a great shared experience.

Open to ages 7+

£30 per person, £120 minimum, 60 minutes





ACTIVITY 08.

CLAY PIGEON SHOOTING

Clay pigeon shooting at Eden Hall Estate offers an exhilarating countryside experience in a breathtaking setting. Whether you are a complete beginner wanting to learn the basics, or an experienced marksman looking to refine technique, our team is on hand to give you expert tuition and have you breaking clays in no time.

Open to ages 12+

*£75 per person for 25 shots, £95 per person for 50 shots,
£300 minimum, 60 - 90 minutes*

ACTIVITY 09.

AIR RIFLE TARGET SHOOTING

Test your focus and control as you line up each shot on our safe, purpose-built range. You will learn proper technique and see your accuracy improve with every pull of the trigger. It is the perfect mix of concentration, competition and outdoor excitement, ideal for groups or solo sharpshooters alike.

Open to ages 14+

£40 per person, £120 minimum, 60 minutes



[ACTIVITES]

HEALTH AND WELLNESS

Reconnect with your wellbeing in the heart of nature. Our spaces offer the perfect setting to unwind, recharge and nurture your health, both in body and mind. Breathe in the fresh country air and take part in restorative activities like yoga, meditation, nature walks and forest bathing. Here, you'll find the space and serenity to slow down, reflect and return home feeling balanced and inspired.

Robes and towels will be provided where relevant.



UNWIND



[ACTIVITES]

BREATHE



RECONNECT

ACTIVITY 10.

SAUNA

In partnership with Out of the Valley

Relax and unwind in this beautiful, handcrafted ‘Out of the Valley’ sauna. Used by cultures around the world for centuries, saunas are known for their incredible health benefits, ranging from improving cardiovascular health to stress relief and improved mental wellbeing. Step inside, let the heat work its magic, then cool off with a refreshing dip or simply sit back and enjoy the peaceful riverside view. It’s the perfect place to recharge your body and calm your mind, naturally.

Open to ages 14+

£100 for 90 minutes, max 6 person (total price for exclusive use of sauna)

Chilled water provided during the session, and herbal tea to wind down after





ACTIVITY 11.

YOGA

Experience peaceful yoga sessions at one of our wellbeing locations. Surrounded by nature there is no greater place in which to centre your breathing and unwind. Whether you're a beginner or seasoned practitioner, enjoy our guided classes designed to help you relax, stretch and reconnect with your body and mind. These calm settings in nature will enhance your practice, offering fresh air and the soothing sounds of the wild.

ACTIVITY 12.

NATURE WALK

Discover this beautiful estate with a guided nature walk. Wander through woodlands, fields, and riverside paths with our knowledgeable ranger as he shares his expertise of the local wildlife, plants, and history of the area. It's a peaceful way to reconnect with nature, enjoy fresh air, and discover the hidden corners of the countryside. Spot red squirrels in the trees, track deer grazing in the clearings and, if you're lucky, you might even see our resident otters. On occasion our pet deer Juno has been known to join our guests on their wanderings; dogs are welcome but must be kept on leads.

Open to all ages

Starting from £40 per person, £160 minimum, 60 - 90 minutes





ACTIVITY 13.

HIDDEN HIDEAWAY

One of our best kept secrets can be found down a quiet riverside track. Visited only by those in-the-know, it's our favourite location on the estate. Once described as 'the most magical place on earth', The Hidden Hideaway is a space to stop, breathe, immerse yourself in nature and enjoy the hypnotic sounds of the water.

Indulge in a long lazy brunch by the river, or join us for sun-downers early evening, with the crackle of the bonfire, the pop of champagne, and the taste of fresh, locally-sourced produce prepared and served for you by our team. Surrounded by nature and good company, you will have exclusive use of this magical hidden hideaway. It's the perfect place to connect with family and friends, share stories, and make lasting memories around the warmth of the fire.

Alternatively, book the Hidden Hideaway for the full day and make the place your own. Pick up a paddle board, jump in for a swim and spend the day in this magical spot with tailored food and drinks packages created especially for you.

Open to all ages

Bespoke packages from £125 per person, £500 minimum, 3 hours

[ACTIVITIES]

BOOK YOUR EXPERIENCE

*For all enquiries please contact us at:
hello@edenhallestate.com
07721 336 567*



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