

# Outdoor adventures for all!



**Adventure Aberdeen are running 2 exciting programmes this year for children and the over 50's.**

Kids.....Looking for adventure? Get involved in our summer programme full of Gorge-walking, Rock-climbing, Sea Kayaking, coasteering, mountainbiking, surfing and much more.....This year you can bring the whole family along! **(See selected 'family' activities)**

All equipment and transport provided!

Over 50? The 50+ Outdoor Programme is an exciting range of outdoor activities specifically designed for people over 50 with some attendees in their 70's and 80's.



The activities within are suitable for a range of abilities and fitness levels. Explore the unique rivers, forests, mountains and coastline that surround your City by - kayak, canoe, raft, bike or on foot with 'Adventure Aberdeen'.

All equipment and transport will be provided by 'Adventure Aberdeen' with friendly and professional staff offering support and creating an environment in which you can feel safe to try out new experiences. Costs start from £20

Also available for private booking...Brilliant birthday parties, fun family adventures and great team building events!

***Download programmes and application forms from our website***

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