

# Adventure Wellbeing WEEEKEND





## AN COM-PÀIRTEACHAS A-MUIGH EÒLAS • GABH TLACHD • COILEANAD • CÒMHLA



EXPERIENCE • ENJOY • ACHIEVE • TOGETHER

THE OUTDOOR PARTNERSHIP



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Nestled within the stunning grounds of Culzean Castle & Country Park, Dolphin House Outdoor Centre offers the perfect place to pause, reconnect, and experience the benefits of time in nature. Our Adventure Wellbeing Weekend combines the best of what we do - outdoor adventure, mindfulness, and meaningful connection. Over the course of three days, you'll explore beautiful local landscapes, take part in guided activities, and enjoy nourishing food and good company in a relaxed, supportive setting.



With guidance from our experienced instructors, you'll walk, move, and breathe your way through a weekend designed to refresh both body and mind. From the peaceful stillness of yoga and meditation to the thrill of caving and the invigorating challenge of wild swimming, every element of the programme has been created to help you feel grounded, energised and inspired.

We're proud to deliver this weekend in partnership with The Outdoor Partnership - Ayrshire, whose support helps make our weekend possible. Together, we aim to create opportunities that encourage connection with the outdoors, personal growth, and a lifelong love of adventure.

Welcome - we're so glad you're here.



# **Friday**

17:30 Welcome

18:00 Dinner

19:30 Yoga Session



# **Saturday**

08:30 Beach Breathwork

09:00 Breakfast

09:45 Hill Walk

15:30 Caving

18:00 Dinner

19:30 Campfire



# **Sunday**

09:00 Breakfast

10:00 Wild Swimming

13:00 Lunch

14:00 Farewell

#### YOGA

Join Nicola to take time to slow down and reconnect with your body and mind. Our guided yoga sessions focus on gentle movement, mindful breathing, and deep relaxation — making them accessible to complete beginners as well as those with more experience. Combined with short meditations, this practice helps release tension, increase awareness, and create a sense of calm that you can carry into the rest of the weekend.



## **CAVING**

Venture beneath the surface and discover a whole new world underground. Guided by experienced instructors, our caving session introduces you to the unique rock formations, passages, and hidden spaces that lie below. It's a chance to step outside your comfort zone in a safe, supportive environment, building confidence and resilience while experiencing an adventure that few people ever get to see.



#### **GUIDED NATURE WALK**

This stunning hill walk offers the perfect opportunity to immerse yourself in nature and enjoy some of Ayrshire's most scenic landscapes. Along the route, we'll pause for guided meditation and mindful moments, using the peaceful surroundings to ground ourselves and reflect. With a packed lunch enjoyed in the fresh air, this experience blends physical activity with relaxation, leaving you both refreshed and recharged.



#### WILD SWIMMING

Join Elaine to feel the invigorating power of open water as you take part in a guided wild swimming session. With expert support, you'll be introduced to the benefits of cold-water immersion in a safe and welcoming way. The experience boosts circulation, clears the mind, and leaves you with a natural high — a powerful reminder of the body's strength and resilience. Whether you take a short dip or stay in longer, you'll leave the water feeling alive, energised, and connected to nature.





#### COSY BUNKHOUSE ACCOMMODATION

You'll be staying in our welcoming bunkhouse set within the beautiful grounds of Culzean Castle & Country Park. Rooms are shared, simple, and comfortable, offering a warm space to rest after a day of adventure. Bedding is provided — just bring along your personal items and a sense of community spirit.



#### **NOURISHING MEALS**

All meals are freshly prepared on site and included from Friday dinner through to Sunday lunch. Expect hearty, home-cooked dishes that fuel your body and support your wellbeing throughout the weekend. We can cater for most dietary needs — just let us know when booking so we can take care of you.



## **EQUIPMENT PROVIDED**

All specialist equipment for the weekend's activities will be supplied, including caving helmets, lights, and swimming safety gear. You're also welcome to bring along your own kit if you prefer — our instructors will check it's safe and suitable before use. Aside from personal clothing and essentials from the packing list, everything else will be ready for you so you can simply focus on the experience.





Dolphin House is located within the beautiful grounds of Culzean Castle & Country Park, near Maybole, South Ayrshire.

The site is around one hour's drive from Glasgow and 30 minutes from Ayr.

Parking is available at the Deer Park located within the grounds, a short 10 minute walk away from Dolphin House.



A detailed map of the grounds, along with arrival information, will be emailed to you closer to the event date.

For those arriving by public transport, the nearest train station is Maybole, with public buses and taxis available for the short journey to Culzean.

Dolphin House Culzean Castle & Country Park Maybole South Ayrshire KA19 8JX







- Comfortable outdoor clothing (layers are best - lots!)
- Warm socks, hat, and gloves
- Walking boots/shoes\*
- Wellies\*
- Waterproof jacket and trousers\*
- Swimwear
- Towel
- Swimming cap
- Neoprene socks/gloves\*
- Yoga/fitness clothing
- Yoga mat\*
- Torch or headlamp\*
- Refillable water bottle
- Toiletries and personal items
- Small day rucksack for walks\*
- Journal or notebook (optional)

\* - we can provide these items, if you would prefer to bring your own you can.



## Do I need to have experience with any of the activities?

Not at all. All activities are designed for beginners and no prior experience is required. Our instructors will guide you step by step in a safe, supportive environment.

#### Are meals included?

Yes — all meals from Friday dinner through to Sunday lunch are included. We provide hearty, nourishing dishes and can cater for most dietary needs (please let us know in advance).



## What if the weather's bad?

We're well used to the Scottish climate! Activities may be adjusted to suit conditions, but unless there's a weather warning the weekend will go ahead rain or shine.



#### How fit do I need to be?

A reasonable level of fitness is recommended, as activities include walking, caving, and swimming. However, the weekend isn't about endurance — it's about connection, enjoyment, and going at your own pace.



## What equipment do I need to bring?

Specialist equipment (for caving, wild swimming, etc.) is provided. Just bring personal clothing and items from the packing list. You're welcome to bring your own kit if you prefer — our team will check it's safe before use.



#### Can I come on my own?

Absolutely. Many participants come solo — it's a welcoming, inclusive weekend where everyone is made to feel at home.



# **GET IN TOUCH TODAY**



https://clubspark.net/ActiveSouthAyrshire/ DolphinHouse

- www.thedolphinhouse.co.uk
- **\$ 01655 760600**
- Ophin House Outdoor
  Centre, Culzean Castle &
  Country Park

We can't wait to welcome you to Dolphin House for a weekend of adventure, connection, and calm.

