



**dementia
adventure[®]**

**Supported
Holidays**

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2026 Supported Holidays

Where Adventure and Support Meet

A dementia diagnosis doesn't have to mean the end of holidays. At Dementia Adventure, we believe everyone deserves the chance to get away, with the right practical, emotional, and financial support.

Our small-group and tailored breaks for people living with dementia and their carers offer a genuine escape from routine — time to rest, reconnect, and rediscover joy together.

Each holiday includes 24-hour dementia-trained support, accessible accommodation, personalised outings, and inclusive meals — everything you need to truly relax.

With over a decade of experience, we understand the importance of rest for carers and reassurance for people living with dementia. Whether you're seeking a restorative break or a shared adventure, we'll take care of everything — so you can simply enjoy being together.

Find out more:

dementiaadventure.org/holidays
or scan the QR code below.



The benefits speak for themselves:

-  Lifted moods & reduced stress
-  Better sleep & appetite
-  Improved confidence & communication
-  Stronger relationships & deeper connection
-  Greater understanding of dementia support
-  Renewed enjoyment of nature & the outdoors



What to Expect

Our person-centred approach means we take time to get to know you before you go, so your holiday truly reflects your interests, needs, and pace.

Before your holiday:

-  **Personalised planning:** We'll chat with you about your health, preferences and needs
-  **Meet the team:** You'll be invited to an online pre-holiday meeting to meet your Dementia Adventure team and your fellow travellers.

During your holiday:

-  **A friendly small group:** Relax and enjoy your break in a friendly, intimate group of up to 12 people, including our dedicated support team.
-  **Tailored itineraries:** Whether it's relaxing by the coast or exploring local landmarks, every activity is designed for fun, connection, and time in nature.
-  **Supportive environment:** Our trained team encourages independence, enjoyment, and confidence, helping everyone make the most of every moment.

Things to Consider

To help you plan, please note that the following **are not** included in your holiday package:

-  **Travel insurance:** We recommend arranging cover in case of cancellation or illness.
-  **Personal care:** If you need help with personal care, we may be able to arrange a professional carer for a small additional cost — please call us to discuss: 01245 237548.
-  **Travel to and from the meeting point:** Guests are responsible for arranging their own transport to and from the designated meeting point. If you would like some extra support, we may be able to provide a 'Travel Buddy' to accompany you on your journey. Please contact the Adventures team for more information.
-  **Alcoholic drinks:** A small glass of wine or beer is provided with your main meal, but you're welcome to bring your own additional drinks.
-  **Extra snacks or refreshments:** Any optional purchases made during outings or free time will be at your own expense.

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The break gave us time to enjoy each others company as we used to and not just as carer and person with dementia! We both felt less stressed and rejuvenated afterwards and made us realise that we can enjoy ourselves and be relaxed on holiday once again. We would strongly recommend anyone able to go on these holidays to do it! It puts a new perspective on life.



Pricing

Scan the QR code above or visit our website for funding information

Holiday prices vary depending on the time of year, location, and available funding options. As a charity, everything we do is made possible through the generosity of our fundraisers, supporters, and donors. This allows us to offer subsidies and make our holidays as accessible as possible. Call our friendly Adventures team to discuss your needs, and we'll work with you to find the best options for your holiday.

Cornwall



Location

Nestled in the rugged heart of Cornwall, Bodmin and its surrounding areas have something for everyone. Explore charming fishing villages, wander through stunning gardens, or stroll along wide sandy beaches. Here, history, natural beauty, and adventure come together, ready to be enjoyed at your own pace.

Accommodation

Tucked away on peaceful Corgee Farm near Bodmin, Tor View Barn offers a warm Cornish welcome amid beautiful countryside. Its clever upside-down design makes the most of the views, with bright living spaces upstairs and cosy bedrooms below for a restful night's sleep.

A stairlift provides easy access for those with limited mobility, and all bedrooms feature zip-and-link beds and ensuite shower rooms — one with a convenient wet room.

Activities

Rain or shine, there's plenty to explore in this stunning part of Cornwall. Wander the Lost Gardens of Heligan, marvel at the Eden Project, or roam the wild moors for a taste of adventure. Then, stroll through quaint fishing villages, breathe in the fresh sea air, and round off your day with a classic Cornish cream tea.

Facilities

- Bedrooms with ensuite showers or a wet room
- Level access
- Stairlift
- Wifi
- Washing machine/Tumble dryer
- Mounted TVs in the bedrooms
- Garden
- Parking

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Meet at a café for lunch. Head to the accommodation to relax and unpack	Enjoy a home-cooked evening meal at the accommodation
Tuesday	The Lost Gardens of Heligan, with an introductory talk	Picnic lunch, then explore nearby Mevagissey village and enjoy a cream tea at the local tea rooms	Enjoy a home-cooked evening meal at the accommodation
Wednesday	The Eden Project, with a guided tour of The Mediterranean Biome	Picnic lunch, a visit to the beach then some well-deserved relaxation time at the accommodation with tea and snacks	Traditional Cornish pasty dinner and a performance from an all-female acapella group
Thursday	Visit golitha falls and the ancient woodland	Pentewan sands, an accessible sandy beach, stopping for a pit-smoked barbeque lunch	Enjoy a home-cooked evening meal at the accommodation
Friday	Lanhydrock House & Gardens (National Trust)	A picnic lunch in the Lanhydrock House & Gardens	

Who is this holiday for?

-  People who enjoy fresh air and want to see the sea (and maybe paddle!)
-  People with restricted mobility, who can manage the steps into our minibus with support
-  People who want to share a holiday with up to three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
-  Lovers of gardens, plants, and botany



Derwentwater



Location

Lake Derwentwater, in the heart of the Northern Lake District, is as breathtaking as it is serene. Surrounded by stunning scenery, sheltered coves, and abundant wildlife, it's a place to explore and unwind. To the west rise the fells of Cat Bells, while the majestic Friar's Crag offers a favourite viewpoint over the lake. At its southern edge lies the entrance to the beautiful Borrowdale Valley. Just a 10-minute stroll from Keswick town centre, it's the perfect spot to enjoy nature and tranquillity.

Accommodation

Catbells and Keepers Cottages sit on the western shore of Lake Derwentwater, offering tranquil comfort and stunning lake and mountain views. Relax in the spacious open-plan living area, enjoy the enclosed garden, or simply take in the scenery.

With four bedrooms (two ground floor, two upstairs), each with a King bed and ensuite, these cottages are the perfect peaceful retreat.

Facilities

-  Bedrooms with ensuite showers
-  Wifi
-  Washing machine
-  Parking

Activities

The Northern Lakes offer something for every mood and every weather. Enjoy lakeside strolls, short hill walks, or boat trips to explore sheltered coves and wildlife. For the more adventurous, assisted watersports like rafting, canoeing, or sailing add extra excitement – perfect for anyone who loves being on or near the water.

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival, a café lunch, and a short walk, followed by driving to the accommodation to unpack and settle in	Enjoy a home-cooked evening meal at the accommodation
Tuesday	Sailing on the lake with an experienced instructor	Lunch and hot drinks back at the accommodation, then visit with The Lingholm Estate's very own herd of tame alpacas	Enjoy a home-cooked evening meal at the accommodation
Wednesday	Back out on the lake for canoe rafting	Lunch at the accommodation before exploring some of the local sights	An evening meal out at one of the charming local pubs
Thursday	Meeting with animals and birds of prey at the Lakes Wildlife Park	Picnic lunch and then a ride on specially-adapted bicycles through Watchtree Nature Reserve	Enjoy a home-cooked evening meal at the accommodation
Friday	Late breakfast aboard Bassenthwaite Lake Station's art deco Carriage Cafe	A final walk around Dubwath Silver Meadows Wetland Nature Reserve	

Who is this holiday for?

-  People who enjoy fresh air and beautiful countryside
-  People with good mobility — we may walk 3 miles in a day, with breaks
-  People who want to share a holiday with up to three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
-  People who are comfortable with being close to and out on the water



Highland Fling



Location

Set in the heart of the Scottish Highlands near Aviemore, Highland Fling is based at Glenmore Lodge, surrounded by the Cairngorm Mountains and ancient Caledonian pine forest. Travel is easy via Inverness or train to Aviemore. Explore tranquil lochs, forest trails, or simply relax and take in the breathtaking mountain views.

Accommodation

Glenmore Lodge sits nestled in forested grounds beneath the mountains, providing a welcoming and fully catered base for your Highland adventure. Rooms are bright, comfortable, and designed to suit a range of mobility needs. All bedrooms feature zip-and-link beds and ensuite shower rooms, with some including fully accessible wet rooms. Relax in the cosy shared spaces after a day of exploring and enjoy spectacular mountain and forest views.

Facilities

-  Bedrooms with ensuite showers or a wet room
-  Wifi
-  Washing machine/Tumble dryer
-  Garden
-  Parking

Activities

Highland Fling is packed with unforgettable experiences, including visits to the Cairngorm Reindeer Herd, a scenic Loch Ness boat trip, the Cairngorm Mountain Railway, castle explorations, and more. Some itineraries include more adventurous activities such as canoeing or rafting. Our friendly Adventures team can help you choose the experiences that suit your needs and mobility.

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival, a café lunch, and a short walk, followed by driving to the accommodation to unpack and settle in	Enjoy a home-cooked evening meal at the accommodation
Tuesday	Boat trip on Loch Ness followed by a picnic lunch		Enjoy a home-cooked evening meal at the accommodation
Wednesday	Mountain railway	Lunch at the accommodation before exploring some of the local sights	An evening meal out at one of the charming local pubs
Thursday	Explore Loch an Eilein Castle	Picnic lunch and nature walk	Enjoy a home-cooked evening meal at the accommodation
Friday	Vist to a Reindeer farm	A final walk around Aviemore	

Who is this holiday for?

-  People who enjoy fresh air and beautiful countryside
-  People who want to share a holiday with up to three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
-  People who are comfortable with being close to and out on the water



Isle of Wight



Location

Just off England's south coast, the Isle of Wight is a true island escape. Recently recognised as a UNESCO Biosphere Reserve, it offers golden beaches, peaceful countryside, and charming villages. You'll stay on the outskirts of Godshill, in an Area of Outstanding Natural Beauty. With its thatched cottages, 14th-century church, and lovely tea gardens, Godshill perfectly reflects the island's timeless charm.

Accommodation

Your stay is in a luxury barn conversion on a working livestock farm near the picturesque village of Godshill — one of the island's most beautiful spots. The barn offers level access for those with limited mobility, with mostly zip-and-link bedrooms (Twin or King) and ensuite shower rooms. There's also a fully accessible wet room available to all guests.

Delicious home-cooked meals, made with locally sourced ingredients, are prepared daily by the owner — giving our team more time to help you enjoy the very best of the island.

Activities

Small in size but big on charm, the Isle of Wight offers something for everyone. You might stroll along a beautiful beach, explore the grandeur of Osborne House, enjoy a speedboat trip, or meet the gentle residents of the Donkey Sanctuary. Back at the farm, there are chances to feed the animals, unwind, and soak up the peaceful countryside.

Facilities

-  Bedrooms with ensuite showers
-  Level access
-  Wifi
-  Washing machine
-  Wetroom
-  Private Parking

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Take the ferry (in a Dementia Adventure vehicle) from Portsmouth Harbour, and stop at a farm shop for lunch, then enjoy tea, cake, and a farm tour back at your accommodation.	Enjoy the evening meal at the farm, prepared by the owner with locally-sourced ingredients
Tuesday	Tour of Ventnor Botanic Gardens	Picnic lunch followed by a horse and carriage ride around Godshill village, then relaxing massages back at the farm	Enjoy a farm-cooked dinner with locally sourced ingredients, followed by the Sea Gels Shanty Choir
Wednesday	Visit with donkeys and enjoy tea and cake at The Isle of Wight Donkey Sanctuary	Boat ride and an onboard picnic lunch or steam train ride (please enquire which one is running that week)	Enjoy a farm-cooked dinner with locally sourced ingredients, followed by live singing
Thursday	We'll spend the day exploring Osborne House and its grounds, with a stop off for a picnic lunch		Enjoy the evening meal at the farm, prepared by the owner with locally-sourced ingredients
Friday	Wander around Quarr Abbey and enjoy an early lunch	Home time! Back to the ferry port to head to the mainland	

Who is this holiday for?

-  People who enjoy fresh air and want to see the sea (and maybe paddle!)
-  People with restricted mobility, who can manage the steps into our minibus with support
-  People who want to share a holiday with up to three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
-  Animal lovers - the accommodation is on a working livestock farm!



The Kingdom of Fife



Location

Historically the Kingdom of Fife, this Scottish county features miles of coastline and the charming seaside town of St Andrews, with cosy cafés and historic architecture. The surrounding countryside is rugged and beautiful. Nearby Cupar, one of Scotland's oldest royal burghs, sits on the River Eden and offers plenty of picturesque spots to explore.

Accommodation

The Rings is a fully-accessible cottage, light and airy with large windows, offering a private yet easily reached base. Enjoy uninterrupted views from the spacious shared dining area, where modern interiors meet the rustic outdoors.

Bedrooms are 'zip and link' (Twin or King) with ensuite wet rooms. The cottage accommodates a range of accessibility needs, including mobility equipment and electric beds—please contact us for details.

Activities

Based in the heart of Fife, you're close to charming fishing villages and the historic town of St Andrews, with its winding streets and ruined cathedral. Enjoy traditional outings to castles or the RSS Discovery, try falconry, or meet the gentle alpacas at Bowbridge Farm. Amble along sandy beaches, admire cliff views, and perhaps even indulge in a wee dram along the way.

Facilities

- Ensuite bedrooms
- Washing machine/Dryer
- Wifi
- Gardens
- Parking
- Mounted TV's in bedrooms
- Access to profiling beds and other specialist equipment - please discuss this with us

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival with welcome tea and cake. A visit from a falconer, with opportunities for falconry and soft archery	Enjoy a home-cooked evening meal at the accommodation and evening entertainment
Tuesday	Off to Dundee to visit the V&A Museum Dundee, with a tea and cake reception followed by a tour	Picnic lunch, before exploring Camperdown Country Park	A home-cooked evening meal at and a performance by a local choir
Wednesday	Visit the Scottish Fishing Museum in beautiful fishing village Anstruther	Fish and chip lunch with ice cream for pudding. Later, a walk along the beach by famous St Andrews	Buffet-style meal at the accommodation, prepared by your support team
Thursday	Wander around the spectacular gardens of Falkland Palace	Picnic lunch at Lindores Abbey, then a guided tour around their distillery	Dinner at a charming local inn
Friday	Meet and feed the alpacas at Bowbridge Farm	Alpaca wool-felting workshop with coffee and cake, with a packed lunch to take away	

Who is this holiday for?

-  People who enjoy fresh air and beautiful countryside
-  People with restricted mobility - there is the potential for additional care equipment on this break such as profiling beds etc. (please ask for details)
-  People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



Norfolk



Location

Fakenham and North Norfolk are among the UK's last unspoilt gems, with charming villages, excellent local restaurants, and the stunning Norfolk coastline on your doorstep. Enjoy gentle walks along wide sandy beaches or through shady pine forests, and spot the abundant wildlife along the way. With its open skies, peaceful countryside, and wild beaches, there's something here to delight everyone.

Accommodation

Brazenhall Barn, a 19th-century barn conversion in the heart of Norfolk countryside, sits just 9 miles from the North Norfolk coast. Nestled beneath the medieval church of St Peter, Dunton, and surrounded by summer meadows, it offers a peaceful country retreat.

The barn offers a bright, spacious living area with original beams and French windows, level-access bedrooms with flexible 'zip and link' beds, ensuite showers, and a charming garden with a low hedge overlooking the countryside.

Activities

The North Norfolk coast is full of delights, whatever the season. Take a ride on the famous steam train, meet fluffy guinea pigs, or marvel at the art of glass-blowing. Wander the stunning gardens of Holkham Hall estate, and don't forget the classic seaside treat of fish and chips by the sea. With fresh coastal air and wide, sandy beaches, there's something here for everyone to enjoy.

Facilities

- Bedrooms with ensuite showers
- Level access
- Wifi
- Washing machine
- Parking
- Garden

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival. Boat trip along the beautiful waterways of the Broads with commentary. Picnic lunch on the boat	Return to accommodation to unpack and enjoy a home-cooked evening meal
Tuesday	Glass-blowing demonstration and workshop followed by lunch in the cafe	Lunch in the glass-blowing café, followed by a boat trip to see the Blakeney Seal colony	A hearty meal at the accommodation
Wednesday	North Norfolk Railway steam train from Holt to the seaside town of Sheringham	Fish and chip lunch, with time to explore the town, paddle in the sea, and take a trip to Sheringham Museum	Buffet meal at the accommodation, prepared by your support staff and a Guinea Pig therapy session
Thursday	Holkham Hall Stories experience at the Holkham Hall estate, followed by a self-guided tour of the grounds and hedged garden	Picnic lunch, then a beach trip to Wells-next-the-Sea to enjoy ice-cream with an ocean view	Home-cooked evening meal at the accommodation with a visit from a local choir
Friday	Walk around Pensthorpe Natural Park	Picnic lunch	

Who is this holiday for?

-  People who enjoy fresh air and want to see the sea (and maybe paddle!)
-  People with restricted mobility, who can manage the steps into our minibus with support
-  People who want to share a holiday with up to three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



North Yorkshire



Location

Tucked away in the heart of the North York Moors National Park, Town End Farm offers a peaceful escape surrounded by rolling hills, heather moorland, and wide open skies. This beautiful corner of Yorkshire is rich in history and charm — from market towns and ancient abbeys to dramatic coastal paths and cosy country pubs. It's the perfect place to relax, explore, and enjoy the warm Yorkshire welcome.

Accommodation

This luxury 18th-century barn conversion is set in the friendly village of Appleton-le-Moors, in the heart of the North York Moors. A Grade II listed building, it blends historic character with modern comfort, retaining stone walls and beams while offering bright, airy interiors.

Guests can choose Twin or King rooms — two on the ground floor and two upstairs — most with ensuite showers, and one with a relaxing ensuite bathroom.

Activities

What makes the North York Moors so special is the incredible variety of experiences on its doorstep. Visit the famous seaside town of Whitby to take in the coast and feel the salty breeze, hop on a steam train for scenic views, or enjoy a tea dance with Wurlitzer music. History and garden lovers can explore the grandeur of Castle Howard, wandering its beautiful gardens and historic rooms.

Facilities

- Bedrooms with ensuite showers or a bath
- Wifi
- Washing machine/Tumble dryer
- Games room, with table tennis
- Parking

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival and light lunch at a local tea rooms. Guided tour of Helmsley Castle	'Music, Movement, and Me' session at the accommodation before enjoying a home-cooked evening meal
Tuesday	North Yorkshire Moors Railway train from Whitby to Goathland	Picnic lunch on the train	Return to accommodation to enjoy Fish and Chips
Wednesday	Leisurely exploration of Castle Howard Estate, with a picnic lunch stop off	Some relaxation time back at the accommodation	Evening meal at the charming local inn and a performance by a local choir
Thursday	Peasholm Park at Scarborough. Ride on the dragon boats and explore the beautiful gardens	Visit the Scarborough Fair Vintage & Transport Museum. Cream tea lunch and the chance to dance to the Wurlitzer	Dinner back at the accommodation.
Friday	Tour Ryedale Folk Museum	A café lunch	

Who is this holiday for?

-  People who enjoy fresh air and beautiful countryside
-  People with restricted mobility (staying in the ground-floor bedrooms but not wheelchair friendly as there are a couple of small steps)
-  People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



Peak District



Location

Where rugged countryside meets rich history, the Peak District National Park offers a stunning blend of ancient landscapes, charming villages, and modern wonders. Here, you can escape the pressures of everyday life, wander through breathtaking scenery, and reconnect with the rhythms of nature. It's a place to pause, explore, and rediscover a true sense of wonder.

Accommodation

Nestled in the heart of the Peak District National Park, Sladen Lodge sits in the picturesque Hope Valley, surrounded by rolling hills and dramatic gritstone edges. It's a walker's paradise and a sightseeing haven in one of England's most beautiful regions.

This modern, spacious countryside retreat is managed by Lynne Howarth, a Hathersage resident with over 20 years of local knowledge, ensuring every stay is comfortable, enjoyable, and memorable.

Activities

The location of Sladen Lodge leaves you truly spoilt for choice. Whether you're seeking outdoor adventure or gentle countryside walks, the Peak District offers something for everyone. History lovers will be enchanted by charming villages, historic houses, and ancient landmarks waiting to be explored. From scenic drives and peaceful river valleys to bustling market towns full of character, every day brings new sights and experiences to enjoy.

Facilities

-  **Super King or Twin Room**
-  **Ground Floor Access**
-  **Ensuite Rooms**
-  **Access to a Walled Garden**
-  **Games Room**
-  **Washing Machine/Dryer**
-  **Parking**

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Meet at the David Mellor Museum and have a light lunch before travelling to our accommodation	Share a meal together with our group for the week
Tuesday	A day spent riding the trams, visiting the reconstructed buildings and taking woodland trails at the National Tram museum at Crich		Dinner back at the accommodation
Wednesday	A day at Chatsworth House - visiting the house, Gardens, farm and beautiful water features		Pub meal
Thursday	Matlock Farm Park for alpaca trekking	Bakewell Tarts in the picturesque town of Bakewell	Dinner and a local choir
Friday	Longshaw Estate for a walk	Cycling without age trishaw rides with cafe lunch	

Who is this holiday for?

- People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



Somerset & Devon



Location

Set amidst rolling green hills, Chard combines quintessential English charm with a rich heritage, its town centre part of a High Street Heritage Action Zone. Just a short train ride from the Jurassic Coast and near the Somerset Wetlands, Chard offers the perfect base to enjoy stunning landscapes, quaint streets, and the tranquility of the British countryside.

Accommodation

Set on a private estate in the heart of Somerset, Holemoor Stables combines comfort, style, and a sense of community. A Mediterranean-style courtyard sits at the centre of the accommodation, surrounded by light, airy interiors, a garden patio, an indoor heated pool, and a games room.

Each fully ground-floor bedroom is 'zip and link', so beds can be made as two Twins or one King. Two bedrooms have ensuite wetrooms, and the other two have ensuite showers with a small step.

Activities

From stunning landscapes to heartwarming animal encounters, this holiday immerses you in nature. Feel the sea breeze along the rugged Jurassic Coast, try falconry, or stroll with alpacas. Discover Somerset's rich history, from prehistoric sites to hidden historical gems waiting to be explored.

Facilities

- Bedrooms with ensuite showers or a wet room
- Level access
- Wifi
- Washing machine/Tumble dryer
- Parking
- Garden
- Pool and games room

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival. Meet at a cider farm for lunch and a talk	Enjoy a home-cooked evening meal at the accommodation
Tuesday	Enjoy the coast and sea air at Lyme Regis including a visit to the Lyme Regis Museum for a fossil handling experience	A trip to the Lyme Regis aquarium for a hands on experience feeding the fish	Enjoy a delicious two course dinner at a local Inn
Wednesday	Feed and walk with some alpacas before having a picnic lunch.	Take the Wetland Explorer tram from Seaton to the Somerset Wetlands for some nature-based activities followed by afternoon tea	Home-cooked evening meal at the accommodation, then a visit from a falconer with their birds of prey
Thursday	Today you will hop aboard a narrow boat for a cruise through the beautiful Somerset scenery. Fish and Chips will be delivered to you on board so you can feast on this British favourite for your lunch		Enjoy a home-cooked evening meal at the accommodation
Friday	Visit the Coates English Willow Centre	Refreshments in the Coates Willow cafe the Lemon Tree before heading home	

Who is this holiday for?

-  People who enjoy fresh air and want to see the sea (and maybe paddle!)
-  People with restricted mobility, who can manage the steps into our minibus with support
-  People who want to share a holiday with up to three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
-  Lovers of wildlife



Windermere



Location

This holiday takes place in scenic Cumbria, in England's northwest. Windermere and the surrounding area are among the Lake District's most popular destinations. England's largest natural lake stretches 10 miles across the South Lakes, surrounded by stunning fells, historic market towns, quaint villages, and traditional inns.

Accommodation

Set on the banks of Lake Windermere, near the village of Bowness, Windermere Marina offers stunning water and hill views. Built with traditional Lake District materials, it combines classic charm with a modern, luxurious interior.

Most accommodation is on the ground floor, with bedrooms arranged as King or Twin. All have ensuite shower rooms (some with a small step), and one King room has a fully-accessible wet room.

Activities

Lake Windermere is ideally placed for a variety of activities, whatever the weather. On sunny days, enjoy a boat trip across the lake or a ride on a steam train while taking in the scenic views. When the weather turns, watch the waves through the large French windows or cosy up in a local pub for a hearty meal.

Facilities

-  Bedrooms with ensuite showers or a wet room
-  Washing machine
-  Wifi
-  Level access to most bedrooms

Example Itinerary

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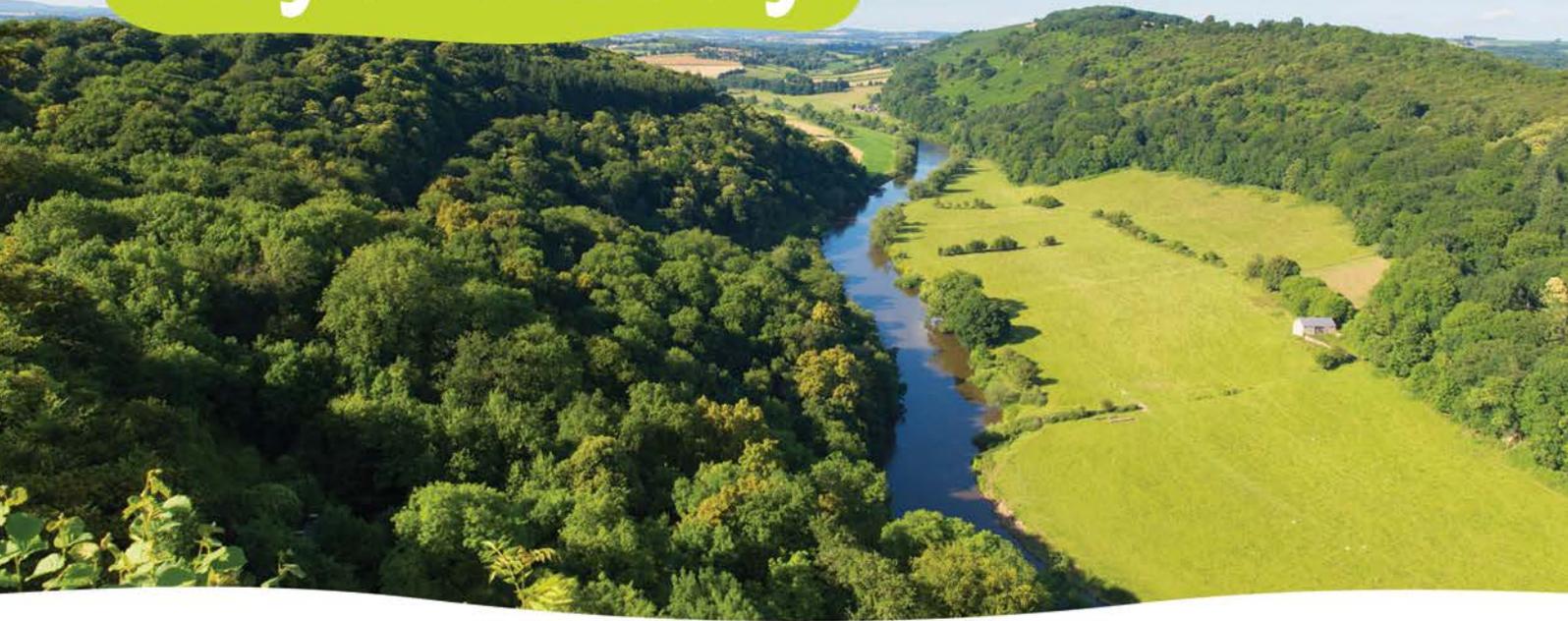
	Morning	Afternoon	Evening
Monday		Arrival. Meet for a late lunch, then head over to the accommodation, unpack, and go for an afternoon walk	Enjoy a home-cooked evening meal at the accommodation
Tuesday	Catch the boat from Bowness to Brockhole Visitors Centre. Archery and an exhibition	Picnic lunch, then a guided garden tour with the Head Gardener, followed by a short cruise and an ice cream stop	Enjoy a home-cooked evening meal at the accommodation
Wednesday	Drive along the lake shore to catch the steam train from Haverthwaite to Lakeside, followed by a visit to the Lakeside Aquarium	Café lunch and then a visit to the Lakeland Motor Museum before having some tea and cake	Enjoy a home-cooked evening meal at the accommodation
Thursday	A ramble around the ruins of Wray Castle, plus a walk around the surrounding woodland and lakeshore	Picnic lunch. Head over to 20th-century Blackwell House to roam the house and grounds	Enjoy a home-cooked evening meal at the accommodation
Friday	Holehird Gardens for a stroll around the walled garden and woodland	A light lunch	

Who is this holiday for?

-  People who enjoy fresh air and beautiful views
-  People with restricted mobility (staying in the ground-floor bedrooms)
-  People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
-  People who are comfortable with staying in accommodation directly on the open lakeside



Wye Valley



Location

Set in serene Llangarron, a small Herefordshire village with Grade II listed buildings, this holiday combines rural tranquillity with nearby Ross-on-Wye. Explore the market town by the River Wye, on the edge of the Forest of Dean, and discover castles and historic sites amid beautiful, peaceful countryside.

Accommodation

Tre-Vern is a beautifully converted 350-year-old barn on Upperfields Farm, surrounded by stunning countryside. Inside, light and cosy shared spaces feature a spacious living area with inglenook fireplace and underfloor heating.

Bedrooms are 'zip and link' (Twin or King), with one ground-floor ensuite wet room; the three first-floor rooms have ensuite showers. Don't forget your swimwear — the on-site heated pool is ready for you!

Activities

This area offers a wealth of things to do whatever the weather. Glide down the River Wye on a boat trip or take a ride on a steam train. Animal lovers can call in at the farm to get up close and personal with curious creatures, and for the history buffs among you there are castles to visit. Head to Symonds Yat for a proper pub lunch, and then take some time to relax back at your accommodation.

Facilities

- Ensuite bedrooms
- Washing machine/Dryer
- Indoor swimming pool
- Garden
- Parking

Example Itinerary

Every Dementia Adventure holiday is unique! Your full itinerary will be sent 2–3 weeks before departure, but see the example below for a taste of the activities you might enjoy. Please note it's based on past schedules and may differ from your final plan.

	Morning	Afternoon	Evening
Monday		Arrival. Meet and greet for tea and cake. Head to accommodation and unpack	Enjoy a home-cooked evening meal at the accommodation
Tuesday	Adapted cycling. Stop off for a picnic lunch		Enjoy a home-cooked evening meal at the accommodation
Wednesday	Dean Forest Railway Steam Train Ride	Lunchtime cream tea aboard the train before driving to the Farm to meet and greet the animals in the peaceful Forest of Dean	Enjoy a home-cooked evening meal at the accommodation
Thursday	Head to Symonds Yat Rock for tea and cake in the café, as well as a walk up to the viewpoint	Pub lunch at an old, traditional inn with views over the River Wye. Then a boat ride along the river through an area of natural beauty	Buffet dinner at the accommodation, prepared by your support team
Friday	Explore medieval Goodrich Castle	A final coffee and cake at the café at Goodrich Castle, and we'll send you off with a picnic lunch for your journey home	

Who is this holiday for?

-  People who enjoy fresh air and beautiful views
-  People with restricted mobility (staying in the ground-floor bedrooms)
-  People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings



What we provide, in a nutshell...



Detailed plan of how your needs will be met



All outings and entrance fees



All food and drink



Meeting people in a similar situation



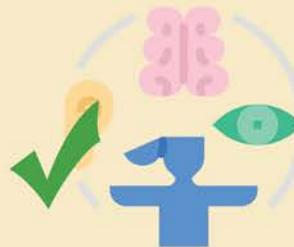
1:1 trained support



Both guests have a holiday



Accommodation in private ensuite room



New places and experiences



All transport while away



Shared memories



Photobook specially prepared for you after the holiday

Keeping the Magic of Your Holiday Alive

At the end of every Dementia Adventure holiday, each guest receives a beautifully crafted photobook — a treasured keepsake capturing the smiles, moments, and memories shared along the way. Filled with photographs from the trip, it's more than just a souvenir; it's a meaningful way to look back, reminisce, and spark conversations once you're home. For many of our guests and their companions, the photobook becomes a lasting reminder of the joy, confidence, and connection that the holiday inspired.



The photo books are such an asset to the holiday. We would go through them time and time again. That's what I've got now, the memories. It's lovely.



The Benefits of Connecting with Nature

The benefits of nature for the health of human beings are well-documented and widespread. The evidence is conclusive: getting outside and interacting with the natural world is good for our mental, physical, and emotional health.

Chemical

Did you know that being in a natural setting actually produces physical and chemical reactions in the bodies of human beings? Our senses pick up on signals from the environment around us — the sights, smells, and sounds that we're exposed to — and our body reacts. This could mean our heart rate slowing, our blood pressure lowering, or our muscles relaxing. Our levels of cortisol, the stress hormone that reacts with your brain to change your mood and heighten feelings of fear, start to lower as well.

The Result

Lower levels of stress and anger, and reduced anxiety and depression. A general improvement in mood.

Connection

Nature is interesting! Spending time in it encourages you to take notice of what's going on around you, providing a general sense of connection to the world you live in.

In getting out of the house and taking part in outdoor activities you're likely to meet like-minded people, and with a shared interest in the natural environment as a ready discussion point, you're more likely to engage in fulfilling and enjoyable conversations. You'll find that your local community will often act as a natural bridge to accessing the surrounding environment via nature-based pursuits with local groups or clubs, and vice versa; taking part in these will also provide opportunities for integrating with the community.

The Result

Less loneliness, less isolation, and more feelings of connection, both with your community and with nature. Engaging in new relationships and activities can also really boost your self-esteem.

Health

Being outdoors exposes you to far more natural light and oxygen than indoors, helping regulate circadian rhythms, sleep, alertness, and appetite, while boosting concentration and brain function. Outdoor activities—from gentle gardening to hiking—also support physical health and stimulate the brain.

The Result

Better sleeping, eating, and digestive patterns, improved skin health and fitness, and better concentration and memory.



“

I've never seen Dad smile so much. We're not thinking about what we're losing anymore - we're thinking about what's still possible.

dementia adventure®



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