



dementia adventure®

Connecting people living with dementia with nature and a sense of adventure

Where?

- Douglas,
Isle of Man

When?

- April 23-27
2012

How Much?

- £575 per
person, in-
cluding ferry

How do I book?

- Call us on
01245

230661

or

Email:

Info

@dementiaad
venture.co.uk

Dementia Adventure

5 Day Break to the Isle Of Man

A short break designed with people living with dementia and their partners and/or families in mind.

Dementia Adventure aims to help you maintain a connection to nature and a sense of adventure while living with dementia. We work with experienced local operators and provide our own leaders and volunteers so that everything on the break will run smoothly.

The accommodation, meal plan and itinerary have been carefully planned and chosen to make things as easy as possible, but exciting and varied too, with a lot of fresh air and activity thrown in.

A great deal of flexibility is built in so that people can do as much or as little as they like and to allow for the weather and the group's wishes to be taken into account.

This gentle adventure offers a chance to discover a little something of the magic of "Ellan Vannin" for yourself, on a 5-day break that offers an engaging mix of gentle walks, rugged coastlines and a historic legacy that can trace its origins back to the Vikings. This is a land of dramatic coastlines and gentle rolling hills, where tranquil glens and spellbinding waterfalls provide an idyllic backdrop for horse drawn trams, working steam trains and the most famous motorcycle road racing circuit in the world.

Day 1 - Monday 23 April - Meet Liverpool, Ferry to the IOM

Meet at Liverpool Pier Head. Depart Liverpool on 19.00 Ferry, arriving in the port of Douglas around 21.30. Taxi transfer to your accommodation.

The Joey Dunlop Foundation's Braddan Bridge House forms the comfortable base for our trip. The three wheelchair accessible self-catering apartments are fitted out with height adjustable beds, two mobile hoists, as well as a high spec shower chair. The mattresses are made of pressure relieving foam. The living areas have sofa beds which will allow for additional visitors, the kitchen sinks are height adjustable and the overhead cupboards have drop down shelves and each apartment has wall mounted flat screen TV's. Wi-Fi is also provided for guests to use. We aim to provide food in the kitchens for breakfast each day, and organise to eat out at local cafes and other venues for the other meals.



- no meals are included today-

Tuesday 24 April - Visit Peel Castle

Driving across to the west coast this morning we will pay a **visit to Peel**, a picturesque fishing community that also bears the distinction of being the island's only city. Home to the award winning House of Manannan and the haunting (and indeed haunted) remains of **Peel Castle**, Peel is Manx through and through, with a beautiful beach and some of the most stunning coastal landscapes on the island. On a clear day the mystical Mountains of Mourne shimmer against the distant horizon and, weather permitting, we hope to take a **short boat ride** along the coast today. After a chance to soak up some of the island's cultural history with a **visit to the House of Manannan**, we then return to Douglas via the **famous TT Mountain Course**, one of the oldest and most scenic racing circuits anywhere in the world. - **Breakfast & Dinner included today**



Wednesday 25 April - Train to Cregneash Folk Museum



This morning after breakfast we will transfer to the railway station, to take a historic **steam train south to Port Erin**, where our bus will be waiting to take us on to the **village of Cregneash**, a living folk museum that dates back to the late 1930s and offers a unique insight into the island's old traditions and customs. Set amidst over 300 acres of Manx National Trust land, the village has preserved a way of life that has sadly disappeared from the Manx landscape, but its resident villagers still practice crafts and trades that endured on the island for centuries. Following our visit we will head next for the island's **south-western tip** and a chance to enjoy lunch overlooking the beautiful setting of the **Calf of Man and the Sound**, before returning to

the capital later this afternoon. **Breakfast & Dinner included today**

Thursday 26 April - Visit to the Laxey Wheel

The **Laxey Wheel** is one of the island's most iconic landmarks. The *Lady Isabella*, to give it its true title, was built in 1854 by Robert Casement and remains the largest working waterwheel in the world. With a diameter of over 70 feet and a circumference in excess of 220 feet, it was used to pump water to the nearby Laxey Mines, supplying an impressive 250 gallons a minute to the 600 odd miners working 1500 feet below ground. After taking an opportunity to **visit the wheel and the nearby mines**, we will then board the **Snaefell Mountain Railway** for a return trip to the top of the island's highest peak. The electric railway is the only one of its kind in the British Isles, covering the 5 miles journey along a narrow gauge track in around 30 minutes. From the summit it is said that you can see six kingdoms - Scotland, England, Wales, Ireland, Mann and Heaven. This evening we hope to organise a fascinating **Ghost tour** in either Douglas or the island's ancient capital, Castletown. **Breakfast & Dinner included today**



Friday 27 April - Depart for the mainland

An early departure by taxi this morning brings you back to the port of Douglas in time to catch the return sailing to Liverpool. The ferry departs the island at 07.30, getting back into Liverpool around 10.00. **Breakfast included today**

Additional Information

What's included?

- **All travel from Liverpool onwards**
- **All breakfasts and dinners**
- **Accommodation**
- **Entry fees to attractions**

What's Not Included?

- **Travel insurance - we can advise you on this**
- **Personal Care - therefore you will need to be accompanied by a carer or someone who knows you well if you are not totally self caring and able to get from home to Liverpool independently**

If you have any questions, and to book, please call 01245 230661 or email info@dementiaadventure.co.uk

Who are we?

Dementia Adventure are a social enterprise which specialises in adventure breaks for people living with dementia and their carers. We are a registered Community Interest Company no 6885732

- We have a unique combination of skills and experience in both dementia care and the adventure travel industries.
- We work with talented and qualified local and international operators and provide one of our own specially trained group leaders who will be with you throughout the holiday.
- We are fully insured.
- The holiday has been designed to be relaxing and interesting, with an active day to day programme to cater for everyone.
- This is a small group holiday with a maximum number of 12 people in the group. You will receive individual attention.

We will ask you about your abilities and interests at the time of booking and will do everything we can to support you to take part. If you need special help with any aspect of travelling, please let us know.

We look forward to seeing you on this adventure!

Neil Mapes & Lucy Harding

www.dementiaadventure.co.uk

