

# Get Up and Be Active!

*Enjoy the best adrenaline-fueled adventures with **cottages.com***

As National Lazy Day (10<sup>th</sup> August) approaches, what better time to feel inspired to get up, get out and make the most of the wealth of adrenaline-fueled activities that the UK has to offer?

With a host of properties close to some of the most exciting attractions in the country, the UK's largest self-catering holiday cottage provider, **cottages.com** and its family of brands' cosy holiday properties can provide the perfect setting to put your feet up after a day of activities that get the blood pumping.

So whether it's going on a survival course at Bear Grylls Academy, or taking a once-in-a-lifetime lesson in paragliding, transform this year's National Lazy Day by booking a break you'll remember for years to come.

For more inspiration and to book, visit: <http://www.cottages.com/inspire-and-explore/iloveyouk/a-sense-of-adventure-top-10-adrenaline-activities>

## 1. [Survival Course with Bear Grylls Academy, Dartmoor National Park](#)

Dartmoor National Park is the ideal location for an intense survival course with the Bear Grylls Survival Academy. During this adult-only course, you'll be pushed to the limits with no tent and limited food and water rations – so the pressure is on. If you think you have what it takes to spend a full day in the wild (and then retreat to your cosy cottage!), check it out.

[Mylens - Meldon, near Okehampton, Devon](#)

Property reference: UKC1808



Located in the beautiful Devon hamlet of Meldon within Dartmoor National Park, this spacious barn conversion is the ideal base to explore Devon and Cornwall. With horse riding, mountain biking and

plenty of walks on your doorstep you won't struggle to find something to do. This property will help you relax after an intense 24 hours at the Bear Grylls Survival Academy.

**PRICE: £679 (£16.16ppn)\*** for seven night's self-catered accommodation arriving 1<sup>st</sup> September 2017. Sleeps six in three bedrooms. To book, visit [www.cottages.com](http://www.cottages.com) or call 0345 498 6900.

## 2. National White Water Centre, Snowdonia, Wales

Based on the River Tryweryn in the heart of Snowdonia National Park, Wales, activities at the National White Water Centre include white water rafting and canyoning through the gorge as you scramble, slide and climb through the rock formations - an exhilarating task amid stunning scenery.

### Ty'r Afon - Fron Goch, near Bala, Gwynedd

Property Reference: UK6235



Ty'r Afon, meaning river cottage in Welsh, is a delightful, detached holiday property located on the banks of the River Tryweryn. In a peaceful spot within the small hamlet of Fron Goch, in Snowdonia National Park, it is close to the National White Water Centre so perfectly placed for your adrenaline-fuelled getaway.

**PRICE: £469 (£16.75ppn)\*** for seven night's self-catered accommodation arriving 18<sup>th</sup> September 2017. Sleeps four in two bedroom with one pet welcome. To book, visit [www.wales-cottages.info](http://www.wales-cottages.info) or call 01228 406 757.

## 3. Fly Sussex Paragliding, Sussex

Throw yourself in at the deep end with the UK's most popular paragliding school. Located just outside Brighton, see the beautiful South Downs National Park from a bird's eye view. Reaching heights of

over 15,000 feet and flying over 400km of stunning countryside, this breath-taking experience is a great way to get the heart pounding as you glide, swoop and soar through the clouds.

### [Holly Cottage - Steyning, Sussex](#)

Property Reference: PCCS



Formally the stables, Holly Cottage is a delightful grade II listed cottage with enclosed courtyard garden, ideally located a stone's throw from the charming market town of Steyning. Completely refurbished, this spacious property is perfectly located to the seaside town of Brighton and is just 30 minutes away from Fly Sussex.

**PRICE: £485 (£17.34pppn)\*** for seven night's self-catered accommodation arriving 22<sup>nd</sup> September 2017. Sleeps four in two bedrooms with two pets welcome. To book, visit <http://www.english-country-cottages.co.uk> or call 0345 268 0788.

### ENDS:

Where possible, please use the full version of the URL: [http://www.cottages.com/inspire-and-explore/iloveyouk/a-sense-of-adventure%E2%80%93top-10-adrenaline-activities?utm\\_medium=PR&utm\\_source=Press&utm\\_campaign=ILOVEYOUK](http://www.cottages.com/inspire-and-explore/iloveyouk/a-sense-of-adventure%E2%80%93top-10-adrenaline-activities?utm_medium=PR&utm_source=Press&utm_campaign=ILOVEYOUK)

*\*All per person per night prices are based on maximum occupancy.*

*Property details are edited for space and booking conditions apply - please see website for full details.*

*Please note that advertised activities may incur an additional charge and are provided at the sole discretion of property owners, who assume full responsibility and operate independently from Wyndham Vacation Rentals.*

### Notes to Editors

For more information, please contact the press team on [press@lucre.co.uk](mailto:press@lucre.co.uk) or call 0113 243 1117.

About [cottages.com](http://cottages.com)

**cottages.com** and its family of brands are part of Wyndham Vacation Rentals, the world's largest professionally managed holiday rental business providing access to more than 100,000 properties in over 600 unique destinations worldwide, and a member of the Wyndham Worldwide (NYSE: WYN) family of brands.

