

# U.T.D

## TEAM BUILDING & ACTIVITY EVENTS

### ARE YOU READY?

#### UK EXPEDITIONS

UTD can arrange life-changing experiences for individuals, teams, charities and businesses wishing to challenge themselves by taking part on a UK based expedition.

Our experienced team will plan and manage your expedition, assess your requirements, provide training plans and give you all the advice and guidance to make your expedition an adventure of a lifetime.

**Our range of Expeditions include:**

#### National Three Peaks

Ben Nevis, Scotland • Scafell Pike, The Lake District  
Snowdon, North Wales  
*24 hours to 3 Days – 26 miles*

#### Yorkshire Three Peaks

Pen Y Ghent • Whernside • Ingleborough  
*Maximum 12 Hours – 23 Miles*

#### Coast to Coast

St Bee's Head, Cumbria to Robin Hood's Bay,  
North Yorkshire  
*Day Sections or 9 – 14 Days – 183 Miles*

#### Hadrian's Wall

Cumbria to Northumberland  
*Day Sections or 4 – 7 Days – 85 Miles*

#### The Lakes 3000

Scafell Pike • Scafell • Helvellyn • Skiddaw  
*16 hours or 2 x 8 hours – 45 miles*

#### 24 Peaks in 24 Hours

The Lake District – 24 peaks  
*24 hours – 31 miles*

#### West Highland Way

Milngavie (Nr Glasgow) to Fort William  
*Day Sections or 4 – 7 Days – 96 Miles*

#### Offa's Dyke

Wales - Chepstow to Prestatyn  
*Day Sections or 7 – 12 Days – 177 Miles*

#### South Downs Way

Eastbourne to Winchester  
*Day Sections or 4 – 9 Days – 100 Miles*

*Day treks are also available in the Lake District, Wales and Scotland.*

#### COMPANY CHALLENGES

UTD also offer 3 challenges for those looking for the ultimate adventure! Join us as we push ourselves to the limit over a day of intense exertion! These fun days are ideal charity or corporate events where participants share a fantastic experience and work together to complete the challenge.

#### The Greater Manchester Company Challenge

Rafting • Canoeing • Abseiling • Low ropes  
Tree climbs • Mountain biking • Archery

#### The Merseyside Company Challenge

Army Style Obstacle Course • Archery • Zip Wire  
Mountain Biking • Paintball Range

#### The Lake District Adventure Race

Mountain Biking • Canoeing • Trekking

*Compete with others from your department, take on other departments from within your company or battle it out with other companies, competitors or clients!*

FOR MORE INFORMATION,  
PLEASE CALL **01942 617 953** OR E-MAIL **INFO@ULTIMATETD.COM**