



Fire Temple Experience



BOOKING REQUIRED



FUN FOR ALL THE FAMILY

Enjoy our fantastic Fire Temple experience within one of our picturesque woodlands. This sheltered wooden structure is perfect for all-weather conditions and our eclectic list of activities offer wonderful inspiration of how to make the best use of this enchanting space.

Enjoy drumming, foraging, fireside stories, music, singing, barbecues, toasting marshmallows and of course the grounding and meditative magic of a roaring fire.



Hermit Hut



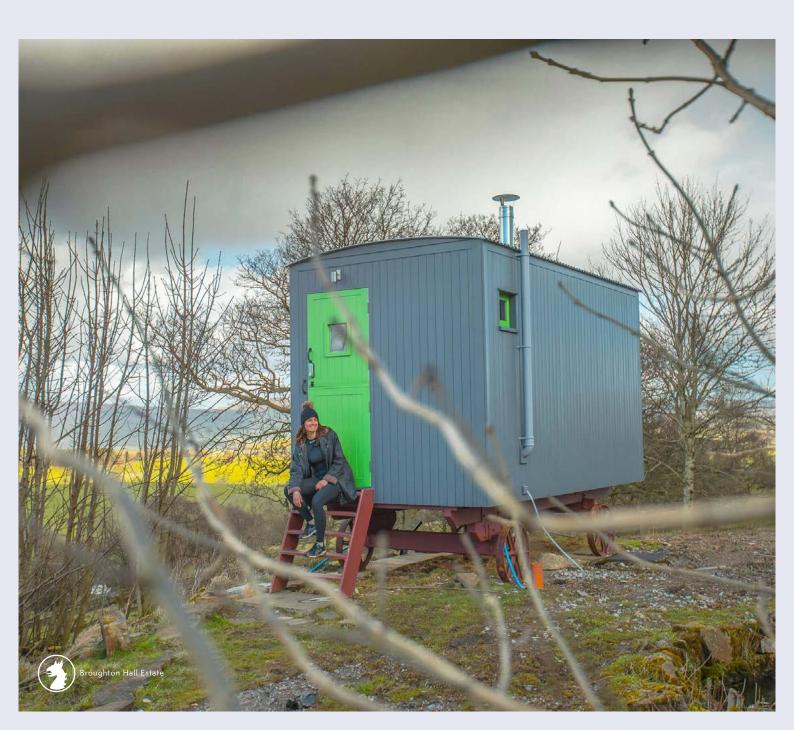
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Tucked away in its own little oasis on the edge of a wild swimming reservoir, the Hermit Hut is a place to unwind and reconnect with our wilder selves.

Escape from civilisation as you spend time off grid, forage for food, cook a delicious lunch on the camp fire and enjoy the peace and tranquillity of simply being.

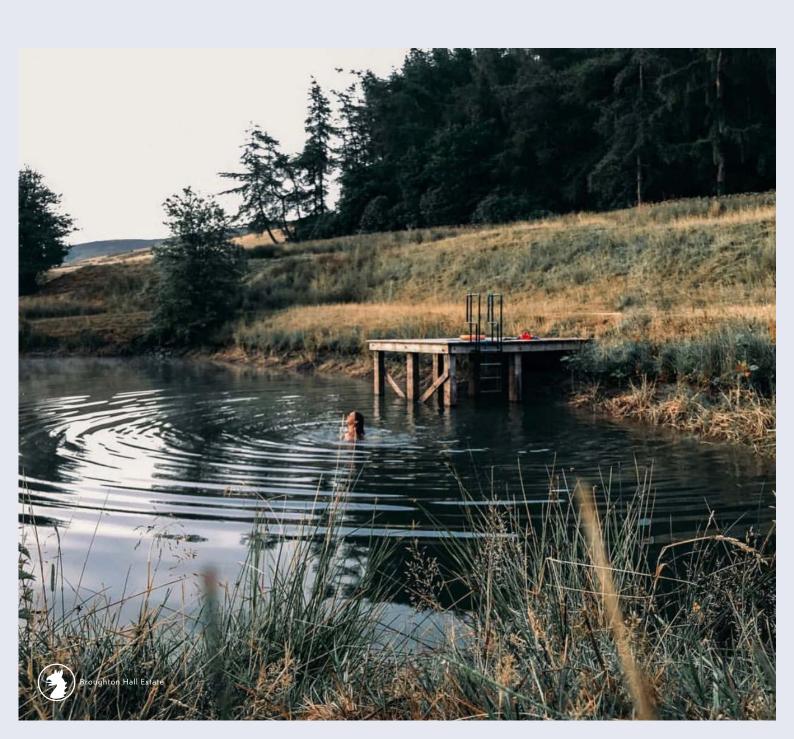


Wild Swimming

Enjoy the healing effect of wild swimming in the great outdoors. Connect with nature, nourish creativity, garner spiritual inspiration and experience the sublime.







Forage for Lunch

Join our in-house forager Craig Worrall for an inspirational morning around our beautiful Sanctuary. Discover the nutritious wild foods of Broughton and learn how to cook a truly delicious lunch from your harvest.



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Forage for Medicine

Reconnect to our native wild medicines with our in-house medical herbalist Danielle Kay. Learn to identify wild medicinal plants, discover their uses and make your very own healing remedies.



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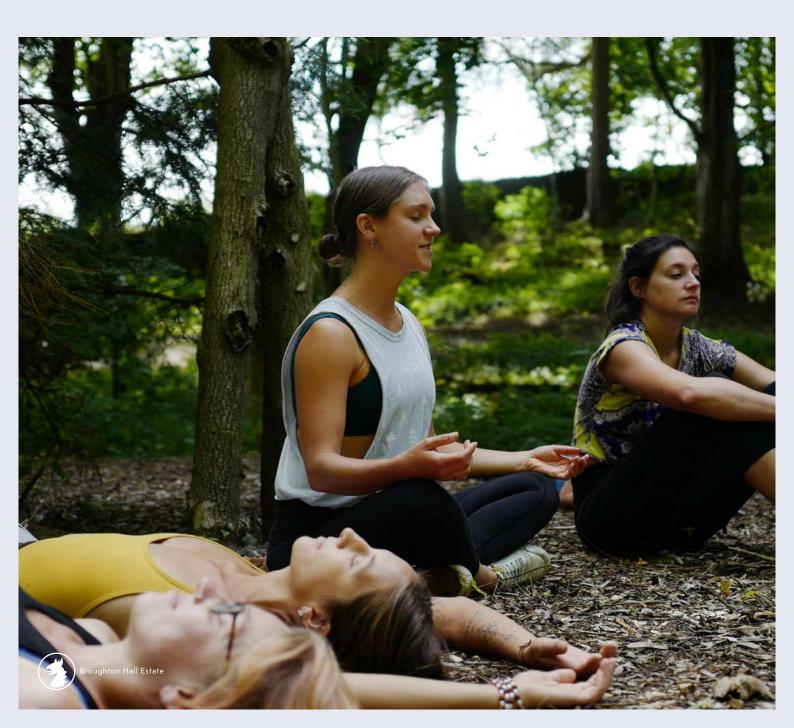


Forest Bathing



Take time out to reflect and reconsider in the natural healing space of the great outdoors. Enjoy a slow and gentle walk as your Forest Therapy Guide Liz Dawes offers a series of optional invitations that are designed to heighten your sensory awareness.

Turn down the volume on the cacophony of inner thoughts and allow yourself to truly appreciate the joys of simply being. Complete the walk with foraged herbal tea and snacks.



Rewild Yourself

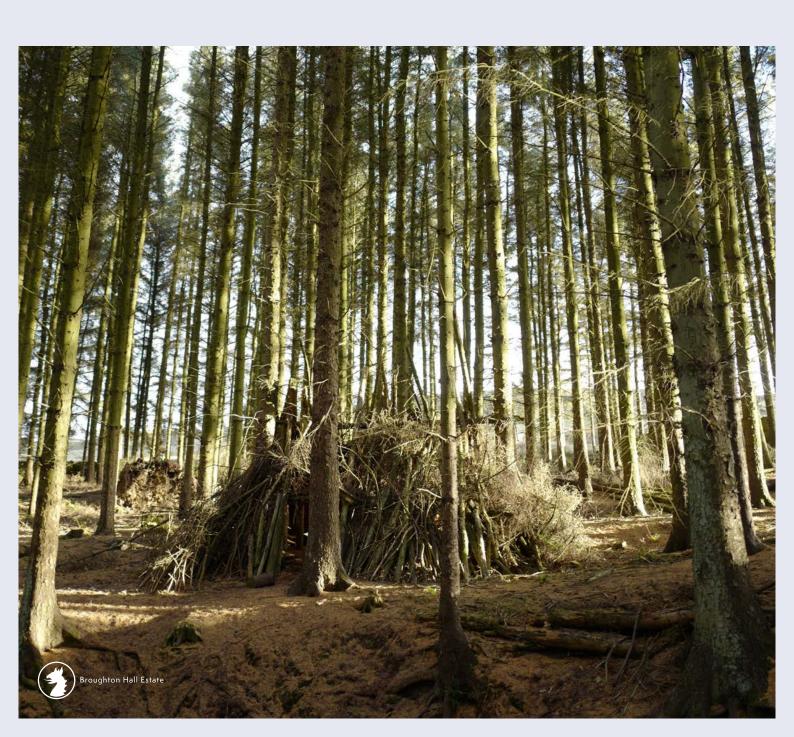


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Recharge, reboot and realign yourself with nature for emotional, spiritual and physical health. Spend the day or half day with our survival expert exploring nature-emersive activities such as woodland walks, bushcraft, den building and outdoor cooking.



Tree Planting



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Help to offset your carbon footprint and spend the morning connecting to the Earth, planting native trees within our beautiful Sanctuary. Enjoy a silent mindful walk to the location and a meditation within the space to welcome the trees.

Send a request to the land to lend its loving support as the young trees take root, whilst promising to do all you can to provide support.



Moon Bathing

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Wrap up warm, grab a torch and head out on a journey to our moor top Moon Baths for a guided moon meditation. Reconnect with life's natural cycles and attune yourself to the Earth's circadian rhythms.

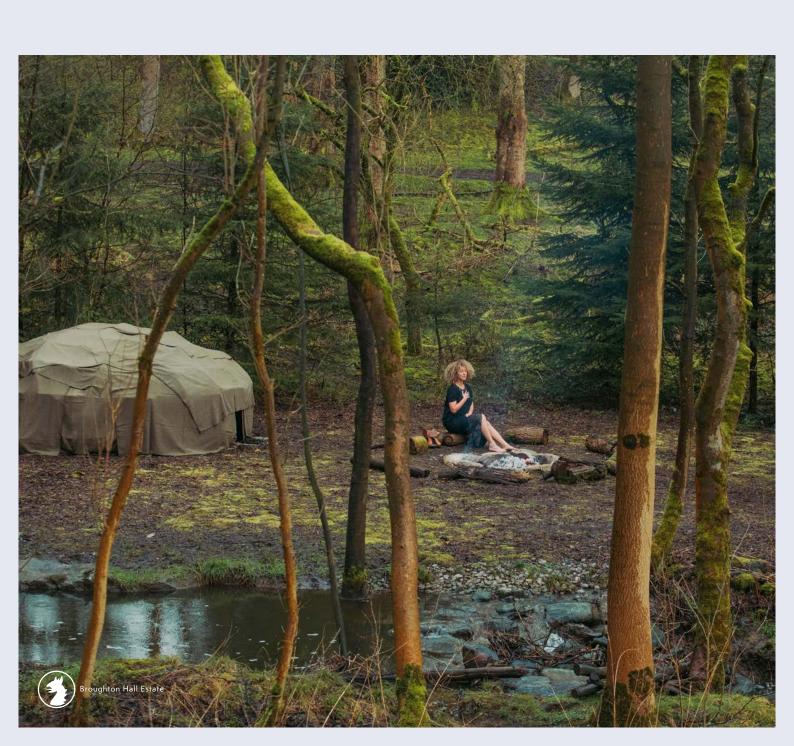


Sweat Lodge Experience

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Imbued with deeply spiritual symbolism the Sweat Lodge ceremony is a psychical and spiritual purification of the body, mind and soul. It is ancient, sacred, and deeply revered among the cultures in which it is traditionally practised.

The sweat ceremony is intended as a spiritual reunion with the creator and a respectful connection to the earth itself.



Enchanted Woodland Dining

Our Garden of Cosmic Origin has a roaring fire to keep you warm, a repurposed shelter to provide weather protection if needed and a treetop canopy to offer an awe inspiring setting as you savour good

company and delicious food.

Enjoy a truly magnificent experience as you dine amongst the trees in a candlelit woodland.

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Picnic Experience



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Head out with a map and a nutritious picnic hamper and explore the rolling meadow pastures, heather moorland, ancient woodlands, wild reservoirs and meandering rivers of our 3000 acre Sanctuary.

Discover some truly beautiful picnic spots where you can unwind, connect to the abundant nature and enjoy your delicious lunch.



Florist Workshop with Brook & Earl

Harmoniously wander around our beautiful sanctuary with expert florists Georgina and Jane as you mindfully pick flora and fauna to create an impressive, seasonal bouquet.





Nature Crown Workshop

Enjoy exploring our Sanctuary as you collect beautiful wild flowers, seasonal foliage and natural materials to make your very own nature crown.

You will be encouraged to use your own imagination and style to create a very individual, very artful, very you, floral crown.



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Holistic Treatments

Enjoy a Holistic Treatment from the comfort of your holiday home. Choose from a variety of therapies and experiences with our team of holistic Wellbeing Guides.





Rural Olympics

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An extravaganza of archaic trials of strength, traditional culture and team work.

Gather your family and friends for a competitive morning of three legged races, tug of war, ferret racing, hay bail jumping, falconry and more!



Guided Bike Rides



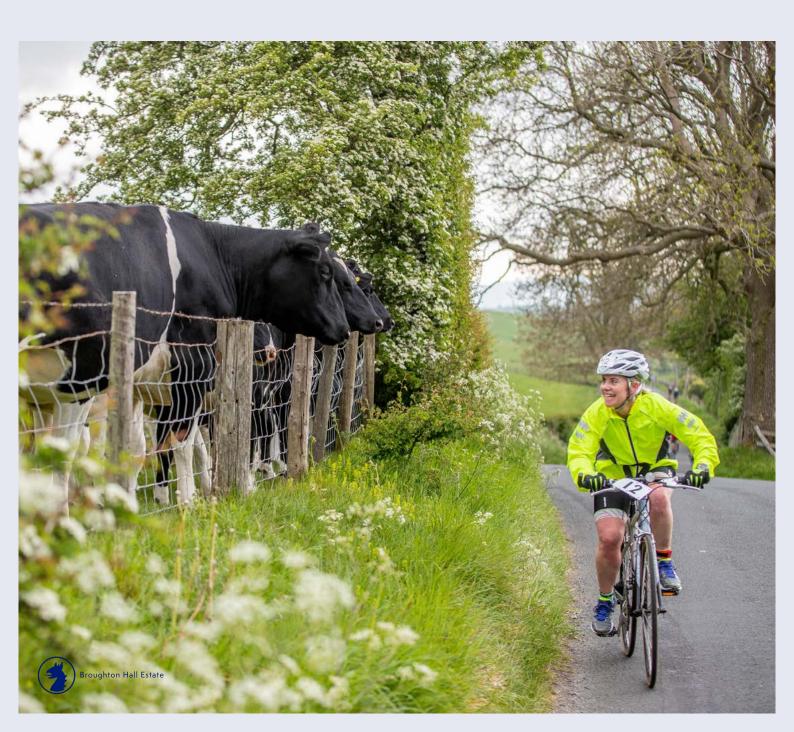
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Let us help you uncover the elusive trails and ancient tracks of the Yorkshire Dales landscape.

Our expert guides can take care of the details so you can simply get out on a journey of discovery as you ride superb trails through outstanding natural beauty.



Mountain Bike Trail





Head to Denbers Wood and discover our woodland mountain bike trail. Perfect for all the family to enjoy.

If you would like us to arrange bike hire during your stay then please get in touch with our team before your arrival.



Walking Trails



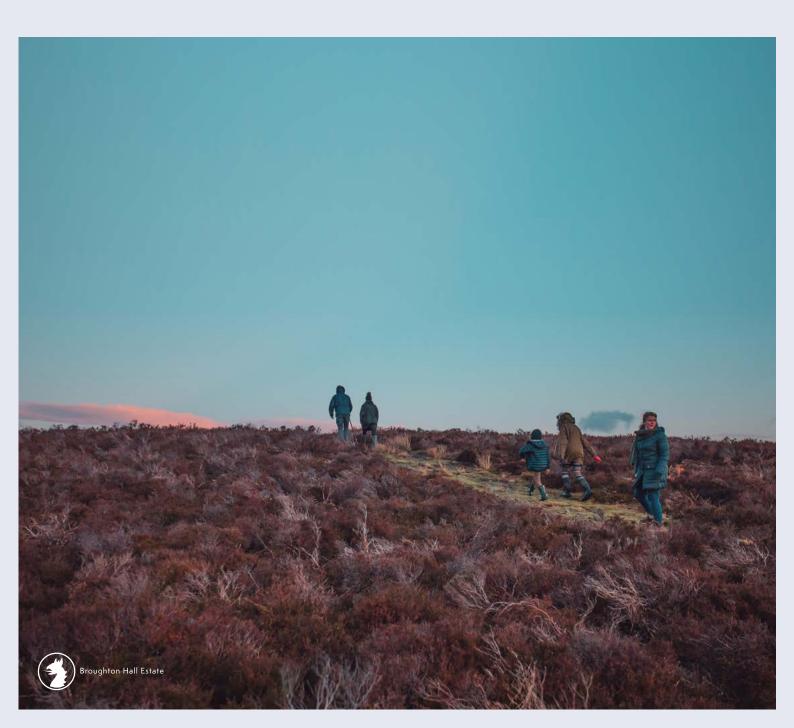
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Explore the rolling meadow pastures, heather moorland, ancient woodlands, wild reservoirs and meandering rivers of our 3000 acre sanctuary.

Use your Sanctuary map to follow a beautiful trail that takes you around the whole of the Estate and ensures that you see all the best bits, including a Bronze Age Cairn Circle.

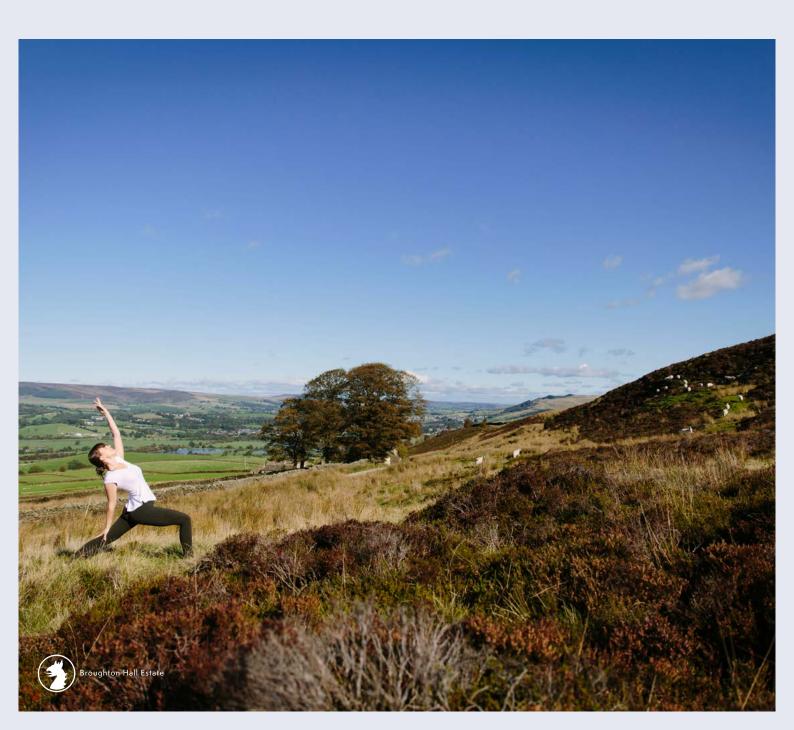


Wellbeing Classes



Join us for our weekly schedule of wellbeing classes. Choose from Yoga, Pilates, Physical Body Training and Sound Healing and Meditation.

Please get in touch with our concierge team for our current timetable.



Contacts

If you are interested in booking any of these activities and experiences then please get in touch prior to your stay to ensure availability.

The Estate

Estate Office: 01756 799 608

Out of Hours: 07908 130 789

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broughtonhall.co.uk

broughtonhallestate

Please use the hashtag #beingatbroughton during your stay!



