

Activities at Broughton



Discover

Our wonderful mix of activity packages ensure you make the most of your stay within our beautiful Sanctuary. Each experience has been carefully curated to allow you to recharge, reboot and realign yourself with nature for emotional, spiritual and physical health.

If you are interested in enjoying one of these experiences, then please get in touch as soon as you book your Sanctuary Stay to ensure availability.

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



BOOKING REQUIRED



FUN FOR ALL THE FAMILY

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.



3/

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.



PLEASE LIAISE WITH OUR
CONCIERGE TEAM



FUN FOR ALL THE FAMILY



Broughton Hall Estate

4 /

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Broughton Hall Estate

5/

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Broughton Hall Estate

Forest Bathing



BOOKING REQUIRED

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.



Broughton Hall Estate

Rewild Yourself

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Broughton Hall Estate

Tree Planting

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Moon Bathing

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.



BOOKING REQUIRED



Broughton Hall Estate

Sweat Lodge Experience

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.



BOOKING REQUIRED



Broughton Hall Estate

Enchanted Woodland Dining

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

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Broughton Hall Estate

Picnic Experience

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Broughton Hall Estate

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.



BOOKING REQUIRED



Broughton Hall Estate

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



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.



BOOKING REQUIRED



Rural Olympics

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!



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



Broughton Hall Estate

Guided Bike Rides

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



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.



PLEASE LIAISE WITH OUR
CONCIERGE TEAM



FUN FOR ALL THE FAMILY



Walking Trails

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.



BOOKING REQUIRED



FUN FOR ALL THE FAMILY



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.



BOOKING REQUIRED



Broughton Hall Estate

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

📷 [broughtonhallestate](#)

Out of Hours: 07908 130 789

Please use the hashtag [#beingatbroughton](#) during your stay!

info@broughtonhall.co.uk

broughtonhall.co.uk



Broughton Hall Estate



love as you find