

## WinG Outdoor Activities

WinG Outdoor Activities offers a range of outdoor activities for individuals, families and groups. Using outdoor activities to improve people's well being, improve fitness, meet new people and learn new skills whilst connecting with the wonder of nature.

Activities include: canoeing, cycling, bush craft, woodland wellbeing sessions, cabin building, cooking over an open fire, rock climbing and hill walking and map reading sessions.

They provide all outdoor equipment, minibuss transport and instruction at the sessions.

WinG Outdoor activities provide activities for adults, families, community groups, charities within the Tyne and Wear and surrounding area. They also take NHS referrals.

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**Youtube:** <https://www.youtube.com/watch?v=xJ6QpBcWj6E>

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