

Fritton Lake Retreats

Activities

Fritton Lake Retreats is part of the historic and prestigious 5,000 acre Somerleyton Estate on the Norfolk/Suffolk border. The park itself is set within 250 acres of mature woodland and parkland and has one of the most beautiful lakes in East Anglia.

We offer a wide range of activities from our Outdoor Centre; ideal for people who enjoy adventure and the outdoors. Some of the activities on offer in 2018 include:

- Tree Climbing
- Archery
- Rowing Boats
- Canoeing / Kayaking
- KataKanus
- Bushcraft
- Fishing
- Raft Building
- Mountain Biking
- Bike Hire
- Walking
- Open Water Swimming (supervised sessions only)
- Stand Up Paddle Boarding (SUP)
- Adventure Days
- Park Runs

Opening dates:

Weekday activities

- 2nd to 13th April
- 28th May to 1st June
- 23rd July to 7th September
- 22nd to 26th October

Supervised weekly open water swimming sessions start from 27 April until the end of October.

Regular weekly activities

In conjunction with Fritton Lake Outdoor Centre

| Day | Times | Activity | Group size | Price per person |
|-----------|---------------|--------------------------|-------------------|------------------|
| Monday | 12:00 – 13:00 | Intro to SUP* | Max 8 | £20 |
| | 14:00 – 15:00 | Tree climbing | Max 8 | £8 |
| Tuesday | 12:00 – 13:00 | Archery | Max 12 | £10 |
| | 14:00 – 15:00 | Raft building | Max 12 | £15 |
| | 17:30 – 20:00 | Open water swimming | Min Age 12 | £6 |
| Wednesday | 10:00 – 13:00 | Canoe trek and Bushcraft | Max 6 (ages 9-14) | £25 |
| | 14:00 – 15:00 | Tree climbing | Max 8 | £8 |
| Thursday | 14:00 – 15:00 | Archery | Max 12 | £10 |
| | 14:00 – 15:00 | Intro to SUP* | Max 8 | £20 |
| | 17:30 – 20:00 | Open water swimming | Min age 12 | £6 |
| Saturday | 08:30 – 10:30 | Open water swimming | Min age 12 | £6 |
| | 09:00 onwards | Park Run | | Free |
| | 12:00 – 13:00 | Intro to SUP* | Max 8 | £20 |
| | 14:00 – 15:00 | Tree climbing | Max 8 | £8 |
| Sunday | 12:00 – 13:00 | Intro to SUP* | Max 8 | £20 |
| | 14:00 – 15:00 | Archery | Max 12 | £10 |

*SUP = Stand Up Paddle Boarding

Please Note: Sessions are subject to change if minimum numbers are not met or if weather conditions are not suitable.

We are happy to take bookings out of the activity schedule if your group is above the minimum number which varies for each activity. Activities may vary out of season.

All the above activities must be booked in advance. To check availability and book your place call the Fritton Outdoor Centre on 0333 456 0777 Alternatively go to www.frittonlakeoc.co.uk/book-now/

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Open water swimming

Open water swimming is a fast growing activity and Fritton Lake is one of the premier outdoor open water swimming venues in the country. In fact, in 2016 we were listed as one of the top 10 swimming destinations in the world by The Guardian newspaper.

In 2018 our supervised swim sessions run from April 17th until September 22nd. But if you fancy swimming through the colder months, our winter swimming club meets every Saturday morning from November to March.

Each session costs £6.00 and you will need to complete a registration form at your first session.

There is a minimum age of 12.

We have wet suits available for hire but you can swim without.

If you are new to open water swimming we also run coaching sessions to help build confidence in the water.

More experienced swimmers can explore the lake further with a guided lake swim trek. These 2.5 km and 5 km swims are supported by our experienced leaders and need to be booked in advance.

Please call 0333 456 0777 for more information or to pre-book.



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Bike hire

Cycling is a great way to explore the lovely countryside around Fritton Lake and the Somerleyton Estate. At our bike hire centre we have a range of adult and junior bikes along with children's buggies and tag-alongs. We also have pedal quad bikes suitable for both children and adults. Helmets, locks and maps are provided free of charge with each hire.

The centre is open 24th March - 9th September 2018.

10am - 11.30am and 3.30pm - 5pm daily during school holidays and at weekends.

You can hire bikes for 24 hours to 7 days and we offer a 10% discount when you hire 3 or more bikes.

Please call 0333 456 0777 for more information or to pre-book.



| Type | Duration | Price per bike |
|-----------------|---------------------|----------------|
| Adult bikes | 1 day (24 hrs) | £17 |
| | 2 days (48 hrs) | £30 |
| | Each additional day | £10 |
| Junior bikes | 1 day (24 hrs) | £10 |
| | 2 days (48 hrs) | £16 |
| | Each additional day | £6 |
| Kids trailer | 1 day (24 hrs) | £6 |
| Pedal quad bike | 1 day (24 hrs) | £20 |

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Pony rides

There's no better way of enjoying the lovely lakeside surroundings than from horse back. Our gentle ponies are ideal for first timers as well as for people who have ridden before. A half hour lakeside pony ride costs £15 per person and must be book in advance at the Fritton Arms reception desk.

We also offer pony rides at the stables. These cost £4 per ride and there is no need to pre-book.

There are no age restrictions for the pony rides but there is a 12st (76kg) weight limit.

Do bring appropriate footwear and dress for the weather.

Please arrive at least 10 minutes before your pony ride. We will try to fit in late arrivals however your ride may be cut short if you are not there on time.



| Day | Times | Activity | Price per person |
|----------|---------------|----------------------------|------------------|
| Tuesday | 12:00 – 14:00 | ½ hour lakeside pony rides | £15 |
| | 14:00 – 16:00 | Pony rides | £4 |
| Thursday | 12:00 – 14:00 | ½ hour lakeside pony rides | £15 |
| | 14:00 – 16:00 | Pony rides | £4 |
| Saturday | 12:00 – 14:00 | ½ hour lakeside pony rides | £15 |
| | 14:00 – 16:00 | Pony rides | £4 |
| Sunday | 12:00 – 14:00 | ½ hour lakeside pony rides | £15 |
| | 14:00 – 16:00 | Pony rides | £4 |

You can book places at the Fritton Arms reception desk or call our bookings team on 01493 488666.

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Park run

If running is your bug there is a free 5km parkrun every Saturday through our beautiful park and woodland. We meet in the play area every Saturday at 9am. It's free to take part but you must pre-register online before running at www.parkrun.org.uk

Trail running

We also have a trail winding through the lovely park and woodland surrounding Fritton Lake. So if you enjoy trail running, just remember to pack your running shoes and you can enjoy the beautiful countryside around Fritton Lake.



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Fishing

Most of the fish in Fritton Lake are Bream (80%) but there is also a population of Pike, Perch and Carp. Holidaymakers staying at the resort and our retreat owners are welcome to fish from the banks of the lake free of charge. **There are some restrictions on where you can fish from so please call us on 0333 456 0777 for more information.**

We also have a rowing boat available to hire for fishing. It costs £20 per day and can be booked by **calling the Outdoor Centre on 0333 456 0777.**

Down on Decoy Farm

We have a small herd of Jersey cows based at our raw milk dairy - Decoy Farm - at the heart of the resort.

You can come along and watch Maggie Moo, the house cow, being milked and learn the secrets of micro-dairying and raw milk. Look out for details of milking at the farm.

Maggie's delicious raw milk and raw organic chocolate shakes are sold here at Fritton Lake.

We also have a brood of hens at the farm and their fresh eggs are available for you to buy. What better way to start the day than with fresh, local eggs direct from the farm.



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Boat hire

We have a range of ways you can explore the lake. With around 50 acres of water you can enjoy the glorious views on offer. Our rowing boats have been a family favourite for years and are available to hire for up to an hour. Each boat takes up to 5 people so you can enjoy a relaxing time on the lake with family and friends. Make your trip around the lake effortless by adding an electric outboard to your boat for a small additional fee.

Our Canadian canoes take up to 3 people and are a great way to explore along the banks of the lake, getting to the areas other craft can't access. Alternatively, we have single and twin seat "sit on" kayaks. For families and larger groups we also have Katananus (pronounced "cat a canoes") which are purpose built, twin-hulled paddle craft for up to 6 people.

Boat hire is available every day from 24th March – 2nd September 2018

Opening times 11am – 5pm every day during school holidays and at weekends.

Boats must be pre-booked at the Fritton Outdoor Centre. Alternatively the boat shed will be open from 2:00pm to 5:00pm for casual hire on these days (depending on weather and demand).

Please call 0333 456 0777 to check availability or to pre-book.

| | |
|----------------------------------|-----------------|
| Rowing Boat: | £15.00 per hour |
| Row Boat with Electric Outboard: | £20.00 per hour |
| Canadian Canoes: | £15.00 per hour |
| Tandem Kayaks: | £15.00 per hour |
| Single Kayaks: | £10.00 per hour |
| Katananus: | £20.00 per hour |

Stand up paddle boarding (SUP)

Stand up paddle boarding is all the rage. They are a fun, relaxing way to play on the water. And since you stand at your full height, paddle boarding provides a unique view across the lake. It's a very accessible sport and is popular with people of all ages.

If you've never done it before and want to learn how to use a board, we hold weekly instructor sessions. If there's a group of you, our instructor can lead you on a session of fun and games. We are

also happy to put on longer sessions of 2 or 3 hours to explore the lake further. An 'Introduction to SUP session' runs on Thursdays and Saturdays between 2pm – 3pm

Our boards are extremely stable, however you should come prepared to get wet and bring a towel and dry clothes.

Please call 0333 456 0777 for more information or to pre-book.

Fritton Lake Retreats

Park rules

To keep all our guests safe there are certain rules which we ask everyone to follow. The management reserves the right to amend or add to the rules. Notice of any such alterations will be given to all Retreat owners.

Behaviour:

You are expected to behave in a courteous and considerate manner to the park owners, their staff and other customers at all times. You agree that you will not:

- Commit any criminal offence at the Park or use the Retreat for the furtherance of any criminal activity.
- Commit any acts of vandalism or nuisance.
- Keep or carry any firearm or any other weapon at the Park.
- Use any unlawful drugs.
- Create any noise or disturbance.
- Carry on any trade or business at the Park.

Children

Children should be supervised at all times so they are not a danger to themselves or a nuisance to others.

Litter

All litter should be placed in the bins provided.

Outside lights

The intention is that the park should retain its rural character and light pollution at night is to be kept to a minimum. For this reason additional outside lights are not permitted and guests are advised to use hand held torches.

Facilities and activities

Retreat owners and guests staying with them are permitted to use the nature trail, golf course and to fish from the bank of the lake in the areas indicated.

Dogs

Dogs are permitted in the park if kept under strict control. They may be exercised only in the areas indicated. They are not permitted on the golf course or within the grounds of Fritton Lake. Other pets are only permitted with the prior written consent of the Park Manager.

Boats

No canoes, boats, windsurfing boards or other vessels can be brought to the lake or used on any body of water at the park without management permission in writing. Boats are available for hire from Fritton Lake and shall only be used in accordance with Management instructions.

Firearms

No shotguns, airguns or other weapons are permitted in the park.

Fishing

Fishing is to be carried out on the lake in accordance with the national laws and park rules.

Bicycling

Bicycling is permitted around the park on the routes indicated. Care should be taken at all times.

Barbecues

Barbecues are only permitted to be used within three metres of a Retreat. It is recommended that a bucket of water or a fire extinguisher is kept close by. The park owners may refuse consent for all barbecues during extreme dry conditions.

Noise

The playing or use of any television, radio, CD or other device for the production of sound, or the playing of any musical instrument or practising singing is not permitted if it is likely to cause a nuisance to other park users and must not be audible outside of a Retreat between 10pm and 8am.

Cars and motor vehicles

Cars or other motor vehicles must only be parked in the designated parking spaces, and must not be left where they obstruct the drives, roadways or footpaths. Repairs to motor vehicles (except emergency running repairs) must not be carried out on any part of the park. Traffic regulations and speed limits must be obeyed at all times. In general, we are trying to promote a holiday environment free from motor vehicles. We would therefore ask that, so far as is possible, you only use your car when travelling off-site. We request that, where possible, you only use bikes or buggies whilst travelling on the site.

Display of Signs

Writing, drawings, signs or placards must not be displayed in any window of a lodge or so as to be visible from outside a Lodge.

Third party instructions/rules

You shall at all times comply with any lawful instructions or rules communicated to you by any third party on the park. For example, you must comply with any lawful instructions communicated

by a swimming instructor if you are intending to swim on the Lake.

Notification of guests

To enable us to maintain safety and security on the park, you must notify us of any guests who are visiting your Lodge prior to arrival. All guests will be required to complete a "check-in" form on arrival, and will be required to provide their name(s) and contact details (including a telephone number) in the event that we need to contact them during their stay. It will be the retreat owner's responsibility to draw their guests' attention to these Park Rules, and in particular, this "Notification of Guests" section.

Lake habitat

The habitat around the edge of the Lake and the reed bed is sensitive and unique. We have been working to restore the reed bed over many years, and therefore, we politely ask that you do not allow dogs or children near this area. We also politely ask that you or your guests do not trample or otherwise damage the reeds in any circumstance.