

Improve mental health
& well being

Lower the risk
of depression

Reduce stress
& anxiety

Improve
sleep quality

Boost confidence
& self esteem

Activate your
happiness hormones

TREKS TO THE WRECKS

WHERE ADVENTURE MEETS HISTORY

*“Mountains
fix minds - not
medics”*

Our aircraft wreck walks are perfect for military enthusiasts, historians, photographers, researchers and aviation aficionados as well as those who just simply want to get out into the mountains and join us on a walk with a purpose to pay your respects to the fallen pilots & crews.

We also offer competitively priced corporate packages for businesses which are perfect for companies looking for something different for their staff wellbeing days. This can be a walk to the many wreck sites we can offer or how about summiting one of the national 3 peaks? Snowdon sunrise walk anyone?

Join us on a trek and see for yourself where adventure meets history.

“They gave their tomorrow for our today.”

Lest we forget.



**GIFT
VOUCHERS**
are available

TREKSTOTHEWRECKS.CO.UK

For enquiries and further information please complete the contact form on our website or
call: **01625 576481** email: **info@trekstothewrecks.co.uk**