



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## High Tide Adventure Company

High Tide Adventure Company provides Outdoor Adventure Activities to Schools, Colleges, Universities, Youth groups, Charities and Corporate client groups.

We can tailor our session to suit your needs, such as: improve leadership, communications, team work, critical thinking or just a fun day. This is done through a wide range of activities like: Team Challenge, Archery, Field Target Shooting, Coasteering, Gorge Scrambling, Mountaineering, Climbing and Abseiling, Bushcraft and Survival Experiences.

Contact High Tide Adventure and let your Adventure begin.



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[www.hightideadventure.co.uk](http://www.hightideadventure.co.uk)



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Last Updated - 14th February 2023

## Services

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No Services

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## Events

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No Events

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## Activities

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No Activities

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