



Drumminmore, Rooskey, Co. Roscommon N41 X902

www.shannonriveradventure.com

info@shannonriveradventure.com

071 9638300 / 087 2077559

 "Shannon River Adventure"

Adventure Journey

Gaisce Bronze Award

Sample outline of two-day Canoe Raft-Camping Journey

Day 1

- 10.00am: Arrive at centre. Meet, greet, and briefing for the expedition followed by a quick snack break.
- 10.30am: Begin training programme to include: introduction to the Canadian Canoe Raft; paddling of a Canadian Canoe Raft; map reading and journeying; introduction to basic First Aid, personal expedition gear and packing for an expedition.
- There will also be training in the various components of camp craft to include: erecting tents; lighting camp fires; lighting of and cooking on fireboxes; "Leave No Trace" principles.
- 1.00pm: Break for lunch (participants bring their own packed lunch).
- 1.30pm Prepare and pack for the expedition, get kitted out with wetsuits, buoyancy aids, etc.
- 2.00pm Embark on expedition.
- 6.00pm: On arrival to the island: strike camp; light fires; take part in more camp craft, including shelter building.
- 7.00pm: Evening meal served. The group are given extensive freedom to explore the island and engage with nature.
- 9.30pm: Evening Snack and relax round camp fire until agreed wind down time

Day 2*

- 9.00am: Breakfast followed by team games and challenges.
- 12.00pm: Break camp, pack all gear and depart from the island.
- 1.00pm: Arrive back at centre and take part in some pier jumping.
- Unload, shower and pack away all expedition gear.
- 2.30pm: Lunch followed by comprehensive individual and group review of the expedition.
- 3.45pm: Conclude expedition, say good byes and group departs.

Please note: *The above outline is a sample. Times and details are subject to change depending on time of arrival and other circumstances that may arise. *We are flexible about times of departure and can arrange for earlier or later times.*

All equipment for water activities supplied, including wetsuits.