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 "Shannon River Adventure"

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## Adventure Journey

### **Gaisce Bronze Award**

#### *Sample outline of two-day Walking-Camping Journey*

##### Day 1

- 11.00am: Arrive at centre. Meet, greet, and briefing for the expedition followed by a quick snack break.
- 11.30am: 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.
- 12.30pm: Begin walk from centre (12.5km). Break for lunch along the way (participants bring their own packed lunch).
- 4.00pm Shower and change. Afternoon snack served. Prepare and pack for the expedition. Embark on expedition to the island camp.
- 6.00pm: On arrival to the island: strike camp; light fires; take part in more camp craft and games/activities
- 7.00pm: Evening meal served. The group are given extensive freedom to explore the island and engage with nature or relax around the camp fire.
- 9.30pm: Relax round camp fire until agreed wind down time

##### Day 2

- 8.00am: Breakfast followed by team games and challenges (optional/dependent on time constraints).
- 10.30am: Break camp, pack all gear and depart from the island to 2<sup>nd</sup> walking route.
- 12.00pm: Embark on 12.5 km walk to centre.
- 3.00pm Arrive back at centre, unload, shower and pack away all expedition gear.
- 4.00 pm: Comprehensive individual and group review of the expedition.
- 4.30pm: 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.