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 "Shannon River Adventure"

Adventure Journey

Silver Award

Walking-Camping Journey

Sample outline of itinerary

Day 1

- 10.00am: Arrive at centre. Meet, greet, and briefing for the expedition followed by a quick snack break.
- 10.15am: Begin training programme in the various components of camp craft (to include: erecting tents; lighting camp fires; lighting of and cooking on fireboxes), Map reading & journeying, weather forecast, "Leave No Trace" principles, introduction to canoeing.
- 12.00pm: Begin walk from centre (12.5km). Break for lunch along the way (participants bring their own packed lunch).
- 4.00pm: Prepare and pack for the expedition, get kitted out with wetsuits, buoyancy aids, etc. Have hot snack. Embark on expedition to the island camp on Canadian canoe rafts.
- 6.00pm: On arrival to the island: light fires; take part in more camp craft and games/activities
- 7.00pm: Main meal (cooked on fireboxes). The group are given extensive freedom to explore the island and engage with nature. Finish off evening around camp fire to relax, sing song, roast marshmallows etc until agreed wind down time.

Day 2

- 8.30am: Breakfast
- 9.30am: Depart from the island by canoe rafts to 2nd walking route.
- 10.30am: Embark on 12.5 km walk to centre.
- 1.30pm: Arrive back at centre for lunch (soup & sandwiches).
- 2.30pm: Travel offsite by centre transport to walking location for a further 15 km.
- 5.00pm: Hot snack and prepare for trip back to island.
- Evening as of first night.

Day 3 (Silver)

- 8.00am: Breakfast followed by: transported to location upriver in order to complete walking journey
- 2.00 pm: Lunch
- 3.30pm: Comprehensive individual and group review of the expedition. 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.

All equipment for journey and water activities supplied, including wetsuits, buoyancy aids, helmets.