



## GAISCE BRONZE AWARD

Sample outline and information of two-day Adventure Journey with

ONSITE  
CAMPING

### SAMPLE OUTLINE & SCHEDULE

#### Day 1

<b>9.45am</b>	Arrive at centre. Meet, greet, quick snack and briefing
<b>10.30am</b>	Begin walk from centre (17km). Break for lunch along the way (participants bring their own packed lunch).
<b>3.30pm</b>	Down time followed by main meal
<b>Evening</b>	Land and/or water activities followed by hot supper and roasting marshmallows.

#### Day 2:

<b>8.00am</b>	Breakfast & pack
<b>9.00am</b>	Embark on 2 <sup>nd</sup> walking route (9km) from centre.
<b>1.00pm</b>	Hot lunch followed by comprehensive review of the expedition before departure at 2.00pm.

Evening activities: 2 hrs of activities, determined by weather, followed by campfire, campcraft and roasting marshmallows and hot supper before downtime at 10.00pm.

*The above outline is a sample. Times and details are subject to change depending on time of arrival and other circumstances that may arise, including weather conditions.*

### THE GAISCE JOURNEY

#### **Walking**

- 26km over 2 days – fulfilling Gaisce criteria
- no rough terrain
- Comfortable walking shoes essential
- Participants should have a good level of fitness



Our routes are thoughtfully selected to provide not only a satisfying level of challenge but also an opportunity to immerse yourself in the richness of the natural surroundings. Along the way, you'll encounter an abundance of flora and fauna thriving in the hedgerows. Additionally, our paths carefully traverse the boglands, allowing you to experience this unique ecosystem without disturbing its delicate balance.



Drumminmore, Rooskey, Co. Roscommon N41 X902

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## **CAMPING AND GENERAL INFORMATION**

### **Accommodation & Facilities**

Student accommodation is camping in large, shared safari tents – strictly separate tents for boys and girls – sleeping on comfortable mat in sleeping bags (students bring sleeping bag).

The campsite is fully supervised overnight.

Teachers are accommodated indoors - female teachers are accommodated in a shared ensuite dorm-style room and male teachers in the mobile home onsite. Teacher's beds fully dressed.

Supervision from teachers before bedtime is appreciated.

### **General**

Phones are collected on the morning of the first day and may only be used during the trip except for specific medical purposes or if purchasing in the tuck shop.

Restricted items include drugs, alcohol, matches, lighters, extra/dummy phone, vapes and smoking or vaping on or near the site/premises is prohibited.

During the evening, the group will do some structured activities and/or games, hot supper, campfire, and marshmallows.

At the centre we have a modern shower and toilet block, spacious and covered outdoor dining/meeting area and tea/coffee making facilities.

We also have a café and tuck shop onsite where hot & cold drinks and snacks can be purchased.

### **The price includes:**

**Food (except lunch on the first day):** main meal – pasta with tomato-based sauce, evening supper – hot dogs and soup, breakfast - cooked and cereals.

We can cater for up to 100 per night onsite. For larger groups please ask about our options.

- One accompanying teacher/adult per 15 students is included in the price quoted, up to a maximum of four. Extra teachers are charged at €25.00 each.

We require a list of any special dietary needs a week in advance.

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

A list of required and recommended items will be sent in advance of the trip.

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**Prices from €150.00pp** (minimum 25 pax)

1 teacher free per 15 students. Extras are charged €25.00 each.



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## IMPORTANT INFORMATION RE BOOKING AND PAYMENT

On booking, we will email you parental consent forms, a kit list/information sheet which includes a list of recommended items to bring/wear, restricted items and other useful information. You will also receive a booking form which will include the amount due as deposit. Bookings are only confirmed on receipt of deposit.

Please let us know if your school is managed by an ETB so that we submit a quote in order that you to raise a Purchase Order no. for the deposit due.

The booking form should be completed, reviewed, signed and returned 2 weeks prior to arrival.

### 2 WEEKS PRIOR TO ARRIVAL:

- **Numbers:** Please provide us with exact numbers of attending students and teachers, plus a breakdown of male and female attendees
- **Booking form:** Should be submitted at this stage outlining number of attendees.

### 1 WEEK PRIOR TO ARRIVAL:

- **Payment:** Invoice issued for the balance due.
- **Meals:** We need to know the numbers, and names, of attendees with any special dietary requirements.
- **Forms:** All parents guardian forms should be signed at this stage and collected by the organizer. The form should include any special dietary, medical or additional needs and this information should be provided to Shannon River Adventure. **(Please bring the forms with you on the trip).**
- Please ensure that the group are familiar with the list of items we recommend bringing/wearing as well as the policy on restricted items and phone use.

Also, remind students to ensure they have suitable bedding for camping - They can bring sleeping bags, duvet, pillow etc.

Teacher's beds are fully dressed but we recommend bringing a sleeping bag or extra bedding

### **Please note: ATTENDANCE and PAYMENT**

The requirement for final number of attendees and advance payment policy is due to the high volume of numbers dropping from booked to actual attendance and is no longer sustainable for us.