



## Youth Groups @ Inish Adventures

### What we offer

Inish Adventures have a variety of options for youth groups. We provide your classic day trips and overnight trips, we can organise team building days, leadership training days, outdoor skills and multi activity sessions. With over 20 water and land based activities we have something to suit your needs. Below are some examples of the different activities and programs we offer Youth Groups:

- **Watersports - Multi-activity Days**

We offer over 20 land and water activities including **kayaking, canoeing, gorge walking, orienteering, banana boating, hill walking, nightline, archery, rafting, power boating, sailing etc.** You can choose any combination of activities with up to 5 different activities in a day!

- **River Rafting Trips**

River Rafting is a dynamic team building activity. Similar to canoeing you must work together to guide the raft over the swells and navigate the river together. The key to rafting is working together and listening to your guide's commands. It is a fun activity and a great workout.

- **Coastal Navigation and Natural Heritage**

Become a real life coastal adventurer by getting up to speed with the basics of coastal navigation including reading tides, weather, map/chart work, compass/GPS use. Take to the water in 12 man canoes and embark on a journey with our canoe instructors and a local natural heritage expert. Learn about the local marine environment and natural heritage skills. Option to include the John Muir Award.

- **Overnight Camping**

We offer a two day Lough Foyle or Lough Erne Camping Expedition. We provide all transport. This trip involves, hill walking or kayaking, how to use maps and compass, setting up camps, orienteering/night paddle, navigation, camp fire, leaving no trace principles, paddling back to bus. It is a very enjoyable weekend with numerous options.

- **Weekly programs**

We offer one hour taster sessions or half day activities for groups that can be

For further info contact us

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arranged on a weekly basis (includes evenings). Programs and rates can be discussed depending on length and numbers.

## **Benefits of our activities and experiences**

- ✓ Develop self and peer awareness
- ✓ Get involved in physical activity in the outdoors
- ✓ Develop respect for the natural environment
- ✓ Build confidence and key skills of Leadership, Communication, Team working, Resilience
- ✓ Expert instructors with a high level of experience and professionalism

## **Costs**

For Full Costings please email [info@inishadventures.com](mailto:info@inishadventures.com) or call us on 00353 (0)87 220 2577.



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