



Donegal Adventure Centre

Bayview Ave. Bundoran, Co. Donegal

www.donegaladventurecentre.net tel: 07198 42418 fax; 07198 42429
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SECONDARY SCHOOL DAY TOUR

Day trips - mixed start and finish times will be discussed depending on chosen activity and start times can be arranged to fit in with your schools travel arrangements. Minimum numbers apply.

LAND BASED ACTIVITY

EACH LAND ACTIVITY TAKES Approx . 2 HOURS TO COMPLETE

TORAÍOCHT ADVENTURE CHALLENGE: €10 PER STUDENT

Groups are split into teams and must compete to make their way through the course by building bridges, getting through the spider's web etc. Suitable for all ages, with different age appropriate tasks and great for promoting teamwork and leadership skills.



"DARKNESS" NITELINE OBSTACLE COURSE : €10 PER STUDENT

Another group game, using only a guide rope and each other's voices, the group must get from one end of our dastardly course to the other.

CLIMBING & ABSEILING / HIGH ROPES CHALLENGE; €12 PER STUDENT

Really fun adrenaline pumping action on our 14 metre tower and our sky frame ropes course. It should be noted as this involves heights and can be quite challenging, some children take may take longer than others. Thus we recommend it for older classes as there can be some waiting for turns.



THE EXPEDITION

Students help plan the route for hike into the heart of Ben Bulbin. The students will be rewarded with stunning scenery & a real sense of achievement as well as instruction in "Leave no Trace" awareness course. The hike begins in a forest area before opening out to provide a genuinely stunning view of Benbulbin Head, Donegal Bay and Mullaghmore and Cassiebawn Castle. Suitable for all fitness level and abilities.

(Takes at least 5 hours start to finish) Price from €25 pp

Other routes also available

Contact us for more details.



**GAISCE PROGRAMMES ALSO AVAILABLE
PLEASE CONTACT US FOR DETAILS**

WATER ACTIVITY

EACH WATER ACTIVITY TAKES Approx 2½ to 3 HOURS TO COMPLETE

VIKING QUEST RAFT BUILDING: €12 PER STUDENT

This is an excellent activity if you want to keep your class together but you have some who wish to get into wetsuits and some who want to stay dry. All are involved in building the rafts, but not everyone has to be a pilot (although we encourage all to take the plunge) 8 +



CLIFFJUMP (TIDE DEPENDENT) : €15 PER STUDENT

The perfect activity, super safe but very thrilling and exciting. The famous Roguey rocks are the destination for this adrenaline filled activity. Very popular but very dependent on tides and conditions.



BEGINNER BODYBOARD : €16 PER STUDENT

The thrill of surfing with smaller, more easily managed boards. Suitable for absolute beginners and weak swimmers our experienced & patient surf instructors will show the students all the moves and get them catching waves.

BEGINNER SURF SESSION: €20 PER STUDENT

Our most popular activity and what has made Bundoran world famous. Suitable for absolute beginners and weak swimmers, our experienced & patient Surf instructors will show the students all the moves and get them catching waves.



BEGINNER KAYAK / CANOE SESSION: €20 PER STUDENT

Enjoy a leisurely and fun paddle in beautiful Lough Melvin in our sit-on-tops and canoes. Always very popular with school groups, our kayak instructors will make sure everyone has a fantastic, fun and safe time on the stunning lake. Max numbers apply.

MEALS: Hot & Cold lunches or dinners can be provided. Contact Trish or Ciara for details.

COMBINATION DEALS.

Combine one of High ropes or Nightline or Adventure Challenge WITH Surf or Kayak or Bodyboard or Cliff Jump and get a €2 discount per person. Book a Monday or Sunday and get an additional €1 discount per person.



RESIDENTIAL PROGRAMMES

The Donegal Adventure Centre offers an array of residential options including MULTI-ACTIVITY PROGRAMMES, BESPOKE TRANSITION YEAR COURSES, FIRST YEAR ORIENTATION and ICEBREAKERS and JUNIOR & LEAVING CERT TRIPS COMBINED WITH LANGUAGES & our GAISCE / DOE AWARD packages.

Please contact us for our residential programme information pack to find out more about our very competitive stay over packages or Call Ciara or Trish on 07198 42418

PRICES –We try and make sure there are packages available to suit all budgets. Some activities obviously have higher running cost than others but we guarantee that all participants will get superb **value for money** no matter which option they go for.

Most residential programmes include full board and supervision in the price. It is impossible to offer all of activities in a short time but we will work with you, and your budget to put together the best deal. Some activities are very dependent on suitable weather conditions and tide times.

Special offers and rates are available during less-busy periods. We have winter wetsuits and other equipment which allows all of these activities to take place winter and summer, and very good value can be had in from November through to February. Staff at DAC are fully trained and experienced.

We do not take shortcuts, or scrimp on food, evening activities, staff or equipment.

Teachers and leaders are well looked after. We appreciate you coming to us, planning the trip, collecting money and giving your time to do this. We will do our best to accommodate your wishes, with the highest standards of safety and care.



What to bring for activities

You will be outdoors no matter what the weather so make sure to bring a warm waterproof jacket. Do bring lots of old clothes. Tracksuits, hoodies / sweatshirts and old t-shirts are much better to bring rather than jeans and designer shirts. Put your name on everything you want to bring home too – it can be hard to tell one black t-shirt from another. If you are doing an activity where you are told you will get dirty – trust us you will. The clothes won't be ruined forever but you will definitely need a change of clothes for the way home.

You need a swim suit and a towel for water sports and you need to bring at least 2 pairs of runners / trainers – one pair of which that you can get dirty or wet, another to wear home.

NB you must also bring heavy duty plastic bags with you for wet dirty clothing.

If you have them.

If you have a wetsuit (full length only), booties or wet shoes, waterproofs, hiking shoes etc feel free to bring them but do not get them especially for this trip. You can bring phones, ipods, guitars etc if you wish but it is entirely at your own risk -

Don't bring.

Anything very expensive and new unless told otherwise. You are here to have a great adventure but you will be outside in water and mud and you will be too busy laughing to remember that you can't get you designer shoes dirty.

A deposit of € 5 per person is required to **secure** your reservation and full payment is due prior to arrival. 50% of the total amount due will be withdrawn on any cancellation made in the week before the booking. 100% of the total amount will be charged on any cancellation made within 24 hours of the booking.

To find out more why not check out

Email us: info@donegalaventurecentre.net / Web site : www.donegaladventurecentre.net

Facebook : www.facebook.com/dacsurf / Follow us on twitter or instagram @dacsurf

Trish & Ciara are at the end of the phone for further information and to help you plan your tour.

Call us on 07198 42418

We look forward to welcoming you and your group to our centre for what we know will be an enjoyable experience.

Colm MacPháidín

Manager

Donegal Adventure Centre