

- CANOEING
- KAYAKING
- SEA KAYAKING
- HILL WALKING
- ROCK CLIMBING
- FIELD STUDIES
- LEAVE NO TRACE
- CAMPING
- SAILING

# Adult Adventure Weekend 2010

**Cappanalea OEC** is organising an Adult Adventure Weekend on the **22nd—23rd May 2010**.

This weekend is open to all ability levels from the beginner to the more experienced in the outdoors. It is aimed at individuals or small groups who would like a taste of adventure sports in a safe and friendly environment.

There are three options to choose from for the weekend:

### Option 1:

Multi Activity course run over two days introducing participants to 4 adventure sports, spending a half day in each of their choice of activity:

### Option 2:

Participants would choose two activities from the range of activities on offer and spend one day on each of their choices.

### Option 3:

Participants would focus on one of the activities on offer and spend the whole weekend concentrating on this adventure sport.

There are seven adventure activities on offer at Cappanalea this weekend to choose from:-

- Kayaking; Canoeing; Rock climbing/ Abseiling; Orienteering; Hillwalking; Windsurfing and Sailing.**

Course fee includes instruction; equipment; full board and accommodation for the weekend. Transport to and from Killarney Railway station can be arranged for individuals and groups at an extra cost.

## Adult Adventure WEEKEND 22<sup>ND</sup>—23<sup>RD</sup> May 2010

at

# CAPPANALEA

OUTDOOR EDUCATION CENTRE



www.cappanalea.ie

Website

www.cappanalea.ie

## Cappanalea OEC Booking Form

Please complete the form below and return it to Cappanalea OEC with your booking deposit enclosed.

Name

Address

Phone

Email address

Please state the option you would like to book:

Please tick your activity choices for the option you are booking

Activities:	Option 1	Option 2	Option 3
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rockclimbing/Abseiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orienteering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hill walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Windsurfing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sailing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Course Cost

€200 ...1 night (Saturday)

€225 ...2 nights (Sat & Sun)

€15 ...Transport to / from Killarney Railway Station

We ask you to completed application form above and include a **€50 deposit** and return it before the **7th May 2010**.

Please make all cheques/postal orders payable to **“Kerry Education Service”**. Payment can also be made online. Cappanalea OEC secure on line Paypal address is:

sales@cappanalea.ie

**CAPPANALEA**  
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