



Cappanalea OEC

Issue 6

September 2010

Cappanalea OEC Kerry Education Service



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Special points of interest:

- A German film crew spent two days filming at the Centre in July.
- FÁS Outdoor Activity Instructor Traineeship starts up in October '10

Bookings

For
Mountain Skills
now being taken
066—9769244

Back to school time...

All good things must come to an end. The summer is now over....so we all know what that means its back to school time.

The school term is fast approaching Cappanalea This is the busiest time of the year for bookings with schools, college students from the IT Tralee, youth groups and adults.

The courses that remain popular for the school groups are the Explore Course and introductory course and the outdoor Challenge. The Explore Course is well suited to the objectives of the TY Programme.

The course is run over the duration of 5 days, where students in small groups spend three days at specific skills training; canoeing, navigation, camp craft/expedition planning, ab-

seiling, initiative exercises. The preparation and planning cumulates with a two day over night self guided expedition.



The introductory courses can consist of a day or overnight stay where students take part in a multi activity programme of activities to include Kay-aking; Orienteering; Rock-climbing; Hill walking and Teambuilding exercises. On all courses students reflect on their learning and draw comparisons with every day life experiences.

Scouting Summer at Cappanalea OEC

Cappanalea had a busy July and August with Scout and Guide troops from all over the country visiting the centre for their annual summer camp.

The Standing Camp was the most popular of Cappanalea scouting programmes. The reason this course still proves to be most popular is that it Cappanalea takes all the hassle out of planning a seven day programme. Cappanalea arranges all the details for the week, to include the transport to and from Killarney railway station, food and

all camping equipment for the week and of course the outdoor activities. If that was not enough the scouts also also treated to a day trip to they do a day trip to The Aquadome in Tralee and crag caves in Castle island.



FÁS—Outdoor Activity Instructor Traineeship Returns

Kerry Education Service / Cappanalea OEC was successful in once again securing the FÁS Outdoor Activity Instructor Traineeship programme. The programme will be based in Cappanalea OEC.

This 45 week training course works with potential instructors in a range of outdoor sports. The activities include :
- Hillwalking; Rock Climbing; Kayaking; and Windsurfing.

In all there will be 24 trainees recruited by FÁS from throughout Ireland. There will be a variety of people enrolled but, they will all have the common interest of an ambition to work in the outdoors.

The outdoor training will be focused in

the mountains, rivers, crags and lakes of South Kerry. As the train-



ees gain experience their horizons will be broadened with climbing and kayaking trips farther afield.

The programme also includes an 8 week work placement module, where trainees will experience on the job training and gain from the

experience and expertise in the network of adventure activity / education providers around the country.

Rhys Llywelyn a senior instructor at the Centre will be heading up the FÁS Outdoor Activity Instructor Traineeship programme on behalf of Cappanalea. He will work with the in-house expertise and also with outside specialist in the delivery of the training.

Anyone interested in a career in the outdoors should contact the instructors at Cappanalea OEC who will be more than willing to give you information on the many options there are for gaining qualifications in the adventure sports.

Rás na Ríochta a Great Success

The sun shone down on Cappanalea on Saturday 17th July as up to 60 competitors took part in Rás na Ríochta. Registration for the event took place on Friday evening and there was also limited registration open to late arrivals on Saturday morning. Each competitor received a very generous goody bag and technical t-shirt, sponsored by Sport Corrán Tuathail, O Sullivans Bike Shop, Killarney and Cappanalea OEC.

There were two different race starts one in Glenbeigh Village and one at the via ducts

near Kells. The 'lite' course began in Glenbeigh where competitors undertook a 8.5km cycle up along the Kerry Way to Treanmanagh. Those who signed up for the main course started in Kells and made their way to Glenbeigh along the Kerry Way and on road way picking up the route of the 'lite' competitors and covering a distance of 23km on the bike to Treanmanagh.

After the mountain bike section was complete it was time to take off on foot for the hill running section of the race. As with the mountain biking section the main course competitors had a longer hill run to complete clocking up 17km travelling over Seefin Mountain and along to Beenreagh Mountain and down the road to the start of the Canoe stage at Bunglash North. The 'lite' competitors had to run over Seefin also and Coolroe before dropping down to the road to the Canoe stage. Along the courses there was compulsory check points where competitors had to check in using the electronic dibber system which

provided the timing system for the race. The race proved to be both tough but enjoyable with the highlight being the extent of off-road mountain biking and the downhill sections.

The winner of the main course was Fergal Mc Carthy from Farranfore who completed the race in 4:09:55 seconds. The first placed female on the main course was Beth Mc Cluskey with a time of 4:17:29. A local girl from Milltown Lisa Daly was the first lady home in the 'lite' competition with an impressive time of 2:58:22 and the first man home in that category was Danny O Morchoe with a winning time of 2:46:43.



MORE INFORMATION

If you require any information regarding the many outdoor opportunities available at Cappanalea OEC, please visit our website :-

www.cappanalea.ie

or phone the Centre at :-

066 9769244

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Teaching in the Outdoors

www.cappanalea.ie

Wondering what to get that special someone who likes the outdoors as a present. Then wonder no more Cappanalea has the solution to all your problems. A Cappanalea Gift Voucher whether you would like to do a course or buy some merchandise then the voucher is the ideal gift.

Cappanalea OEC's secure online Paypal address is :-

sales@cappanalea.ie

To make a payment click on to [Paypal](#) and follow the online Paypal instructions for Send Money Online under the Personal - Send Money option.



Killarney National Park Education Centre



Environmental Halloween Camp



Killarney National Park Education Centre will be running an Environmental Halloween Camp for 7 to 12 year olds from

Tuesday 26th - Friday 29th Oct 2010

For further details and bookings please contact

Killarney National Park Education Centre, Knockreer House, Killarney. Co. Kerry
Tel. 064 6635960



Environmental Halloween Camps

Killarney National Park Education Centre will be running an Environmental Halloween Camp for 7 to 12 year olds. It will run from **Tuesday October 26th to Friday October 29th** and will be on from **9.30am to 3pm** each day.

Experience nature up close and learn about the plants and animals of Killarney National Park and what they are doing during the autumn. We will study animals and plants using mammal traps, pooters, nets and other equipment and explore the ecology of the park through games and fun activities such as ecology orienteering. The cost of the camp is **€105**, with reductions available if there is more than one child from the same family.

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