

CAPPANALEA NCOET

Summer Adventure Residential Courses 2020



Kayaking on a Cappanalea Summer Adventure Course

All of the Summer Adventure Courses 2020 at Cappanalea NCOET give young people (residential ages between 13 and 17 years), from all over Ireland an opportunity to participate in an active, healthy, safe and varied outdoor adventure programme. We endeavour to keep the different age groups together for the activities. The courses include some of the following activities:

- Canoeing • Rock Climbing • Raft Building
- Windsurfing • Hillwalking • Orienteering • Kayaking
- Camping • Stand-up Paddle Boarding
- Initiative Team Challenges • Back Woods

Sample 5-day timetable

	MORNING	AFTERNOON	EVENING
MON	Team Games	Canoeing	Raft Building
TUES	Stand-up Paddle Board	Rock Climbing	Initiatives
WED	Windsurfing	Kayaking	Orienteering
THUR	Camp Prep	Hillwalking	Camping
FRI	Camping	Camping	Depart

All activities are instructed by qualified staff.
Throughout the week, students are supervised by our instructors.

The cost of the Summer Adventure Residential Courses at Cappanalea NCOET

€280 per student
(Monday morning - Friday evening)

PRICES HELD AT EXCEPTIONAL VALUE!

The fee charged covers the accommodation and full catering for the week the use of all necessary specialist equipment and the qualified instruction given with all sports. We guarantee a well organised week of fun and adventure.
Sufficient numbers required in order for the week to go ahead.



Stay in touch with Cappanalea NCOET

Like us on Facebook today or follow us on Twitter or Instagram



APPLICATION FORM 2020

Summer Adventure Residential Courses

Specify course preference	Duration	Price
<input type="checkbox"/> 13th - 17th July 2020	Mon-Fri	€280
<input type="checkbox"/> 27th - 31st July 2020	Mon-Fri	€280
<input type="checkbox"/> 3rd - 7th August 2020	Mon-Fri	€280
<input type="checkbox"/> 10th - 14th August 2020 FULL	Mon-Fri	€280

Name

Address

Email

Telephone

Telephone of Guardian, while attending Cappanalea

Details required

Age Gender M F Can you swim? Y N

Have you participated in Adventure Sports? Y N

Any specific dietary requirements

Have you any medical conditions of which the Course Director should know?

I enclose a cheque for non-refundable deposit of €70 Y N

Please note that all cheques should be made payable to:
Kerry Education & Training Board

Signature of Parent/Guardian

Date

Cappanalea NCOET, Caragh Lake, Killorglin, Co. Kerry
Tel: +353 66 9769244 • Fax: +353 66 9769266
Email: info@cappanalea.ie • Web: www.cappanalea.ie