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## Sample Outline of Team-Building Overnight Trip 2017

The team-bonding weekend involves a full day of activities at the centre and camping on our nearby island that night with forest games evening and morning, finishing off with pier-jumping on arrival back at the centre the next day.

Activities at the centre on the first day will include some or all of the following

**Water:**

Kayaking, SUPs, Pier Jumping, Mudslide

**Land:**

Climbing Wall, Archery, Fun Assault Course, 4-Way Tug of War, Team Challenges, such as Mine Fields, Rescue the Beetles etc.

- 11.00am:** Arrive at centre, briefing and formation of groups (if applicable).
- 11.15am- 1.30pm:** Group A - Water sports such as: kayaking & SUPs games on the water, Mud Slide, and pier jumping.
- Group B - Archery, Fun Assault Course, Climbing Wall, team challenges
- 1.30pm – 2.15pm:** Lunch time
- 2.15pm - 5.00pm:** Group B - Water sports such as: kayaking & SUPs games on the water, Mud Slide, and pier jumping.
- Group A - Archery, Fun Assault Course, Climbing Wall, team challenges
- 5.30pm-6.00pm:** Depart for island.

All equipment for water activities supplied, including wetsuits.

All the above activities on site

At the centre we have a modern shower and toilet block, meeting room, tea/coffee-making facilities, camper's kitchen for cooking and reheating food, free use of gas BBQ.

## The Island Trip

The group travel to the island (1km up river) on Canadian Canoe Rafts. Large tents will be pre-erected - a girl's tent and a boy's, each accommodating up to 13 people. Separate tents for adults. On the island the group are given relative freedom to explore, a campfire is set and they will do structured forest games. Phones are not permitted on the island (apart from the accompanying adults) which encourages team bonding around the campfire.

The island itself is fully forested and very sheltered. Facilities on the island are purposefully quite primitive.

In the morning there are more team games and on arrival back to the centre (usually about 1 or 2pm) the group can finish off with pier-jumping.

The price includes food (evening meal, supper, cooked and cereal breakfast, tea/coffee, drinking water, fruit drink). There is 1 free participating adult per 10 youths. Non-participating adults are free - up to 4).

See our brochure for other group options.

***Shannon River Adventure guarantees a true adventure experience in a safe and relaxed environment***