



Drummanmore, Rooskey, Co. Roscommon, N41 X904

Phone: 0719638300/0872077559

Email: info@shannonriveradventure.com

Website: www.shannonriveradventure.com

 "Shannon River Adventure"

Sample Outline of Full-Day Tours 2019

- 10.00am:** Arrive at centre, briefing and formation of groups.
- 10.15am- 12.45pm:** Group A - Water sports such as: Kayaking & SUPs, Games on the Water, Pier Jumping and Mud Slide.
- Group B - Archery, Fun Assault Course, Climbing Wall, Team Challenges including games such as: Spider Web Challenge, Splat Game, River Crossing, 4-Way Tug of War, Scream Game.
- 12.45pm -1.30pm:** Lunch time, fully supervised with kitchen and dining facilities.
- 1.30pm - 4.00pm:** Group B - Water sports such as: Kayaking & SUPs, Games on the Water, Pier Jumping and Mud Slide.
- Group A - Archery, Fun Assault Course, Climbing Wall, Team Challenges including games such as: Spider Web Challenge, Splat Game, River Crossing, 4-Way Tug of War, Scream Game.

Price per pupil: €30.00 for full day (5 hours of activities)

€18.00 for half day (2.5 hours of activities)

Students, on a full day, will participate in up to **8 Activities**.

All Activities are onsite

WHAT TO BRING:

- Full change of clothes, extra pair old runners/shoes (old runners are advisable as they will get wet and dirty), swimwear, towel and waterproof jacket and fleece for variable weather. (We recommend long pants always and not shorts). **Shoes must be worn at all times including during all water activities**
- Snacks, Healthy Lunch and drink. **There is a tuck shop on site.**
- Any medication you may need i.e. inhaler. Sun cream, hat etc (where appropriate).
- Plastic bag for bringing wet clothing home. **Please remind your child to check they have all their belongings going home.**
- We recommend that phones and electronic items are not brought to their school tour. We do not accept responsibility for lost or damaged items.

(Wetsuits, buoyancy aids and helmets are provided by Shannon River Adventure and **MUST BE WORN ON OR NEAR THE WATER AT ALL TIMES**).

IMPORTANT NOTE:

Prior to participating in our activities, please notify the accompanying teacher of any disabilities, injuries, illness, or allergies that your child may have.

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