

get out there!

Adventure Press Trip

September 2010

A press trip to drive awareness of Ireland as an exciting outdoor adventure destination

Experience Ireland's exciting range of adventure pursuits with a 3 day action packed itinerary. Highlights will include.....

Day 1

Arrive at Galway Airport and transfer to Delphi Adventure Centre, Connemara.

Afternoon's activities include a choice of kayaking, surfing, abseiling, or rock-climbing. Scrumptious dinner and overnight at Delphi.

www.delphimountainresort.com

Day 2

Transfer to Westport for a morning gallop on Bertra beach beneath Croagh Patrick, Ireland's holy mountain. www.westportwoodshotel.com/activities/go-trekking.

A quick spin to Newport that afternoon where you'll cycle the Great Western Greenway to Mulranny. Pick-up in Mulranny and on to Achill Island (via the breathtaking Atlantic Drive) for dinner and overnight in Achill Cliff House.

www.achillcliff.com

Day 3

Drive the stunning cliff road to Keem Bay and hike to Croaghnaun, some of Europe's highest sea-cliffs.

An afternoon of kite-surfing on Keel Strand with Pure Magic (www.puremagic.ie/magic-achill) will be followed by a relaxing evening back in Westport at the stunning Knockranny House Hotel. www.khh.ie

Day 4

Depart