

*get out there!*

### **Adventure Press Trip**

October 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](http://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](http://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](http://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](http://www.puremagic.ie/magic-achill)) will be followed by a relaxing evening back in Westport at the stunning Knockranny House Hotel. [www.khh.ie](http://www.khh.ie)*

#### **Day 4**

*Depart*