
Outdoor Tourism Project – Taster Sessions

EXPRESSION OF INTEREST FORM

(Please note the closing date for receipt of Expression of Interest Forms is Monday the 3rd of November 2014)

If you are interested in taking part in the Outdoor Tourism Project Taster Sessions please complete this form. Please note the return of this form only indicates that you would like to attend and does not constitute a guaranteed place on the Sessions.

Name: _____

Address: _____

Telephone: Home: _____ Mobile: _____

Email: _____

Kindly list in order of preference your desired Taster Session: (See list of activities provided below):

1) _____

2) _____

3) _____

Do you participate in outdoor adventure activities? Yes: No:

If yes please provide details _____

Are you taking any Medication or do you have any Medical History that we should be aware of? Please provide details.

Emergency contact:

Name: _____ **Mobile:** _____

TERMS & CONDITIONS

- Participants must be over 18 years of age and residing in the County of Dun Laoghaire-Rathdown
- Due to the limited number of places available on these sessions, they will be allocated on a first come first served basis
- Dun Laoghaire-Rathdown County Council accepts no responsibility for items lost or stolen whilst in attendance at this event.
- Dun Laoghaire-Rathdown County Council reserves the right to use any photographs taken at this event for future publicity purposes.
- Dun Laoghaire-Rathdown County Council does not accept any responsibility for any illness or injury, which could occur whilst in attendance at this event.

Declaration:

I am of sufficient health and fitness to participate in these taster sessions, and I have read the above, understand & agree by the terms and conditions.

Signed: _____ Date: _____

Please Email completed forms to: jconnor@dlrcoco.ie

(by completing this form you agree to sign up to further communication about the Outdoor Tourism Project)

The Outdoor Tourism Project is part financed by the European Regional Development Fund (ERDF) through the Ireland Wales Programme 2007-2013, INTERREG 4A.



Taster / Development Sessions Currently Available:

Scheduled to take place on the 8/9 & 15/16 of November 2014 weather permitting:

Kayaking:

Kayaking is a wonderful way to interact with nature, taking in some beautiful scenery and getting some fresh air and exercise all at the same time. This session is suitable for complete beginners of all ages. The session takes place on Dublin's coastline where you will get to experience Dalkey Island and interact with the local wildlife.

Stand Up Paddleboarding:

Experience an hour and half of this traditional Hawaiian sport which promotes balance, strength and general fitness. It provides an isometric workout that strengthens your core muscle groups, while giving you a fun and exciting way to view the natural surroundings in Dún Laoghaire.

Mountain Biking:

Experience a 2 hour mountain biking session learning specialised bike techniques in Ticknock Forrest.

High Ropes Course:

Experience a 4 hour session of fun-filled, thrilling adventures in a healthy outdoor setting in Tibbradden Wood. You will get to try a tree top adventure course along with climbing walls, swing cargo nets, zip wire and many more activities.

Kite Surfing:

You will learn the necessary skills for kite surfing on shore in a 2 hour session near Dun Laoghaire's West Pier or Killiney beach.

Rock Climbing:

You will be professionally guided on a rock wall in Dalkey Quarry for a 3 hour session, learning skills to eventually advance to the more challenging levels.

Segway Tour:

The Segway cross terrain transporter is the latest self-balancing human transporter and is a new and exciting way of getting to see all of what Dún Laoghaire has to offer. Enjoy a 45 minute introductory guided segway tour of the coastal area.

Skiing:

A wonderful activity combining the joys of outdoors, movement, speed and challenging terrain for all ages and abilities. Skiing takes place in Kiltarnan national snow sports centre.

Cultural Walking Tours:

Immerse yourself in the culture and natural beauty of Dublin's coastline. Our guided Cultural Walking Tours will bring you from Dún Laoghaire to Dalkey, while exploring the surrounding history, culture and natural environment.

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Mountain Walking Tours:

Experience a cultural walking tour in the Dublin Mountains with magnificent views over Dublin City and Bay. Walks can be tailored to suit group needs.

Cycling Tour:

Experience a cycling tour of Dún Laoghaire, Dalkey and Killiney, learn more about the area and its rich heritage while getting some exercise.

Sailing:

Designed for those who wish to experience the water for the first time, come and see what all the fuss is about. You will experience sailing in some of Ireland's premier waterfront location, beginning in Dún Laoghaire's Harbour and Dublin Bay.

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