

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

Mayo has an abundance of outdoor activities and natural resources available to outdoor enthusiasts. This Adventure Weekend will open the door for people with a Sensory and Physical disability to experience some adventure activities and resources that Mayo has to offer. This event hopes to attract participants from all over the Country to come to Mayo and experience what Achill has to offer people of varying abilities.



# FUN Adventure WEEKEND

THE  
IRISH SPORTS  
COUNCIL



AN CHOMHAIRLE SPÓIRT



Mayo Sports Partnership

If you would like to participate or would like some more information please contact Ray Mc Namara on 094 9047023 or contact the Mayo Sports Partnership office on

Phone: 094 9047025

Fax: 094 9047480

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Increasing Participation  
Opportunities in Sport and  
Physical Activity

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

**OUTDOOR  
ADVENTURE  
WEEKEND**  
For people with a  
Sensory and  
Physical Disability

***25th-27th  
September  
ACHILL  
CO. MAYO***



Achill Outdoor Education  
Centre

Mayo Sports Partnership

Tel: 094 9047025

## Outdoor Adventure Weekend

Sports Inclusion Disability Officer Ray Mc Namara from the Mayo Sports Partnership in association with Tim Daly and Achill Outdoor Education Centre are hosting an Outdoor Adventure weekend for people with Sensory and physical disabilities. The weekend is supported by PWDI, IWA Sport, CPSI and Irish Blind Sport. Accommodation is available for wheelchair users. The weekend will include a variety of activities including:

Activity 1— Ice Breaker

Activity 2— Surfing, Archery & Rock climbing

Activity 3— Canoeing, Sailing & power boating

Activity 4 - Hill Walking, Coastal Exploring & Deserted Village Walk

The Cost of the weekend is €150 this includes:

- 2 nights B&B
- Lunch, Dinner and activities on the Saturday
- Activities and lunch on the Sunday.

  
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### DATES

25th—27th September

FRIDAY 8pm Welcome Reception

Bed and Breakfast

### SATURDAY

9.00 Activity 1

11am Tea /Coffee

11.15 Activity 2

2.30 Lunch

3.15 Activity 3

6.00pm Return to B&B

7.30 Dinner followed by evening entertainment

SUNDAY Activity 4

9am - Hill Walking, Coastal Exploring & Deserted Village walk

1pm Lunch/ depart



# FUN

# Adventure

# WEEKEND

  
p w d i  
people with disabilities in Ireland

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