

# DUNMORE EAST *Adventure* CENTRE



LAND & WATER BASED ADVENTURE SPORTS



The Harbour  
Dunmore East  
Co. Waterford  
Ireland

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ISA

Training  
Centre



## Welcome to the Dunmore East Adventure Centre Brochure

With over 15 years of experience, our centre has become a leader in the area of activity sport providers in Ireland. We cater for all ages and abilities, and continue to offer new activities and courses as our customers' requirements change each year.

We aim to give you a quality experience from the moment you step into the centre, through our friendly experienced staff, superior equipment, and unrivalled location.

The backbone to Dunmore East Adventure Centre is undoubtedly our staff, which are committed to giving you a first class experience.

Our excellent, modern equipment, the majority of which is replaced each year, ensures that you have the most user friendly, up to date kit to be found.

Located at the water's edge, beside a tranquil sheltered cove in Dunmore East, there's no time wasted in transferring to activities, once you're here, you're here! Even our indoor climbing wall and archery range are located beside the activity base, thus ensuring maximum time on your chosen activity.

We look forward to welcoming you this year, and if you have any other questions or queries, we would be delighted to have a chat!

*The Deac Crew*

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# OUR ACTIVITIES



Aqua Olympics



Kayaking



Orienteering



Indoor climbing



Windsurfing



Open Canoes



Pedal Boats



Powerboating



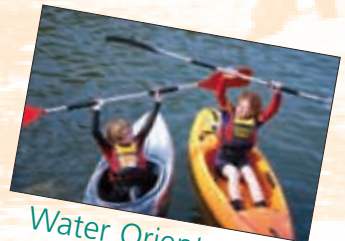
Sea Kayaking



Sailing



Team Challenges



Water Orienteering



Archery

Whether a complete beginner or an eager intermediate Dunmore East Adventure Centre has the course for you!! Our courses are the most professional you'll find, with the latest equipment from Topper International to choose from, and our Irish Sailing Association certified instructors. Try sailing for a two hour session or stay a week and get certified.....the choice is YOURS!!!

## KIDS SAILING CAMPS

ages 7-10 years

**Duration:** 5 days : Monday – Friday ,  
July/August, other dates on request

We have added Topper Europtis to our inventory, and developed a sailing course to encourage 7-10 year old kids to the thrill of sailing small boats.

**Objective:**The course is aimed at developing confidence, and is an excellent pre-sailing course. No previous experience is necessary, and all equipment is supplied! An ISA 'Taste of Sailing' certificate, is awarded to all participants.



## TASTE OF SAILING

**Duration:** 2 days, Saturday/Sunday and  
Monday /Tuesday of each week July/August,  
phone the office for other times of the year.

**Objective:** The aim of this brief introductory course is to give you a positive introduction to the thrill of sailing.

**Previous knowledge/experience:** No previous knowledge is required.



## START SAILING (Level 1)

**Duration:** 4 days, Monday -Thurs of July/August, other dates upon request.

**Objective:** By the end of this course you will be sailing in light wind conditions with assistance from your instructor.

**Previous knowledge/experience:** No previous knowledge or experience is necessary.



## BASIC SKILLS (Level 2)

**Duration:** 5 days, mon to fri each week of July/August

**Objective:** By the end of this course you will be sailing on your own in light winds conditions without the assistance of your instructor.

**Previous knowledge/experience:** You will be expected to be able to demonstrate the skills and the knowledge included in your Start Sailing course.



## IMPROVING SKILLS (Level 3)

**Duration:** 5 days, dates upon request

**Objective:** To develop the skills and knowledge you need in order to set up and sail a small boat more effectively in moderate conditions.

**Previous knowledge/experience:** You will be expected to have completed, or have experience equivalent to, the Basic Skills course and have been sailing regularly.



## ADVANCED BOAT HANDLING

(Level 4)

**Duration:** 5 days, dates upon request.

**Objective:** To develop advanced boat handling and tuning skills and prepare you to sail flat out in strong winds.

**Previous knowledge/experience:** You must have completed the Improving Skills course and have been sailing regularly. If you have not been sailing regularly, you will need to do so prior to the course.



## KITES & WIRES 1

**Duration:** 5 days, dates upon request.

**Objective:** To introduce you to the thrills and spills of sailing with spinnakers and trapezes

**Previous knowledge/experience:** You will be expected to have completed or have experience equivalent to the Improving Skills course.



## KITES & WIRES 2

**Duration:** 5 days, dates upon request.

**Objective:** To introduce you to the thrills and spills of sailing with spinnakers and trapezes

**Previous knowledge/experience:** You will be expected to have completed or have experience equivalent to the Improving Skills course and one other course at that level.

# ADVENTURE CAMPS FOR YOUTHS

Each year our adventure camps go from strength to strength, with kids returning year on year to experience another week or two of fantastic fun. Camps are run during all of the school holidays, except the Christmas Holidays, when we all take a well deserved break!

## SUMMER CAMPS

Scheduled every week of July and August, Dunmore East Adventure Centre Summer Camps are hugely popular, so be sure to get your booking form in now! We know that different age groups have different needs and abilities, and so have developed four different summer camp groups, to ensure each child gets the most enjoyable and unforgettable week possible!! Each week is concluded with a fun watersport day followed by a presentation of t-shirts and certificates to all participants.

Our summer camps are separated into the following age groups:



### STARFISH : ages 5 – 7 years

This week is geared towards introducing younger children to the world of the outdoors at a level they are comfortable with. As with all camps, we require the children to be water confident. Children are fully supervised at all times.

Activities include: pedal boats, archery, climbing, arts and crafts, boat trips, sit on kayaks and much more!!



## SHARKS: ages 7-10 years

Sharks never stop moving and that is what this week promises! Children are placed into groups of similar age with activities geared towards the ability and age of each group. A terrific way to meet new friends and have great fun while achieving new goals every day.

Activities include: pedal boats, kayaking, windsurfing, archery, surf skis, climbing, team challenges, field games, orienteering and aqua Olympics.



## TRAILBLAZERS: ages 11-13 years

Our sharks club was so popular that we decided to create a new group for the pre-teens, and gear up the activities to include plenty of action both on and off the water. There's no need to bring a friend, you're sure to meet a host of new ones, and learn new skills along the way.

Activities include: Sailing, climbing, seakayaking, archery, team challenges, surf skis, open canoes, windsurfing, kayaking, aqua Olympics.

## ADVENTURERS: ages 13-17 years

This week is for teens that are looking for a challenge, learning new skills, all this and having heaps of fun along the way. With plenty of water and land based adventure sports to enjoy, you will try lots of different activities, from sailing to sea kayaking, and you don't need to have any previous experience to be an adventurer.



WEEKLY CAMPS ARE ALSO RUN AT HALLOWEEN AND EASTER,  
CONTACT THE OFFICE ~  
(051) 383783 FOR FURTHER INFO!!!!

**KIDS SAILING CAMPS:**  
ages 7-10 years  
See page 4 for details.

## National Powerboat Courses.

Running with the guidelines and criteria of the Irish Sailing Association, the governing body of powerboating in Ireland, our courses are designed to ensure you are confident to handle your powerboat in varying conditions on Irish coastal waters. All courses are run on demand and can be scheduled to suit your needs.

## INTRODUCTION TO POWERBOATING

Duration: 1 day

The aim of this course is to provide a short practical introduction to boat handling and safety on powerboats being used on all Irish coastal waters. It is ideally suited to those new to powerboating and those whose primary role will be as crew on a powerboat. By the end of the course participants will safely and effectively be able to crew a powerboat and take the helm under supervision.



## NATIONAL POWERBOAT CERTIFICATE

Duration: 3 days

The aim of this course is to develop the skills and knowledge that allows participants to safely and effectively skipper an open powerboat by day, on inland and coastal waters with which they are familiar.

It is recommended that this course is the minimum level of training/knowledge required before anyone uses a boat on their own. In the majority of cases beginners would do this course and the introduction course as part of the same three day course.



# SAFETY BOAT CERTIFICATE

## **Duration: 3 days**

By the end of this course, the successful candidate will have a wide range of boat handling techniques and experience in the provision of safety cover for sailing events. Areas covered will include towing, assistance with race management, mark laying and the provision of assistance for sailing dinghies (single handed and crewed) windsurfers and canoe/kayaks.

Required by those providing cover at clubs, regattas and instruction courses.



# BIRTHDAY PARTIES

Have your party @ Dunmore East Adventure Centre  
For kids and teens from 5 years and up!!!

All specialist equipment is provided, and our outdoor or indoor party area is available after the activities.  
(Birthday cake and treats NOT provided)

Minimum Group Size - 6

All options also include a powerboat trip - weather permitting

## OPTION A - LAND ACTIVITIES PARTY

Duration: 1.5 hours

Activities: Pick 2 of the following activities:

Archery, Orienteering, Rockclimbing.

## OPTION B - WATER ACTIVITIES PARTY

Duration: 2 hours

Activities: Combination of sit-ons, pedal boats, canoes.

## OPTION C - WATER & LAND COMBO PARTY

Duration: 2 hours

Activities: Pick one land and one water activity from the following list:

Kayaking, sit-ons, canoes, rockclimbing, archery, orienteering, pedal boats.

Birthday Parties are available all year round



# NEW FOR 2009

New 1 hr Taster Sessions.

Available 4-5pm and 5-6pm July/Aug

New 10% Discount card for those who book and pay in full for week long courses.



New Gift Vouchers.



# TIMES AND PRICE LIST 2009

## MULTI ACTIVITY SESSIONS:

Morning Session	10am - 12pm
Lunchtime Session	1pm - 3pm
Afternoon Session	4pm - 6pm

**\*\*\*\*NEW for 2009 Hour Long Taster Session\*\*\*\***

**4-5pm or 5-6pm €25 per Youth €40 per Adult**

**\*\*N.B: does not include sailing or windsurfing\*\***

## ACTIVITY PRICES (PER PERSON)

### Youths (under 18s)

Group size	2hr Session	Full day
1-8 people	€35	€55
9-20 people	€34	€50
21-36people	€32	€45
37 + people	€30	€40

### Adults

	2hr Session	Full day
Per Adult	€50	€90

*For tailor made programmes please  
contact the centre.*

**Family Friendly Discount: 4-6pm only 2x Adults and 2x children €150**

*All courses require minimum numbers and  
Call today on 01273 823111*

## SUMMER CAMP PRICES: CAMP TIMES: 10am-3pm

### Starfish Club

€210 (5 days)

### Starfish Club

€140 1/2 days

### Shark Club

€230 (5 days)

*\*NEW COURSE\**

### Trailblazers

€250 (5 days)

### Adventurer Club

€250 (5 days)

## SAILING COURSES: COURSE TIMES: 9.30am-3pm

Junior Sailing Course (5 days 7-10yrs Mon-Fri) €365

Taste of Sailing Course (2 days) €210

Start Sailing Course (4 days)(Level 1/Mon-Thurs) €375

Basic Skills Course (5 days)(Level2) €395

Improving Skills Course (5 days)(level 3) €395

Advanced Boat Handling (5 days 9.30 -5.30) €495

Kites and Wires 1 (5day Course) €395

Kites and Wires 2 (5 day course) €395

### Powerboating Courses:

Level One (1 day Course) €210

Level Two (2/3 Day course) €395

Safety Boat (2/3 day course)€395

### Windsurfing Courses:

Get up and Go! (2 day course) €210

Go 4it!!(3 day course) €280

Go! With style POA

*are subject to availability and weather!!!!*

051 383783

# ACTIVITY BOOKING FORM

Name \_\_\_\_\_ Tel number: \_\_\_\_\_  
Address: \_\_\_\_\_ Other Number: \_\_\_\_\_  
\_\_\_\_\_ Medical conditions: \_\_\_\_\_  
Name of course: \_\_\_\_\_ Course Date: \_\_\_\_\_ Price per participant: \_\_\_\_\_

## ADDITIONAL GROUP BOOKING DETAILS

Group Name: \_\_\_\_\_ Group leaders: \_\_\_\_\_  
Age of group (if under 18) \_\_\_\_\_  
Number in Group: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

I have enclosed my non-refundable deposit of:

INDIVIDUAL BOOKINGS €100 or 50%       GROUP BOOKINGS €500 or 50%

## Booking Conditions

1. **A non refundable deposit must be paid on booking, with the balance payable no less than 2 weeks before arrival at the centre**
2. If D.E.A.C. is unable to place you on a suitable course then the deposit will be returned.
3. Participants with any medical conditions, illness, injury or any medication must provide evidence that they are suitable to take part in activities. **A medical certificate is required for this purpose.**
4. **Persons partaking in water activities must be water confident.** If unsure, please contact the centre to discuss suitability.
5. Persons must be generally physically fit to take part in all activities
6. Persons must be willing to comply with all safety regulations and carry out instructions as requested by the staff at the centre.
7. D.E.A.C. reserves the right to cancel or alter any programme as it deems necessary. In the event of cancellation an alternative programme or date can be arranged.

## I HAVE READ AND UNDERSTOOD AND AGREE TO ALL OF THE ABOVE CONDITIONS.

SIGNED: \_\_\_\_\_ (PARENT, GUARDIAN OR GROUP LEADER IF UNDER 18)

### CREDIT CARD BOOKING

*Subject to 2.5% booking fee - no charge on lasercards*

Card Holder Name: \_\_\_\_\_ Holder's Address: \_\_\_\_\_  
Card Number \_\_\_\_\_ / \_\_\_\_\_  
Card Type: Visa \_\_\_\_\_ Master card \_\_\_\_\_ Amex \_\_\_\_\_ Laser \_\_\_\_\_  
Expiry / / \_\_\_\_\_ Security Code \_\_\_\_\_  
Amount to be deducted: € \_\_\_\_\_ Signature \_\_\_\_\_

How did you hear about the centre???

Previous visit       Radio       Paper       Friend       School tour   
Exhibition       local business       (if so, which business; \_\_\_\_\_)

### OFFICE USE ONLY:

DEPOSIT RECEIVED \_\_\_\_\_ AMOUNT RECEIVED: \_\_\_\_\_ DATE RCVD : / /



Dunmore East Adventure Centre is a participant in Failte Irelands Family Friendly initiative. We are therefore committed to providing a particularly warm welcome and friendly service to families with children, in fact, we will bend over backwards to make your time with us a memorable one for years to come!

See our rates section for special family discounts.



# MOBILE ADVENTURE

We realise that sometimes with time constraints it just doesn't work out to travel away from the workplace, or school, and the cost of transport is rising every day, but don't fret!!! We have got the solution for you in our new mobile adventure service, where we can bring our activities directly to your door step!

## MOBILE CLIMBING TOWER

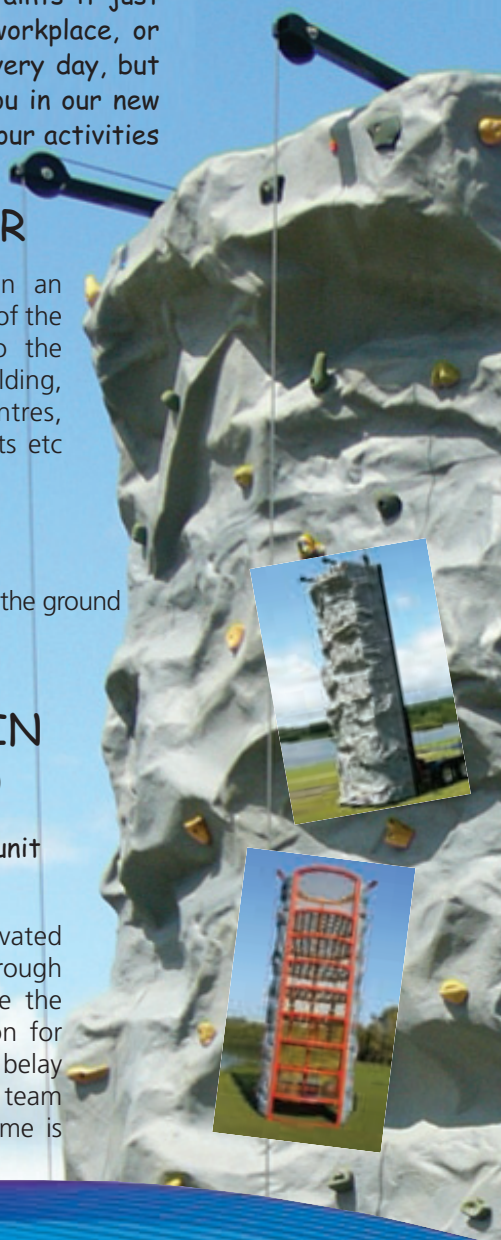
Our climbing tower climbs four at a time on an automatic belay system. When the climbers let go of the wall, the belay system lowers them gently to the ground. Ideal for indoor/outdoor events, team building, schools, field days, festivals, shopping centres, conferences, fundraisers, product launches, scouts etc etc....

- 24 ft high
- Climbs four at a time
- Self belay system - climber is lowered slowly to the ground
- Set up time 20mins max
- Sets up on most hard surfaces or firm grass

## MOBILE SPIDER MOUNTAIN & CLIMBING WALL COMBO

Featuring the only Spider Mountain/climbing unit in Ireland!

Spider mountain takes climbing to new, elevated extremes! Climbers have to battle their way up through criss -crossed elastics, which proves to challenge the most energetic of adventurers! A great attraction for any event, our combo unit also includes two self belay rock climbs on either side. A great tool for team building, climbing up to twelve people at any time is hilarious fun for both adults and kids alike.



# MOBILE ARCHERY

Test your target skills with one of the oldest sports in the world. It takes a steady hand and a keen eye to excel in this highly enjoyable sport. Easily set up either indoors or outdoors, archery is accessible to both young and old.

We use authentic competition long bows and round straw butts with colourful target faces set on tripods. Our instructors will teach your group the basics, followed by a few competitive rounds to evaluate the contestants.

A test of skill, determination and concentration, a great way to focus your team directly on the target!



## Mobile Team Challenges

Discover your teams potential with one of our unique team building programmes. Using the outdoors as a medium, we base some of our challenges around our mobile spider mountain and climbing tower, we also have a few others up our sleeve, and can tailor make a programme to suit your groups requirements.

Contact our office for further details, and we will be delighted to meet with you to discuss an ideal programme suited specifically to your needs.



# SCHOOLS & COLLEGES

Our School and college courses are renowned in the south-east, and the fact that schools come back year after year is testimony to how enjoyable they are! Let our capable staff guarantee your class a school/college trip they'll never forget!

## NATIONAL SCHOOL TOURS



Undoubtably our busiest time of the year is May and June – school tour time! We welcome students from the age of 5 for fun filled multi-activity tours, with land and water based activities on offer.

### Sample School Tour Day for group of 100

10.00am	Arrive and register @ centre
10.15am	Split school into groups
GROUP A - (50)	Watersports eg kayaks/pedalboats/powerboat trip
GROUP B - (50)	Landsports eg Archery/ rockclimbing
12.15pm	LUNCH
1.00pm	Groups re-organised for activities
1.15pm	GROUP A - Landsports
	GROUP B - Watersports
3.00pm	Showers and wind up

All equipment is supplied, students only need to bring swimming togs, towel, old footwear to wear in the water, a packed lunch and a smile!

Don't delay in booking – places fill very quickly!

## TRANSITION YEAR COURSES

We offer tailor made programmes for transition year groups. Once your group arrives, we get right down to action, with all activities taking place virtually on-site, so theres no extra travel involved!

- Multi-activity
- Certificate courses in sailing, windsurfing & kayaking
- Team building programmes

## RESIDENTIAL COURSES

For smaller groups of up to 30 students, our residential courses are a highlight in any school calander! We have a full programme that occupies students from morning to 'lights out', including evening activities. Food is prepared by a local restaurataur, so is good and hearty after an energetic day. We also have a full self-catering kitchen for those who like it do it themselves! Contact the office for further details on packages available, our staff will be delighted to tailor make a trip for you.



# ADVENTURE COURSES FOR ADULTS

## MULTI-ACTIVITY

Get wet and wild or guage your skills on solid ground. Our activities cater for both the enthusiastic beginner and the active practitioner.

Activities available from a two hour taster session to full week courses – the choice is yours!

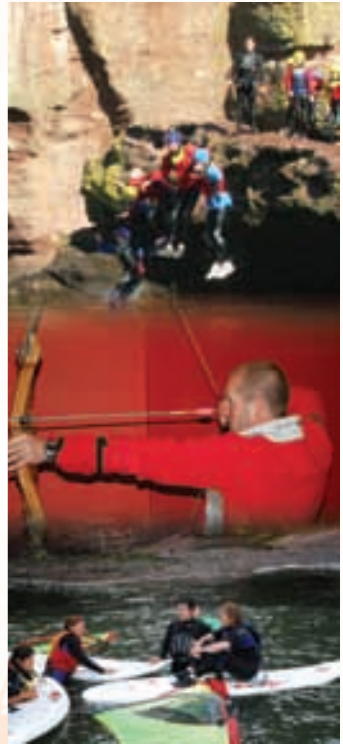
Activities include: Kayaking, sailing, rock climbing, abseiling, archery, orienteering, powerboating, windsurfing, open canoes, pedal boats, team challenges.

## STAGS & HENS

Get your weekend off fo a flying start with a session or a full days activity at an ideal location. Build up a thirst on our climbing wall or clear the heads with a supervised rock plunge! Land and/or water activities available to guarantee an experience that the hen/stag are sure to remember!

### SAMPLE TIMETABLE

9.45 - ARRIVAL & REGISTRATION  
10 am - 12 noon - WINDSURFING & KAYAKING  
12noon - 1pm - SHOWERS & LUNCH  
1pm - 3pm - ARCHERY & ROCK CLIMBING



## CORPORATE PROGRAMMES

Our experienced staff will work with you to develop a programme to suit the requirements of your group. If you are entertaining clients or rewarding your staff with a team day out, we can provide the expertise, location and facilities to make your choice of venue a memorable one.



## TEAM BUILDING

Our custom made programmes use the challenge of the outdoors to develop teamwork and leadership skills that can be transferred effectively to the workplace. Let our experienced staff put your team through a day or a half day of team challenges which are sure to be the talk of coffee breaks for a time after!

While competing against one another, the teams will deal with leadership, conflict resolution and communication and to name but some issues.



## ADVENTURE DAYS

Get out of the office for the day and join the team for an action packed day you're sure to remember. Land and/or water based activities can be arranged to ensure 100% participation, where everyone in the office can be involved on a level playing field. Let us put your team through its paces and see how they fare. Are you up for the challenge?

Under the guidance of our experienced Instructors, no previous experience is required to participate in our Corporate Programmes.



# Dunmore East Adventure Centre on tv!!

2008 was an unusually busy year as regards to media presence at the Centre. In July we spent a week filming a programme called the "Masters Apprentice" , with Tyrone Productions.

Our 'apprentice' was Dan Keely, a windsurfing instructor working in a small windsurfing centre in Achill. He was brought through the ins and outs of running a larger Adventure operation, with Karen, Rupert and Gavin as his mentors. Aired: March'09 on RTE

In August of 2008 we were delighted to welcome Duncan Stewart of 'About the House' fame to the Centre. He was filming a programme called 'Eco Eye' about tourism in the southeast, and had a chat with some of our 'Starfish' members. Aired: Feb '09 on RTE







# VISIT OUR MARINE STORE

WHILE ENJOYING YOUR TRIP TO DUNMORE EAST ADVENTURE CENTRE,  
CALL INTO OUR NEW MARINE STORE IN THE HARBOUR.

OUR STAFF WILL BE DELIGHTED TO HELP YOU WITH ANY OF YOUR WATERSPORT  
NEEDS, OR JUST TO HAVE A CHAT ABOUT THE LATEST GADGETS!!

FULL RANGE OF TOPPER INTERNATIONAL DINGHIES

PIONER TENDERS AND SPORTS BOATS

FULL RANGE OF SIT-ON CANOES

NARWHAL RIDGID INFLATABLES

SUZUKI OUTBOARDS

KAYAKS

SURF BOARDS AND ACCESSORIES

HELLY HANSEN MARINE WEAR

CIRCLE ONE AND GUL WETSUITS AND ACCESSORIES

OAKLEY SUNGLASSES

HUGE RANGE OF POWERBOAT TOWABLES, WATERSKIIS  
AND WAKEBOARDS FROM CONNOLLY

ANCHORS, CHAINS, ROPES, VHFS.....


FULL SERVICING AND REPAIR SHOP

ASK ABOUT OUR FREE BOAT DELIVERY SERVICE

MASSIVE NEW AND SECOND HAND SALE EVERY AUGUST.

Call Rupert on (086) 8659259, or call the Centre (051) 383783.  
Check out some of the latest stock on [www.dunmoreadventure.com](http://www.dunmoreadventure.com)





Ardmore, Lismore, Tramore

Dunmore, Lots more!

**The Big Afternoon**  
with Oliver Carroll

Monday to Friday - 12 Noon till 4pm



# Dunmore East Map



Tel: 051 383783  
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[www.dunmoreadventure.com](http://www.dunmoreadventure.com)