



The **Adventure Journey** often proves to be the most memorable aspect of Gaisce for participants. It is an opportunity for you to plan, train for and complete an outdoor activity over a number of days/nights as part of a team. It is a unique, challenging and memorable experience that creates strong bonds between participants as well as the opportunity to develop self-sufficiency and leadership skills. Adventure Journeys can take place on land in the form of hiking or cycling, or on water, by canoeing or sailing. The Adventure Journey can be undertaken as an expedition or an exploration.

HERE ARE SOME IDEAS BUT IT IS NOT EXCLUSIVE TO THESE:

APPROVED ADVENTURE JOURNEY PROVIDERS: Achill OETC, Baltinglas OETC, Burren OETC, Fastnet Marine (Schull) OETC, Kilfinane OETC, Kinsale OETC, Petersburg OETC, Shielbaggan OEC.

MARKED TRAILWAYS: Wicklow Way, Kerry Way, Slieve Bloom Mountains, Wild Atlantic Way, Royal Canal Way, Grand Canal Way, Ballyhoura Way, Barrow Way, Beara Way, Blackwater Way, Bluestack Way, Burren Way, Cavan Way, Croagh Patrick Heritage Trail, Dingle Way, Dublin Mountains Way, East Clare Way, East Munster Way, Hymany Way, Leitrim Way, Lough Derg Way, Mid Clare Way, Miners Way and Historical Trail, Monaghan Way, Multeen Way, Nore Valley Way, North Kerry Way, Offaly Way, Royal Canal Way, Sheep's Head Way, Slieve Bloom Way, Slieve Felim Way, Sligo Way, South Leinster Way, Suck Valley Way, Táin Way, Tipperary Heritage Way, Western Way, Westmeath Way.

GREENWAYS: The Great Western, Waterford, Limerick, Boyne, Great Eastern.

BEALACH NA GAELTACHTA: Slí an Earagail, Slí Cholmcille, Slí Chonamara, Slí na Finne, Slí na Rosann, Slí Gaeltacht Mhuscraí.

A participant may undertake Physical Recreation activities without PAL supervision, however as the PAL is the default signature on the record sheet, the participant will need to provide evidence of the activity they carried out. This can be done through a third-party supervisor (e.g. coach or gym staff) or they use of apps such as Fitbit, couch to 5km apps, Strava and MapMyRide, taking a screen shot of each session stats for their PAL. Encourage participants to reach for their own personal best. The above running sessions could be replaced/adapted to suit individual fitness levels or physical needs