



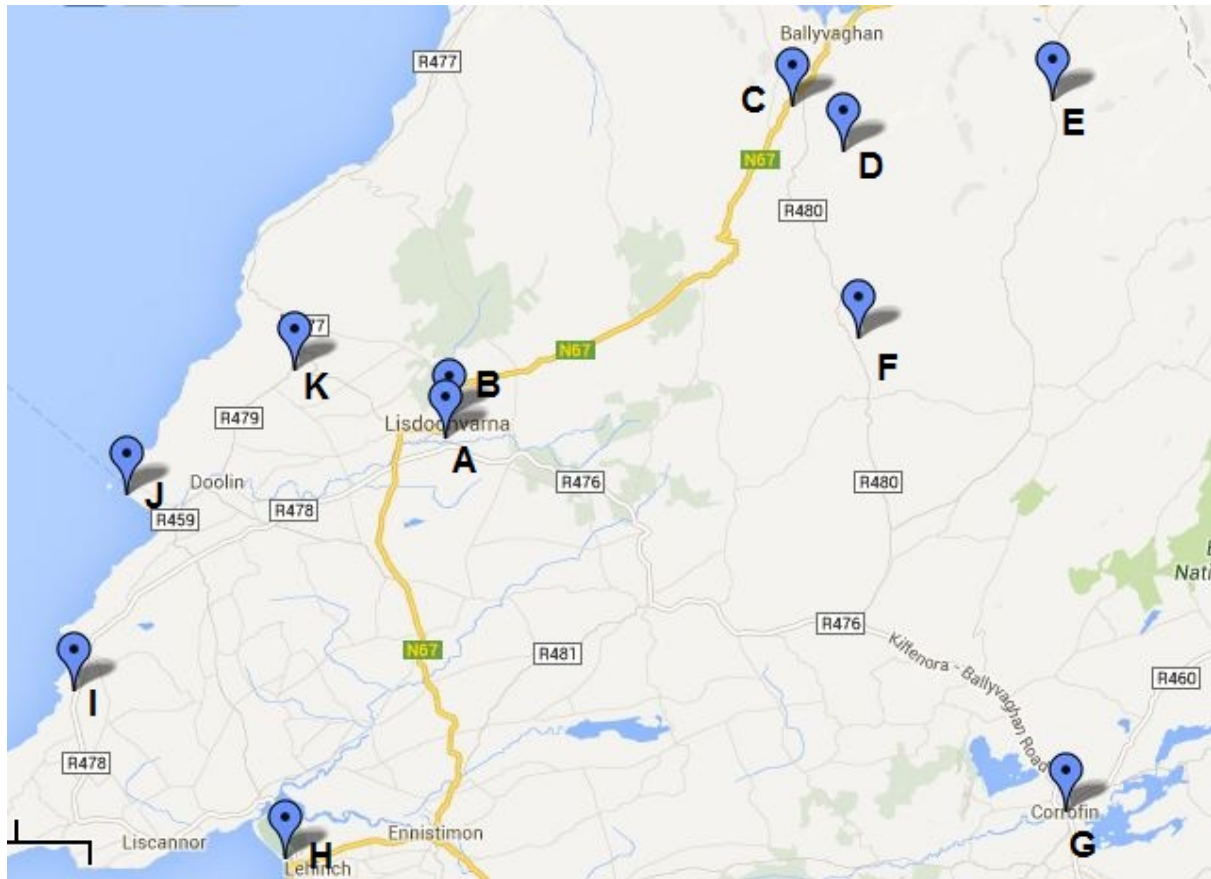
The Outing External Activities-
Saturday 31st August 2013



Here is a list of attractions that will be taking place on 31st August for The Outing. Bookings have to be made through The Outing. If you would like to book any of the activities please email info@theouting.ie with your request. Some of these attractions may be booked on the day but please pre-book to avoid disappointment as most tours and activities do have a maximum capacity or require a deposit beforehand. Please be aware that companies may be subject to change prices

Activity	Description	Map
Morning Yoga Session	Classes are suitable for complete beginners, and those who have also been practising for some years. They will be both energising and challenging at the same time as being deeply relaxing. Price: €10 8.15am Saturday 31 st The Hydro Hotel	
Doolin Caves	One of Europe's most compelling cave attractions and in the top list of County Clare's popular attractions. Tours last 1 hour and start every half hour from 10am. Discount Price: €10	Point K
Aillwee Caves	Take a guided tour of the Aillwee Caves lasting half an hour. Price: 8.50 (group of 10+)/ 9.60 individuals. Take a step further and take a tour of the caves and The Bird of Prey Centre (afternoon only) Price: 12 (group of 10+)/13.60 individuals.	Point D
Burren Smokehouse	Just a few minutes' walk from The hydro Hotel, this family run business offers a delightful tour and also offers a call in for a 7 min DVD and tasting which is free. Tour starts 9.30 and last for an hour. Price: €3	Point B
Cliffs of Moher Cruises	Moher Cruises offer two fantastic tours. Their first option is a one hour cliff cruise for €10 or half day island trips giving you a range of scenic views for €12.	Point J
Aran Islands and Cliffs of Moher Cruises	Board the deck to Inisheer to spend the day sight-seeing and getting lunch, then your next stop on the cruise is to the famous Cliffs of Moher for €15 (half day trip)	Point J
Cliffs of Moher (Atlantic Edge expedition)	A wonderful trip to the Cliffs of Moher lasting 1.5-2 hours. Price: €3	Point I
Lahinch Surf School	Enjoy the best surf of your life with Lahinch Surf School. Whether you are a beginner or an expert, this relaxed and affordable introduction to the exhilarating sport of surfing can suit any abilities. Price: Group of (10+):€ 32 Group of (16+): €30. Individuals:€ 35	Point H
Clare Kayak Hire	Clare Kayak Hire has been specialising in kayak tours for years and is the first kayaking tour company in Co. Clare. Take a splash! Hire Kayak: €15 or Trip round the bay: €10	Point H
Bens Rock	Offers 2 hours of fantastic surfing or rock climbing, providing all	Point H

Climbing Clinic	the necessary gear with great instructors. Price: €30	
Burren Hill Walks	Burren Hill walks provide a unique walking experience exploring the geology, botany and archaeology of the Burren. Walks last for 3-4 hours. Price: €15 individual or €10 for groups of 6+	Point C
Burren Outdoor Education Centre	The Burren Outdoor Education Centre, established in the early 1980s is a purpose built and fully equipped centre. Activities available are caving or Rock Climbing. Prices: € 30	Point E
Birds Of Prey	The most exhilarating experience you can ever imagine. The Birds of Prey Centre are offering a Hawk Walk along with a trip to the Aillwee Caves for€ 50 group of (3+) or€ 70 for individuals	Point D
Dysert Castle	Typical 15th century Irish tower house, situated on the periphery of the Burren. The castle was restored in 1986-88 by the Dysert O'Dea development Association. Tours last up to 1.5 hours and price is€ 4 pp for group (5+) Individual€5	Point I
Shannon Region Trails	All trails are free and can be done using a map/brochure or through a tour guide. The looped walks last around 1-4 hours. Details or tour guides are available on their site and maps are downloadable from here .	
Poulnabrone Dolmen	The Dolmen is among the most famous landmarks in the Burren. It was excavated in 1986 by Dr Anne Lynch of Duchas, and among the discoveries were the remains of 16-22 adults and 6 children.	Point F
Lahinch Beach	Lahinch Blue Flag beach is very popular with both tourists and locals. The flooding tide is suitable for surfing, sea kayaking and kite surfing. Full time lifeguards operate from 11-7pm during August.	Point G



Please note Point A is The Hydro Hotel

Contact: For any bookings please email tickets@theouting.ie stating the activity, names of people attending and whether you would prefer a morning or afternoon session. If you would like more information about the individual activities please see contacts below:

Tour	Website	Contact Email	Contact number
Doolin Caves	www.doolincave.ie	info@doolincave.ie	065-7075761
Burren Smokehouse	www.burrensmokehouse.ie	birgitta@burrensmokehouse.ie	+353 65 707 4432
Moher Cruises	www.mohercruises.com	mohercruises@eircom.net	065 7075949
Aillwee Cave	www.aillweecave.ie	tracy@aillweecave.ie	065 7077036
Poulnabrone Dolmen	www.burrenforts.ie	info@burrenforts.ie	065 7089 999
Lahinch Surf School	www.lahinchsurfschool.com	info@lahinchsurfschool.com	065 7082061
Clare Kayak Hire	www.clarekayakhire.com	clarekayakhire@gmail.com	085 1485856
Bens Rock Climbing	www.bensrockclimbingclinic.com	ben@bensrockclimbingclinic.com	086-8448622
Burren Hill Walks	homepage.eircom.net/~burrenhillwalks/	burrenhillwalks@eircom.net	065 7077168
Burren Outdoor Education	www.burrenoec.com	Burrenoec@clarevec.ie	065 7078066

Centre			
O Brien Line	www.obrienline.com	info@obrienline.com	065 7075555
Birds of Prey	www.birdofpreycentre.com	tracy@aillweecave.ie	065 7077036
Shannon region trails	www.shannonregiontrails.ie	Marian.Hurley@failteireland.ie	
Cliffs of Moher	www.cliffsofmoher.ie	geraldine.enright@cliffsofmoher.ie	065 7086141
Dysert Castle	www.dysertcastle.com	bredaconsidine@eircom.net	057 9121777
Lahinch Beach		info@lahinchsurfschool.com	065-6837401