



## Get out *there!*

Róisín Finlay

On land or in the sea, there are plenty of events to spark any adventurer's interest this summer

### Women's Adventure Race, July 26

Run by Gaelforce Events, this women-only adventure is 27km long and features kayaking (0.5km), hiking/running (10.5km) and biking (16km). The race takes place in Galway in the lovely surroundings of Leenane, while your paddle will be on lovely Killary fjord. [womensadventurerace.com](http://womensadventurerace.com)

### Night Swim, July 25

There's something truly magical about night swimming in the sea. Participants in this non-race event can choose from three distances - 400m, 750m and 1500m. Each swimmer will wear a glow stick in their goggles adding to the fun at this fundraising event for Leinster Irish Long Distance Swimming. Swim group leaders and kayaks will support each swimming group.

The event takes place at the Blueflag swimming spot of Seapoint in Blackrock, Co Dublin, and kicks off at 10pm. Complimentary hot drinks and cake will be served after the event. Swimmers can wear togs or wetsuits. [activeglobal.com](http://activeglobal.com)

### St James's Day Walking Festival, July 27

Run by walking company Camino-Ways.com and sponsored by outdoor store 53 Degrees North, this inaugural festival invites fans of the Camino de Santiago to come together in the Wicklow mountains.

For just €10 per person, participants can take part in various walking trails, including a manageable 4km trail, a family-friendly treasure hunt and a longer 12km guided trail for more experienced walkers.

On the day, there will also be photography competitions, some delicious Spanish food and entertainment. The event takes place in the Lough Dan area from 9.30am. [caminoways.com](http://caminoways.com)

### Ben Nevis Challenge, August 1-4

Concern will guide a group up the mighty 1,344-metre Ben Nevis, Britain's highest mountain. The group size for this adventure is limited to just 40 people, and it promises to be a jam-packed weekend of action and adven-

[ture.showyourconcern.net](http://ture.showyourconcern.net)



Women's Adventure Race organised by Gaelforce Events



Saint James's Day Walking Festival



The Ben Nevis Challenge takes place in August

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