



NEVER A DULL MOMENT

Compiled by
Roisin Finlay

September – it's almost like a mini New Year and a great time to get active, sign up to an event or find yourself the challenge of a lifetime. From the easy and fun to the incredibly challenging, we've compiled a serious list of events for your calendar.



Get listed!

If you'd like to have your outdoor or adventure event listed on these pages and in the Sunday Business Post magazine, email: editor@outsider.ie with EVENTS in the subject.



The Grassroots wakeboarding tour at Wakedock.

Grassroots tour – Wakedock 5 Sept 2015

Taking place on Grand Canal Dock in Dublin, this spectacular wakeboarding competition is for everyone – from rookie to pro. There are various categories to facilitate all standards. And if competing on the water just isn't for you, you could enter the video competition or just enjoy being a spectator. And don't forget to check out the after party which takes place at the Generator Hostel where the video competition winner will be announced. www.wakedock.ie

The Irish Leading League 5 & 26 Sept 2015, 14 Nov 2015

This is a new series of Mountaineering Ireland lead climbing competitions over three rounds. It's suitable for anyone competent at lead climbing, from relative novices to very experienced. Each comp will feature 10 routes of varying grades, from about 5b to 8a. All competitors can attempt all 10 routes. The rounds take place at Awesome Walls Dublin (5 September), Awesome Walls Cork (26 September) and Foyle Arena, Derry (14 November). www.mountaineering.ie

Surfdock Kids Club 5, 12, 19 & 26 Sept 2015

If you'd like to stretch the summer out that little bit more for your kids, check out Surfdock's Saturday Morning Club which runs every Saturday throughout September. Kids can windsurf, kayak, stand-up paddleboard and sail dinghies – all in the safe surroundings of Grand Canal Basin, Dublin 4. Surfdock has been teaching kids in the dock for more than 20 years and. These activities are suitable for all children and teens, with or without experience of water sports. www.surfdock.ie



Stretching out the summer at Surfdock's Kids Club.

Extreme Ireland Mountain Skills 1

5-6 Sept, 10-11 Oct 2015
7-8 Nov, 5-6 Dec 2015

If you love the idea of hill walking but your navigation skills aren't the best, a mountain skills course is a must. Mountain Skills I will give you a general introduction to hill walking in Ireland. You'll learn about map reading, mountain safety and hazards, equipment and navigation, so you'll be safely able to pursue hill walking as a hobby. Extreme Ireland's courses run from Laragh Village, Co Wicklow. www.extremeireland.ie

Wakedock Kids Club 6, 13, 20 & 27 Sept 2015

For kids and teenagers who want to learn to wakeboard or improve, Wakedock's Sunday morning Kids Club is ideal. Highly qualified instructors will teach your youngsters everything from getting up and riding on your board to gaining board control, riding switch, turning corners and more. Groups of up to eight children (8-13 year olds) will ride for two hours in Grand Canal Dock which is just five minutes from the city centre and in walking distance from the Grand Canal Dock DART station. www.wakedock.ie

Wee Binnian Walking Festival 11-13 Sept 2015

Taking in the Mournes, Slieve Gullion and the Cooley Mountains, this hiking festival offers an action-packed programme of nine guided mountain and lowland walks over varying distances and difficulties. Organised by the Newry-based Wee Binnian Walkers, which is known as the social club that walks, you can expect a lively après hike scene. www.weebinnians.com

Wee Binnian Walking Festival.



Giant's Causeway Coast Sportive.

Extreme Ireland Mountain Skills course.



Blacksod Triathlon.



Giant's Causeway Coast Sportive 12 Sept 2015

The Giant's Causeway Coast Sportive offers three route options for participants. The first route (57km) is for beginners and newcomers, and circles to and from Ballycastle. The second route (126km) includes a crazy climb up Torr Head Road. And the third route (182km), the Giant Killer, is the lengthiest ride of all.

www.giantscausewaycoastsportive.com

An Post Rebel Tour of Cork 12 Sept 2015

The An Post Rebel Tour of Cork returns to Glengarriff, Co Cork for the fourth year offering three options for all cyclists – 10km, 80km and 160km.

www.corkrebeltour.ie

Irish National MTB Marathon Championships 13 Sept 2015

Taking place once again at the fabulous trails of Rostrevor, Co Down, this race will consist of a mixture of trail centre trails, natural forest singletrack and open mountain trails and will cover two laps of a figure of eight course over a distance of 72km with a total of 1600m of elevation. There will be a main race for all the Championship categories plus Expert and Masters (30/40/50) categories consisting of the full race distance. An open 36km support race will also be run over one lap.

www.summitmountainbiking.com

Surf instructor course

From 14 September 2015

Taking place in Bundoran, Co Donegal, with reputed surf school Turf'n Surf, this surf instructor course runs over 10 weeks and will help you transform from a basic surfer to riding great waves. At the end of your 10 weeks training, you should be

ready to take the Irish Surfing Association Level 1 Surf Instructor exam.

www.turfnsurf.ie/surfingstructorcourse/

Comeraghs Wild Festival 17-20 Sept 2015

Explore the natural wild beauty and diversity of the Comeragh Mountains in Waterford and revel in walks and talks, traditional music, live theatre, adventure and so much. From plays being staged at 385m above sea level at the atmospheric Coumshingaun Lake to a 'Muddy Boots' hike which will test the mettle of the most experienced hikers and canyoning down the stunning Mahon Falls with Ardmore Adventures, this is a festival not to be missed. www.ComeraghsWild.com

Junior Paddlefest

18-20 Sept 2015

Taking place in Rathdrum, Co Wicklow, this year's Paddlefest will host a staggering 500 junior paddlers aged 10-18 on the water. The weekend offers junior paddlers the opportunity to seek instruction in their chosen kayaking discipline and also gives them the chance to try their hand at a host of other disciplines, including sprint, marathon, slalom, polo and lots more. While the event offers a fantastic opportunity to talent spot for future teams, the emphasis of the weekend is all about having fun.

www.juniorpaddlefest.com

Blacksod Point Triathlon

19 Sept 2015

Dubbed by many as the most challenging Olympic-distance triathlon in Ireland, Blacksod Point Tri in Co Mayo starts with a 1,500m sea swim in Blacksod Bay and is followed by a 43km bike ride. The bike course includes a challenging climb up Tarmon Hill before travelling along up the

spine of the peninsula to Belmullet Town. Finally the race finishes with a 10km all-terrain run across the dunes of Fal Mor. The Outsider crew took part in this race a few years ago and couldn't recommend it more! www.kilmorettriathlonclub.com

Extreme Ireland Mountain Skills 2

19-20 Sept, 24-25 Oct 2015
 15-16 Nov, 21-22 Dec 2015

This is a follow-up course to Mountain Skills 1 with Extreme Ireland. You will gain further in-depth knowledge of mountain hazards, emergency procedures, and weather conditions. There will also be an introduction to the compass and a focus on night navigation. You will also gain experience on steep/broken ground, emergency procedures and mountain rescue. These more advanced skills will increase your confidence in navigating the Irish countryside safely. You must complete Mountain Skills 1 first. www.extremeireland.ie

Glen of Aherlow Loop de Loop

19 Sept 2015

Taking place on the lovely trails in the Glen of Aherlow, Co Tipperary, this off-road running event offers three distances – half marathon, full marathon and ultra marathon. All competitors get a long sleeve tech tee and are invited to stay for a BBQ. www.imra.ie

Liffey Swim

19 Sept 2015

Now in it's 96th year, the Liffey Swim first took place in 1920 thanks to Bernard Fagan an engineer in Dublin Corporation who wanted to show the citizens the good quality of the water. While we can't voucher for water quality, we can say that this is a spectacular event running



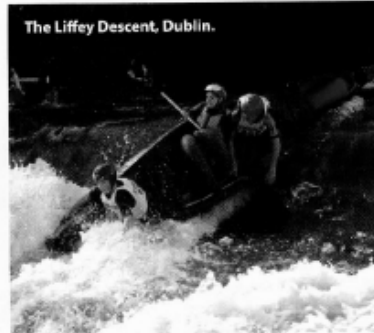
Clare Island Singles Weekend.



Granfondo West.



Bere Island Walking Weekends



The Liffey Descent, Dublin.



Killarney Adventure Race.
 (Photo: Valerie O'Sullivan)

from Rory O'Moore Bridge (Watling Street Bridge) beside the Guinness Brewery to Custom House. NB You must qualify to enter this race – but even if you can't take part, it's fantastic for spectators too.
www.leinsteropensea.ie/liffey-swim/

Clare Island LGBT Singles Weekend

25-27 Sept 2015

Designed to help active and outdoorsy LGBT people meet like-minded folk, this weekend offers activities like coastering, climbing and abseiling, and hiking, as well as a beach challenge. During the evenings, there will be set dancing and entertainment in the Sailor's Bar.
www.clareislandadventures.ie

Granfondo West

26 Sept 2015

Giving cyclists a taste of the very best of Clare, from the Burren to the coast, this event is aimed at individuals, cycling friends or groups of work colleagues. The main cycle is 140km and will have two controlled groups – average speed 25-28kmph and average speed 29-32kmph. Afterwards everyone can relax with massages, a celebratory BBQ and awards. Home base for this 140km cycling event is Trump International, Doonbeg.
www.granfondo.ie

Bere Island Walking Weekends

26-27 Sept 2015, 24-25 Oct 2015

Taking place on wonderful and wild Bere Island, Co Cork, these weekends are for all level of walker and will allow

you to explore this historic island, which was once a former WWI military base. Walkers will be provided with maps and suggested routes. Guided walks with a local historian will also be available on both days for a small charge.
www.bereisland.net

Liffey Descent

26 Sept 2015

This marathon paddling race first took place in 1959 and since then it has grown into one of the world's most famous and exciting canoeing events. As always participants will cover 28.2km, including 10 weirs (anyone for a swim?!) and one portage. The race kicks off at the K Club above Straffan Weir, Co Kildare, and finishes at Trinity Rowing Club in Islandbridge. Approximately one third of entries are in the true racing classes and the remaining places are taken up with 'fun' paddlers, many of whom don fancy dress for the occasion. This is a priceless event to take part in – or to watch. The Liffey Descent is supported by Great Outdoors. www.liffeydescent.com

Focus Ireland Kilimanjaro Challenge

27 Sept-6 Oct 2015

Kilimanjaro is not only Africa's highest point but the highest free-standing mountain in the world! Anyone can take on this climb once you have the determination and time to train for this challenge. This 11-day itinerary in aid of Focus Ireland includes seven days of trekking through rainforest and

snowcapped mountains. Focus will also run trips from 6 Oct and 18 Oct 2015.
www.focusireland.ie

Nature and Sports Euro'Meet

30 Sept-2 Oct 2015

This a major conference aiming to increase the visibility of outdoor sports in Europe. It also aims to raise the profile of outdoor sports within the Sport Unit of the European Commission and to demonstrate that outdoor sports are hugely important to European citizens. The event takes place in Newcastle, Northern Ireland. www.nature-sports.eu

The Why Not? Adventure Film Festival

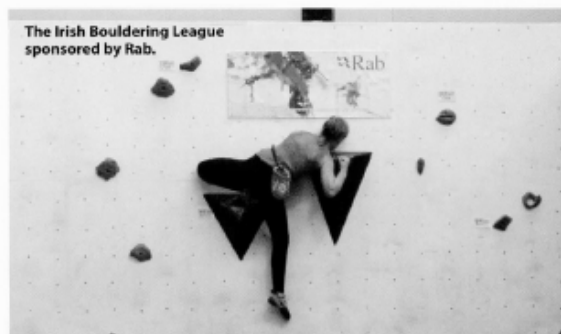
Oct & Nov 2015

Featuring base-jumping, kayaking, surfing – you name it – this is a fantastic film festival for adventure lovers. Or for those who make adventure films. The film tour takes place in Castlebar (8 Oct), Galway (10 Oct), Sligo (17 Oct), Dublin (tbc Oct), and Cork (7 Nov). Active Connect, a not-for-profit company which offers adventure therapy programmes, is the charity partner for the Cork event. The event is also supported by Landon Carver. www.whynotadventurefilmfestival.com

Killarney Adventure Race

3 Oct 2015

Some 2,500 adventurers will flock to Ireland's adventure capital for this event which was voted the best Outdoor Event at the Outsider Awards 2014. And this year promises to be even better. Test



yourself by running, cycling and kayaking in the rugged and breathtaking landscapes of Killarney National Park. Now in its fifth year, the race continues to attract Ireland's top endurance athletes and competitors from around the world. But you don't have to be hardcore to take part. To accommodate all fitness levels, the event now has five distances – a 27km Sport route, 48km Dual route (no kayak), 50km Semi Pro route, 60km Pro route and the 70km Expert route. After the race, enjoy the festival-like atmosphere, music, food, kid's adventure race and after-party. www.killarneyadventurerace.com

FEARmanagh and FEARless Adventure Races

3 October 2015

Fermanagh Endurance Adventure Race, or FEAR as this race is better known, aims to push endurance athletes to their limits. There are two routes to choose from – 35km and 74km. Both events will see you weaving through some of west Fermanagh's most dramatic and remote scenery, including the stunning Magho Cliffs and the rugged Big Dog Forest. The races are organised by Fermanagh District Council in partnership with seven of Fermanagh's Emergency Services and both involve cycling, running and kayaking. www.fermanagh.gov.uk

Talk: Camino top picks

6 Oct 2015

If you've ever wanted to hike a section of the Camino but can't decide when you want to go and which route to take, head along to this talk to find out about the best festivals, the most scenic routes and much more. Courtesy of Caminoways.com, this talk takes place in 53 Degrees North, Carrickmines, at 7pm sharp. It's free but you need to book your seat.

www.caminoways.com

The Irish Bouldering League

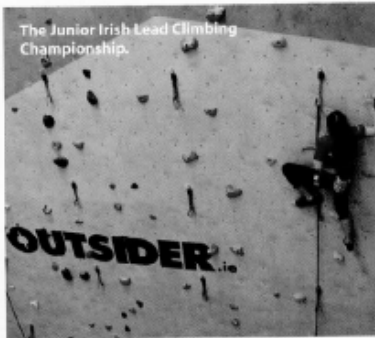
10 Oct, 5 Dec 2015

16 Jan & 13 Feb 2016

This bouldering league is a fun, grassroots competition which takes place over four rounds at four locations – 10 Oct (BoulderWorld Belfast), 5 Dec (Awesome Walls Cork), 16 Jan



Mini Muckers, Kildare.



The Junior Irish Lead Climbing Championship.



SCAR adventure race.



Jungle NI Zombie Run.



Runamuck, Kildare.

(The Wall, Sandyford, Dublin) and 13 Feb (Gravity Climbing Centre, Dublin). The competition is for climbers of almost all ability and features 25 boulder problems per round with competitors attempting each one. And there are some great prizes too thanks to sponsors Rab and www.climbing.ie. www.mountaineering.ie

Mini Muckers

10 Oct 2015

Mud runs have been all the rage for adults over the last while but what about the kids? Enter Mini Muckers! Taking place in Mondello Park, Co Kildare, this challenging but fun event is for kids from 7 to 15 and offers 15+ obstacles over a 2km stretch. By the end, they'll be covered in muck but have huge grins on their faces. www.minimuckers.ie

Jungle NI Zombie Run

11 Oct 2015

This is a 5km event which challenges participants to complete a daring 5K obstacle trail run while being chased by blood-thirsty, running Zombies. Each runner starts with THREE lives (represented by flags worn about the waist) with Zombies on their tails trying to steal them. So when the starting gunshot rings, be prepared to run for our life! www.thejungleni.com

Sportiva product demo

14 October 2015

Britain's best-known climbing coach has channelled 20 years of experience into these structured sessions, which help

intermediate climbers to improve fast. The classes are best suited to anyone who is climbing between F5+ and F6c (V2 - V4). The event will be hosted by Awesome Walls Dublin and supported by Great Outdoors Dublin. www.awesomewalls.ie

The Junior Irish Lead Climbing Championship

17 Oct 2015

Taking place at Awesome Walls Dublin, this is a one-day lead climbing competition for young climbers. The competition entails two qualifying rounds and one final route for each competition category – Junior Male, born 1996 & 1997; Junior Female, born 1996 & 1997; Youth A Male, born 1998 & 1999; Youth A Female, born 1998 & 1999; Youth B Male, born 2000 & 2001; Youth B Female, born 2000 & 2001; Youth C Male, born 2002 & 2003; Youth C Female, born 2002 & 2003. www.mountaineering.ie

Skibbereen Charity Adventure Race (SCAR)

17 Oct 2015

SCAR offers Taster, Sport and Expert options, ranging from an entry-level 17km to a thigh-busting 76km. This event involves running, cycling and kayaking, in the Sport and Expert categories. The route traces stunning coastal scenery, hugging the sea from Skibbereen to stunning Liss Ard House. The kayaking takes place on Lough Hyne, near Baltimore. This race gives 100% of proceeds to chosen charities. www.thescar.ie

Runamuck

17 Oct 2015

If you fancy getting very wet and very mucky, this cross-country event is for you. Taking place near Johnstown Bridge, Co Kildare, you'll tackle various manmade and natural obstacles, including bale jumps, net scrambles, Tarzan swings, ladder bridges, ditches, streams, tyres and tunnels designed to test your mental and physical strength. www.runamuckchallenge.com

TurfnSurf surf & fancy dress weekend!

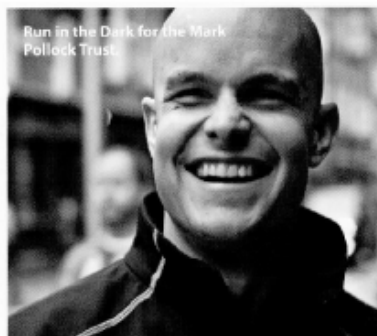
23-26 Oct 2015

So you want to go away for Halloween but you don't to miss out on the craic dressing up? Then check out TurfnSurf's long weekend special. You'll be transported from Dublin to Bundoran, Co Donegal, for three nights B&B as well as a choice of three activities from surfing, sea-kayaking and blo-karting. And on Saturday night you can party the night away at their fancy dress event which will even have some free drinks! It's all for the bargain price of €139 (standard room) / €164 (private room). www.turnsurfours.com

Neil Gresham Masterclasses & La Blockstock

25-26 Oct 2015

Hosted by Awesome Walls Dublin and supported by Great Outdoors Dublin, Ireland's first two-day climbing festival will combine the best of indoor and outdoor bouldering. On Saturday, an open entry boulder comp will take



Run in the Dark for the Mark Pollock Trust



Martinhal Yoga & Wellness Retreat.



Martinhal Pro Bike Week.



Surf Summit.
(Photo: Christian McLeod)

place at Awesome Walls Dublin and on Sunday Ireland's first outdoor bouldering competition will take place in Glendalough, Co Wicklow. This festival will also feature a women's bouldering clinic with Mina Leslie-Wujastyk, the Irish premier of 'Project Mina' Jen Randall's new film and equipment demos by BlackDiamond and many more!
www.awesomewalls.ie

Martinhal Pro Bike Week 1-8 Nov 2015

This is a cycling holiday with a difference. Designed to develop and improve your riding capabilities, you'll get to ride with former Belgian champ Jens De Busschere and Belgium pro cyclist, Jürgen Roelandts, both from team Lotto Belisol. The full package includes five road bike tours (three full days and two half days) with the pros between 60-120km, a Strava Challenge Day, a bicycle fitness test with training advice. You'll also have complimentary access to the Jacuzzi, steam room, sauna and indoor/outdoor heated pool. And if you want to bring your family or your non-cycling partner, they'll be well catered for too at this excellent Portuguese resort which offers complimentary kids clubs (6 months to 8 years), yoga, fitness etc. You'll stay in the Martinhal Sagres Beach Family Resort Hotel, located near the historic town of Sagres on the unspoiled western Algarve and surrounded by the Costa Vicentina Natural Park and beside Martinhal beach.
www.martinhal.com

Surf Summit 6-8 Nov 2015

Surf Summit takes place directly after Web Summit and will bring entrepreneurs, tech enthusiasts, athletes and adventurers to Sligo, in the heart of the Wild Atlantic Way. Over the course of three action-packed days they will experience the beautiful west coast of Ireland, forge friendships and learn from the world's leading entrepreneurs, surfers and thought leaders. The attendees will have a fully curated weekend of outdoor activities, networking, dinners, social events and talks from those at the intersection of adventure sports and technology.
www.websummit.net/surf-summit

Run in the Dark 11 Nov 2015

Dublin, Cork, Belfast, London, Manchester, Sydney, New York Washington DC, Frankfurt, Edinburgh and Boston. These are the locations where this year's Run in the Dark will take place. You can walk or run either 5km or 10km and raise funds for the Mark Pollock Trust, which aims to find a cure for spinal cord injuries. Pollock lost his sight suddenly 13 years ago and then suffered further tragedy in 2010 when he fell from a second story window and suffered a spinal. Pollock refuses to be defeated however and is now exploring the frontiers of recovery from spinal injury. To learn more about Pollock's aggressive physical therapy and robotic technology, visit: markpollocktrust.org.
www.runinthedark.org

Sagres Triathlon – Portuguese National Cup

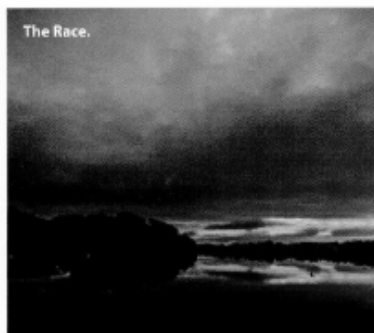
14 Nov 2015
 Triathlon season may be over in Ireland but if you're on for one last hurrah, check out this event in Sagres, Portugal. With a truly breathtaking race setting, taking in dramatic cliffs, stunning national parks and some of Portugal's most historic landmarks, this is an event to remember. And if you're not up for the full Olympic distance, there's a sprint race on offer too.
www.algarvetriathlons.com

Glen of Imaal Moonlight Challenge 21 Nov 2015

Beginning in the afternoon, walking through the evening into the moonlit magnificence of the mountains – cloud willing – this 27km night hike or run follows a new route from Glenmalur in 2015 which promises to be just as spectacular as for previous events. You'll be fully supported by the members and friends of the Glen of Imaal Mountain Rescue Team as you travel and you can also expect great food and entertainment at the finish. This is a fundraising event for the fantastic Glen of Imaal Mountain Rescue team. Camping at Glenmalur can be arranged. www.moonlightchallenge.com

Martinhal Yoga & Wellness Retreat 22-29 Nov 2015

The major theme of this yoga retreat will be 'fearlessness'. Do you truly live your life free of fear, guilt, constrictions,



self-made limitations and inner dogmas? Or is fear holding you back? This retreat will help you step into your true power, your true essence that is light, love and peace! In addition to yoga there will be special workshops with a Chinese medicine practitioner and a raw food chef and nutritionist. The retreat takes place in Martinhal Sagres Beach Family Resort Hotel on the unspoiled western Algarve and surrounded by the Costa Vicentina Natural Park and beside Martinhal beach. You'll have access to the Jacuzzi, steam room, sauna and indoor/outdoor heated pool. www.martinhal.com

Self Help Africa: Great Ethiopian Run 22-28 Nov 2015

One of the most amazing 10km events in the world, this run takes place at 10,000 feet above sea level in the historic city of Addis Ababa and attracts runners of all fitness levels from all over the world. Self Help Africa will travel with a group of participants who will not only get to take part in this famous run, they will also spend a week in Addis and see the work that Self Help Africa does with the funds you raise. www.selfhelpafrica.org/ie

Run the Line 28 Nov 2015

Aimed at both the seasoned hill-runner and those runners who want to give the hills a try, Run The Line offers two route choices. Take your pick from an 11km or 26km course but with either you can be sure that there will be plenty of climbs

and varied surfaces as you move through the Dublin Mountains. This event which starts out from Lamb Doyle's Pub in Sandyford is a fundraising event for the much deserving Dublin Wicklow Mountain Rescue Team. www.runtheline.ie

Clonakilty Waterfront marathon 5 December 2015

With ultra, full, half and mini-marathon options, there's no excuse not to take part in this event. The race will leave Clonakilty and head towards Inchydoney before returning to town. Each of the courses will take in the stunning coastal scenery and is challenging enough to remind even the most experienced distance runner that the scenery is not the only breathtaking element! www.runcdon.ie

Martinhal MTB Week 6-13 December 2015

When it gets muddy and cold in Ireland and you long for a warm off-road spin, check out this mountain biking break in Portugal's Algarve. Martinhal Sagres Beach Family Resort Hotel surrounded by the Costa Vicentina Natural Park so is ideal for mountain biking. Having joined forces with Algarve-Cycling-Holidays, you'll have access to high-quality BH and Kona bikes for your off-road adventures. And if you're not worn out after all that cycling, the resort has tons more to offer, from surfing to horse riding. www.martinhal.com

The Race 5-6 March 2016

This is a 250km unsupported endurance

event over 24 hours across the rugged landscape of North West Donegal. One of Ireland's most epic multi-sport events it starts and finishes at Garton OETC. Competitors must complete 15km of kayaking, 166km of cycling, 5km of mountain running and 64km of road and trail running over this 24 hour test of endurance. Northwest Donegal has been specially chosen for its perfect blend of beauty and more importantly, difficulty. The Race, which fills up extremely early every year, is supported by Jack Wolfskin. www.therace.ie

Quest Killarney 19 March 2016

Formerly known as the Patrick's Day Killarney Adventure Race, Quest Killarney is the first of a series of Quest races to take place in 2016. Whether you're a hardened grizzly or a weekend warrior, there's a distance for you. Choose from Sport (25km), (Pro 50km) and for those who want an extreme test of endurance a 60-70km Expert route. Quest events will also take place in Glendalough, Wicklow, on 23 April 2016, Achill, Co Mayo, on 3 Sept 2016 and once again in Killarney on 1 Oct 2016. The Achill and Glendalough events will be run in collaboration with Paul Mahon of Outfront Events. Three international events will also be part of the Quest Adventure Series in Austria, the UK and the Middle East. www.questadventureseries.com or [#Quest4Adventure](https://twitter.com/Quest4Adventure)