



# NEVER A DULL MOMENT

Delivered to you by:



## Never a dull moment

The evenings are finally stretching, the mornings are bright and spring is attempting to peep her lovely head out. If your New Year's resolutions took a bit of a battering in January and February why not renew your vows to yourself to get fit or just get out and about enjoying our wonderful environment. Here is a whopper of a list of events to take your pick from. So no excuses!!

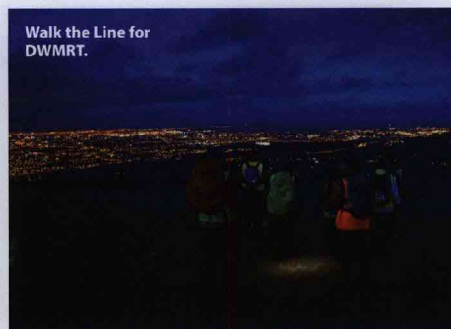
Compiled by Mary Finlay



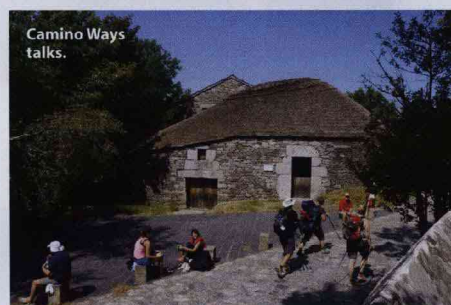
## Get listed!

If you'd like to have your outdoor or adventure event listed on these pages, email: [editor@outsider.ie](mailto:editor@outsider.ie) with EVENTS in the subject.

Walk the Line for DWMRT.



Camino Ways talks.



## Walk the Line

12 March 2016

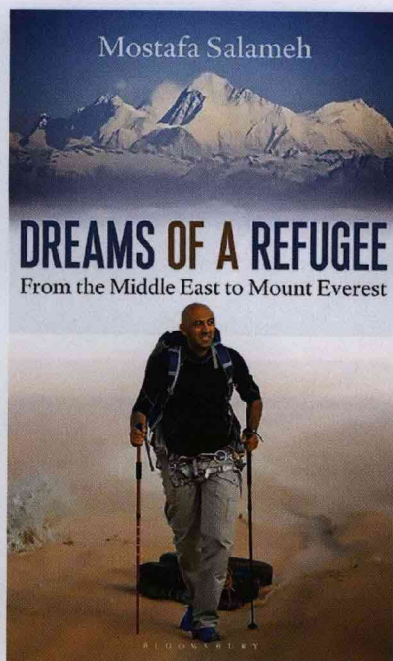
This fundraising event for Dublin Wicklow Mountain Rescue Team sees participants hiking from dusk into the dark. There are two routes - the 28km route travels from Stepside to the historical Hell Fire Club and back. The shorter 14km challenge will end at the Hell Fire Club and a shuttle bus brings participants back to Stepside and welcome refreshment in Lamb Doyle's bar. Guides are available if you need them. [www.walktheline.ie](http://www.walktheline.ie)

## Camino Ways talks 2016

15 March, 14 April, 3 May, 10 May, 17 May, 25 July, 1 Sept 2016

Back by popular demand, these talks cater to people based in Ireland who are keen to hike the Camino de Santiago, or a section of it, during 2016. The information evenings will cover the most popular routes, best dates to travel, the history of the pilgrimage and what to bring with you. The talks run in Dublin, Cork, Galway, Sligo and Mayo as follows: Best Camino routes, Basecamp Dublin, 15 March & Outback Jacks Galway, 14 April; French Way and more Caminos, 53 Degrees North Cork, 3 May, 53 Degrees North Carrickmines, 10 May & 53 Degrees North Blanchardstown, 17 May; Special Saint James Day event, [CaminoWays.com](http://CaminoWays.com), Blackpitts, Dublin, 25 July and All you need to know about the Camino, 53 Degrees North Carrickmines, 1 September. The talks are free but spaces are limited so make sure you register. [www.caminoways.com](http://www.caminoways.com)





### Mostafa Salameh – book launch and talk

16 March 2016

'Dreams of a Refugee' tells Mostafa Salameh's amazing story. The man who has climbed the world's seven highest summits and trekked to both poles was born in Kuwait to Palestinian refugee parents. A chance meeting led Mostafa first to the UK, where he partied to excess, despite having little money. But his life was transformed when he was inspired to follow his vision and climb Everest. Mostafa, who is now based in Ireland, is now an activist working to turn Arab youth away from radicalisation. Through climbing, he has also raised huge money for charity. This talk takes place in Basecamp, Dublin 1 at 7pm. [www.basecamp.ie](http://www.basecamp.ie)

### Croagh Patrick Heritage Trail Festival

18-20 March 2016

This festival offers three days of guided walks, ranging from moderate to hard, on the Croagh Patrick Heritage Trail. This is a chance to experience Mayo's wild and mysterious landscape. [www.croaghpatrickheritagetrail.com](http://www.croaghpatrickheritagetrail.com)

### St Patrick's Quest Killarney

19 March 2016

This one-day multi-sport adventure race takes place in Killarney National Park, along the Kerry Way and the sublime Black Valley. With 55km or 33km routes to choose from it is suitable for all levels of fitness. This race gives competitors the

chance to run, hike, cycle and kayak some of the most dramatic and remote scenery in the world.

[www.questkillarney.com](http://www.questkillarney.com)

### Biking Blitz

20 March 2016

This is the mountain bike race series with something for everyone – from juniors to adults to hard-core bikers! The final Blitz of the season takes place in Ticknock, Dublin, and offers two distances – 14km and 28km. There are two categories too. Choose from Baggy Shorts or Super PRO. [www.bikingblitz.ie](http://www.bikingblitz.ie)

### TurfnSurf Easter Weekend and Chocolate Party

25-28 March 2016

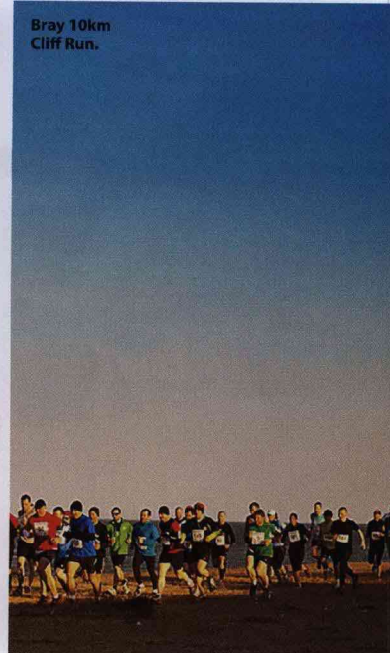
With transport from Dublin to Bundoran, Co Donegal, this weekend with TurfnSurf includes accommodation and three activities; surfing, sea-kayaking and blokarting (land sailing). You will also enjoy a chocolate party at the lodge on Saturday. Prices start at €139. [www.turfnsurftours.com](http://www.turfnsurftours.com)

### Bray 10km Cliff Run

2 April 2016

This 10km run takes competitors from Greystones to Bray in Co Wicklow on a spring evening with stunning views over Dublin Bay. This is no ordinary trail run and the varied terrain of cliff paths, beach and promenade will keep you challenged. Finish the evening with live music, food and dancing at the free event after-party! [www.gaelforceevents.com](http://www.gaelforceevents.com)

Bray 10km  
Cliff Run.



### Extreme Ireland Mountain Skills 1

2-3 April, 7-8 May 2016

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 1 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](http://www.extremeireland.ie)

### Turf N Surf west coast surf day trips

3, 10, 17, 24 April, 1, 8, 15, 22, 29 May, 5, 12, 19 & 26 June 2016

The surf trips run every Sunday from Dublin to Bundoran throughout April, May and June. You'll be picked up from Isaacs Hostel, Dublin 1, at 7:30am sharp and whisked to the waves for a surf lesson. All gear will be provided. And if you don't need a lesson, you can just use the gear and surf with your mates. You'll then be dropped back to Dublin at 8pm approx. All for the bargain price of €59! [www.turfnsurftours.com](http://www.turfnsurftours.com)

### Extreme Ireland Mountain Skills 2

16-17 April, 21-22 May 2016

This is a follow-up course to Mountain Skills 1 with Extreme Ireland. You'll gain more in-depth knowledge of mountain hazards, emergency procedures and weather. There will also be an





Events

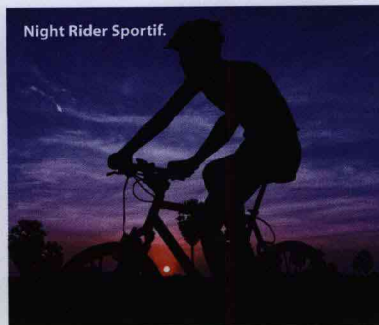
Extreme Ireland Mountain Skills courses.



Canoeing Ireland Club Championships.



Night Rider Sportif.



Cork WAR Adventure Race.



introduction to the compass and night navigation as well as 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](http://www.extremeireland.ie)

### Active Connections Climb for Change.

15 April 2016

This Climb-athon is open to anyone who would like to attempt to scale the combined height of K2. Taking place at the Mardyke Sports Arena in UCC, the Climb-athon is a fundraiser for Active Connections, Ireland's leading adventure therapy provider which aims to change lives through adventure. [www.activeconnections.ie](http://www.activeconnections.ie)

### Cork WAR Adventure Race

16 April 2016

Cork's Waterfront Adventure Race (WAR) is a brand new event taking place in and around Cork City and taking in the second biggest natural harbour in the world. This race is a mixed sport adventure race encompassing cycling, running, kayaking, adventure trails, underground tunnels, historic forts and a few other surprises for good measure! There are two distances to choose from – Sport (43km) and Elite (70km). At the finish line, you'll be treated to live music, changing facilities, hot food and well-deserved cold drinks. Then later, everyone's invited to the post race party

which will continue on into the early hours. [www.corkwar.ie](http://www.corkwar.ie)

### Climb4Concern: Ireland's 4 Peaks

16 April, 21 May, 9 July, 11 Sept 2016

If you've ever fancied climbing one or all of Ireland's four highest peaks and you'd like a guide, here's your chance. Concern will lead groups up Mweelrea (April), Lugnaquilla (May), Carrauntoohil (July) and Slieve Donard (September). You can expect stunning views, an encouraging group and a great sense of achievement. [www.ShowYourConcern.net](http://www.ShowYourConcern.net)

### Canoeing Ireland Club Championships

16-17 April 2016

Whether you're a novice paddler or the king of kayaking, the place to be this April is Cloondara, Co Longford. More than 400 competitors from all over the country will go head to head in seven disciplines for Canoeing Ireland's Club Championships. The event will also see taster sessions for novices. [www.canoe.ie](http://www.canoe.ie)

### Weekend Salmon Fishing Course

22-24 April 2016

If you've ever wanted to learn how to salmon fish, this is your chance. You'll stay for two nights at wonderful Aasleagh Lodge, a restored 19th century Victorian country house overlooking Killary Harbour and will fish on the River Erriff. Quality instruction will be provided by Jason O'Riordan and Ken Whelan who will explain and demonstrate salmon behaviour throughout the season, fishing

tackle and fly/lure selection, correct casts for fishing situations, spinning tackle and correct lure choice, fishing techniques and fish location.

[bookings@delphiresort.com/](mailto:bookings@delphiresort.com)  
[www.delphiresort.com](http://www.delphiresort.com)

### Night Rider Sportif

23 April 2016

This is a sportif with a big beautiful difference. Starting from Killary Adventure Centre in Leenane you'll set off at sunset and ride into the darkness to enjoy the nighttime quiet of gorgeous Connermara. The event takes place on a full moon night so with a bit of luck its light and the stars will help guide your way. Choose from two distances – 60km or 100km. Both will bring you through the Inagh valley to Clifden and back to Killary along different routes. Refreshment stops will be provided along the way. The route is entirely on sealed roads. [www.gaelforceevents.com](http://www.gaelforceevents.com)

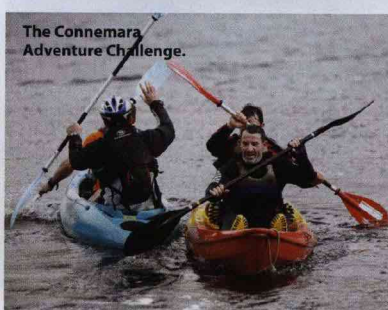
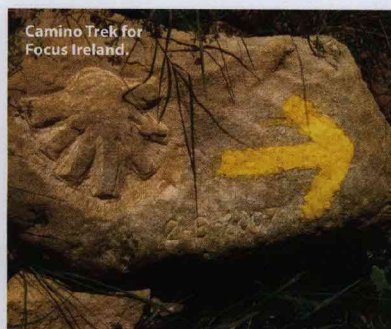
### Quest Glendalough Wicklow

23 April 2016

The Quest Glendalough Team has put together routes that are both challenging and inspiring, with rugged landscape and breathtaking scenery, for this Co Wicklow event. There are three different routes options to suit all levels of fitness – 57km Expert, 41km Sport and 19km Mini. Each will see participants running, cycling and kayaking across the staggering scenery of the Wicklow Mountains and national park.

[www.questglendalough.com](http://www.questglendalough.com)





### Camino Trek for Focus Ireland

23-30 April 2016

Fight the good fight for Focus Ireland this April and embark on a spiritual and physical journey as you tackle a section of the Camino de Santiago. This trek will see you follow 133km along the less-travelled Portuguese Coastal Way from Oia to Santiago. When you reach Santiago you'll enjoy a celebratory dinner. The cost of the trip is €2,000 with €1120 going directly to Focus Ireland. [events@focusireland.ie/](mailto:events@focusireland.ie) [www.focusireland.ie](http://www.focusireland.ie)

### Leenane Walking Festival

April 29-1 May

This festival on the edge of Killary Harbour in Connemara is about more than just walking. Choose from walks focussed on geology and archaeology (with Michael Gibbons) or let local farmers guide you, sharing their vast knowledge, folklore and history of the land. There are walks to suit all levels. [www.leenanevillage.com](http://www.leenanevillage.com)

### The Clare Island Adventure Race

30 April 2016

Taking place on gorgeous Clare Island, Co Mayo, this event will appeal to both experienced and novice adventure racers with two distances available - 24km and 15km. The 24km race includes a challenging 5km climb up Knockmore. Both races finish with a beach obstacle course plus the option to walk the plank and jump in the sea! And don't be in a hurry to leave this lovely island. Why not stay and enjoy the after party

with live music at the Sailor's Bar. [www.clareislandadventures.ie](http://www.clareislandadventures.ie)

### TEAR 24-hour Adventure Race

30 April-1 May 2016

Taking place in Lacken, Co Wicklow, this race sees same sex or mixed teams of two tackle an unmarked course which is made up of five stages, including a two-hour sleep zone with shelter. Disciplines include kayaking, mountain biking, trekking/hill running, orienteering and a ropes section. [www.totalexperience.ie](http://www.totalexperience.ie)

### Great Limerick Run for Focus Ireland

1 May 2016

Focus Ireland is an official charity partner for the 2016 Barringtons Hospital Great Limerick Run. There is a race to suit all levels so it's a chance to reach your goal while raising vital funds and awareness for families and children that are homeless or at risk of homelessness. Choose from a full marathon (sponsorship target: €500), half marathon (target: €250), six-mile race (target: €125), or relay marathon (target: €1,000). [events@focusireland.ie](mailto:events@focusireland.ie) [www.focusireland.ie](http://www.focusireland.ie)

### Connemara Adventure Challenge and Adventure Duathlon

7 May 2016

This 32.5km race involves trail running, cycling and kayaking and is a perfect introductory race for those new to adventure racing or a training race for the more elite athlete. And if you really

don't fancy moving off solid land, in 2016, Gaelforce has added a 29km duathlon option which drops the kayak section.

Both events are followed by a free after-party, so why not make a weekend of it! [www.gaelforceevents.com](http://www.gaelforceevents.com)

### Mini Muckers

7 May 2016

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](http://www.minimuckers.ie)

### Wings for life World Run

8 May 2016

More than 5,000 runners will set off at noon from Dun Laoghaire, Co Dublin, to simultaneously compete against 200,000+ global runners across six continents in the world's largest running race. Participants will run south where they will eventually find themselves amongst the beautiful scenery of the Wicklow Mountains. The Wings for Life Foundation is dedicated to finding a cure for spinal cord injury. [www.wingsforlifeworldrun.com/en](http://www.wingsforlifeworldrun.com/en)

### Irish Underwater Council dive and snorkel rallies

13-15 May, 24-26 June, 15-17 July, 13 & 27 Aug 2016

These dive rallies are a brilliant





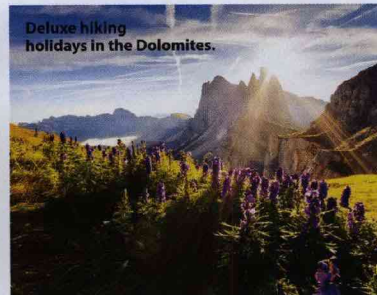
# Events



Wings for life  
World Run



The Emerald  
Enduro.



Deluxe hiking  
holidays in the Dolomites.



The 26 Extreme Coast to  
Coast Multisport Race.



Singles Hillwalking Tour -  
Austria.



Clare Island Singles Weekend. (Photo:  
John Mee)

opportunity to get together with other divers and explore an underwater part of Ireland that you may not have yet visited. Not a member of the IUC? No problem. If you have a diving qualification then you are welcome to join the dive rallies and you need no official qualifications to join the snorkel rallies (you just need to be confident in the water). These events are all about getting the chance to experience what being part of Ireland's largest diving community is all about. They take place in the following locations: South West Dive Rally, Cahersiveen, Co Kerry (13-15 May), Northern Dive Rally, Killybegs, Co Donegal (24-26 June), South East Dive Rally, Hook Head, Wexford (15-17 July), Midlands Snorkel Rally, Clondra, Co Longford (13 August) and North West Leitrim Snorkel rally (27 August). [info@diving.ie](mailto:info@diving.ie) / [www.diving.ie](http://www.diving.ie)

## Enduro World Series Round 3

13-15 May 2016

Presented by Biking.ie, this event will return to Carrick Mountain in Wicklow for the third round of the 2016 Enduro World Series. The best bike riders in the world will complete seven timed technical downhill stages. The rider with the fastest combined stage times on the day shall be crowned the winner. Expect big crowds and big atmosphere!

[www.emeraldenduro.com](http://www.emeraldenduro.com)

## Women With Altitude 2016

13-15 May 2016

This Mountaineering Ireland initiative aims to encourage women to take on

greater challenges in mountaineering, be they personal challenges, technical or leadership challenges. Organised by an all-female team of Mountaineering Ireland members, it is hosted in association with Gartán Outdoor Education Centre, Co Donegal.

[www.mountaineering.ie](http://www.mountaineering.ie)

## 26 Extreme Coast 2 Coast Multisport Race

14-15 May 2016

This epic non-stop, two-day race will see competitors traverse Ireland from coast to coast as they travel 300km+ from Enniscrone in Sligo to Newcastle, Co Down. Travelling by foot, kayak and bike, in darkness and in light, they will pass through stunning unspoilt rural locations, quaint villages and along the Shannon-erne Waterway, one of the most famous waterways in Ireland. There are two choices in this race – a two-day option or a non-stop option. [www.26extreme.com](http://www.26extreme.com)

## 26 Extreme Coast 2 Coast Cycle Sportive

14-15 May 2016

Brand new for 2016, this two-day event will see cyclists travel from Enniscrone, Sligo, to Newcastle, Co Down, taking in some stunning vistas through Sligo, Leitrim, Fermanagh, Armagh, and the epic undulations of Co Down's Mourne Mountains. Designed to be a challenge for all types of cyclist, this event will be a partner event to the legendary Coast 2 Coast Multi Sport race. It is fully supported with feed stations, luggage

transfer and chip timing.

[www.26extreme.com](http://www.26extreme.com)

## Singles Hillwalking Tour – Austria

12 June 2016

If you love the idea of a hiking holiday but are unsure how you might head off solo, then check out this fantastic singles walking holiday to gorgeous Tirol in Austria. The trip includes five hikes with a guide, ranging from easy to moderate and through varying but stunning landscapes. The trip costs just €659 (no nasty single supplements!) and includes your guide, return flights, transfers, a half day excursion, a 'Tyrolean evening', and accommodation for seven nights (half board) in a typical cosy and homely Tyrolean hotel. There is limited availability left on this trip so if you're keen, book soon. The October trip is now full. 01 2401753 / [www.topflight.ie](http://www.topflight.ie)

## Clare Island Singles Weekend

17-19 June 2016

Designed to help active and outdoorsy people meet like-minded folk, this weekend offers activities like coasteering, 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](http://www.clareislandadventures.ie)

## Deluxe Hiking Holiday – Madonna di Campiglio

18 June, 23 July, 10 Sept 2016

Located in Italy's Dolomite Mountains,





Madonna di Campiglio is one of the most beautiful destinations for walkers. This deluxe holiday will allow you to explore scenic mountain trails and spectacular landscapes. You will be based in the luxurious 4-star Superior Hotel Cristal Palace, a beautiful Alpine hotel with an indoor heated pool and a gorgeous spa to soothe your weary body. The trip costs €849 and includes return flights from Dublin, transfers, seven nights half board, a free six-day Dolomeet Card/lift pass (worth up to €85 and covering local transport and some activities for kids/families), five local guided hikes with two private guides for groups of up to 40 people. **01-2401753/www.topflight.ie**

#### **Tour de Burren**

18 June 2016

With four routes – 10km family route, 60km, 100km and 160km – this event in Co Clare is a must-do for any leisure cyclist. Now in its 14th year, the event is famous for scenic routes, great atmosphere and locally sourced food! **www.tourdeburren.com**

#### **Trekking Holiday in the Dolomites**

25 June, 27 Aug, 3 Sept 2016

Known as the 'Pale Mountains', the Dolomites in Italy are famous for their white rocks which glow pink and purple at dawn and dusk. Dotted throughout these mountains are gorgeous little 'refugio' or mountain huts for hikers and climbers. If that sounds tempting, check out this seven-night Dolomiti experience which sees participants test their physical strength and endurance as they trek from Fuciadà all the way to Costalunga. Another highlight of this trek is that you will get to see the sights of some of the famous WWI battles in this the centenary year of 'The Great War'. You'll spend five nights in refugios and two in hotels on a half board basis. Return flights from Dublin, transfers, and a lift pass are included in the price (from €799pps). **01-2401753/www.topflight.ie**

#### **Delphi Resort Multi Activity & Teen Building Camps**

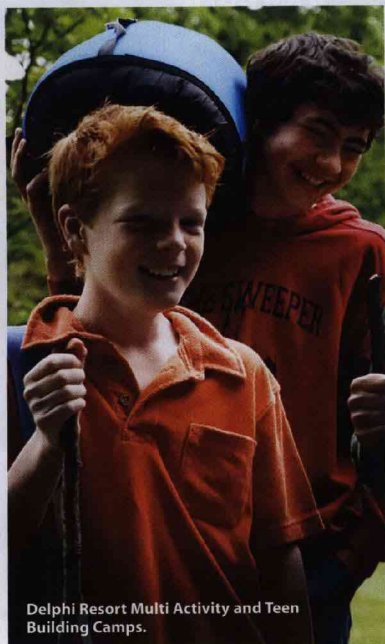
3 July-14 Aug 2016

Choose from Multi-Activity or Teen Building Camps or summer and your kids will enjoy everything from zip-lining and climbing

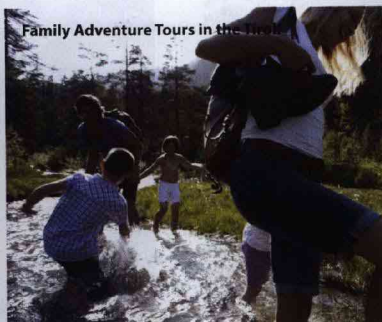




Events



Delphi Resort Multi Activity and Teen Building Camps.



Family Adventure Tours in the Tirol



Climb Mt Triglav in Slovenia.



to kayaking and hiking. These camps are all-inclusive, so your kids will be fed and watered three times a day and given all the safety equipment they need. There are more than 20 outdoor activities on offer at the camps and include a range of land and water activities. The Multi-Activity camps are suitable for ages 8+, while the brand new teen building camps are tailored for ages 12+ and will include one overnight expedition, as well as personal development and life skills training.

[www.delphiresort.com](http://www.delphiresort.com)

### Family Adventure Tours in the Tirol

3, 17, 31 July 2016

The Austrian alps are a fantastic destination for an adventurous family summer holiday. This seven-night trip to Ehrwald with Topflight includes guided hikes, a cable car ride to the Zugspitze Glacier, summer tobogganing, daily access to the open-air pool and much more. There is even an optional excursion to Legoland. You'll stay Hotel Sonnenburg (half board), which is perfect for families and groups, and has a wonderfully picturesque setting, with a dramatic glacier backdrop. For adults, the trip costs €729pps and children under 15 travel for as little as €365. This includes return flights from Dublin. 01-2401753/ [www.topflight.ie](http://www.topflight.ie)

### Slovenia Adventure

22-27 Aug 2016

This six-day trip to gorgeous Slovenia

will be jam-packed with adventure.

You'll climb Mt Triglav and kayak on Lake Bohinj. A visit to Slovenia's lovely capital Ljubljana is also on the cards and there will be a chance to explore Lake Bled. The cost (excluding flights) is €699.

[www.extremeireland.ie](http://www.extremeireland.ie)

### The Clare Island Adventure Festival

30 July-1 Aug 2016

This festival offers multiple fun activities, including the Clew Bay Raft Building Championship on Sunday where towns, villages, islands, families, businesses, and sporting organisations pit themselves against one another in this oh so serious competition. Once built the rafts must be raced around the bay so the day promises to be a barrel of laughs. There will be lots of other activities on offer too.

[www.clareislandadventures.ie](http://www.clareislandadventures.ie)

### Clare Island Beach-Based Summer Camp

11-15 Aug 2016

We can't imagine a more fun way to spend the days of August than on the beach on Clare Island. This camp is open to kids (8+) who can attend the full week or even just one or two days. Activities (12pm-2pm) range from volleyball to kayaking, and raft-building to snorkelling.

[www.clareislandadventures.ie](http://www.clareislandadventures.ie)

### Ironman 70.3 Dublin for Focus Ireland

14 Aug 2016

This event consists of a 1.2-mile swim, a

56-mile bike ride and 13.1-mile run which must be completed within an 8hr 30min time limit. If you fancy taking on the challenge but would like to add to the experience by raising funds for a great charity, sign up for Focus Ireland and help end homelessness. You can enter as an individual or as a team (2-3 members).

[events@focusireland.ie](mailto:events@focusireland.ie)/[www.focusireland.ie](http://www.focusireland.ie)

### Race Around Ireland

28 Aug 2016

This event is an Ultramarathon Cycling World Cup race and the 2016 edition has so far attracted the largest field to date. Twenty solo racers and 24 relay teams from nine countries will tackle what is regarded as one of the 50 toughest competitive cycling events on the planet. The 122 racers along with 350 support crew will set off on a 2,200km journey around the country, taking in a massive amount of climbing and some stunning scenery, including the Causeway Coast, the Ring of Kerry, Mizen Head and Wicklow before ending in Navan, Co Meath. Live GPS tracking has opened the race up to the masses and the warmth of the roadside support has been increasing every year. [www.racearoundireland.com](http://www.racearoundireland.com)

### Clare Burren Marathon Challenge

26 May 2016

Starting and ending in lovely Ballyvaughan, this is an annual walking and running event which travels on road and off road across breathtaking Burren terrain. All fitness levels are catered for