



NEVER A DULL MOMENT

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Never a dull moment

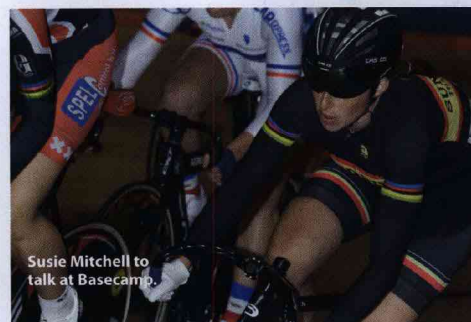
Our events pages are literally chock-full of fabulous events for the whole summer and beyond. So what are you waiting for??!

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 with EVENTS in the subject.



Susie Mitchell to
talk at Basecamp.



Dingle Adventure
Race.

Turf N Surf west coast surf day trips

5, 12, 19 & 26 June, 3, 10, 17, 24 & 31 July,
7, 14, 21, 28 Aug 2016

Top Donegal surf school Turf n Surf will run day surf trips every Sunday from Dublin to Bundoran this summer. 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. 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.turfnurfsurftrips.com

Irish XC NPS

5 & 26 June, 14 Aug 2016

Rounds 4, 5 and 6 of the Irish cross country NPS mountain biking series remain to take place this summer. First up is the race at Ticknock, Co Dublin, hosted by MAD MTB club. The location of round 5 has yet to be decided while the sixth and final round will run at Davagh Forest, Co Tyrone, thanks to Carn Wheelers.

www.irishxcnps.ie

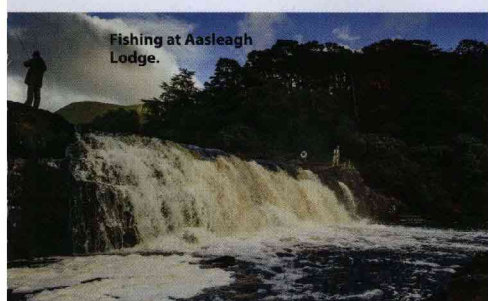
Basecamp Explorer Series: Susie Mitchell Talk

8 June 2016

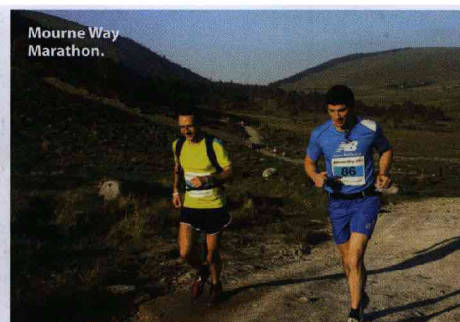
Carlow woman Susie Mitchell will talk about her journey to winning the World Masters Track Cycling Championships at 40 years of age and just four years after she got involved in track cycling. Susie is a fish vet, former adventurer racer, mother and the author of the book 'Pregnancy to Podium', which deals with the issue of training during pregnancy and when you



Try Sailing - Garrykennedy Sailing Club



Fishing at Aasleagh Lodge.



Mourne Way Marathon.



Tour de Burren

have your baby. This talk is sponsored by Columbia. www.facebook.com/Basecamp

Dingle Adventure Race

11 June 2016

With three route options (Full - 48km, Sport - 43km, and Mini - 21km) this race will introduce you to some gems on the Dingle peninsula, in Kerry, ranging from the spectacular winding Conor Pass, climbing in the Mt Brandon range, and kayaking in Dingle Harbour.

www.dingleadventurerace.com

Try Sailing - Garrykennedy Sailing Club

11 June 2016

You won't need any special clothing, equipment or experience to take part in this Try Sailing/Women on the Water event on Lough Derg in Co Tipperary. Just turn up at Garrykennedy harbour at 12 noon and you'll be assigned to a friendly boat and taken for a gentle sailing race. Afterwards there'll be a prize giving and drinks/nibbles. Even though this is a Women on the Water event, boys are allowed as long as they wear pink! A donation of €20 is requested and will go to Action Breast Cancer. This is a chance to get involved in a friendly sailing club that meets every Saturday by the harbour to get out on the water. www.garrykennedysailing.org. For more Try Sailing events, visit: www.sailing.ie

Mourne Way Marathon

11 June 2016

Take your pick from challenge walk,

5km/10km, half marathon, marathon or ultra marathon but be blown away by the stunning scenery of the Mourne as you take part in this event. The beauty of the Mourne Way event is that all routes are fully waymarked and do not cross the tops of any mountains. Instead they traverse the foothills. As with all 26 Extreme events, there will be a high level of support and feed stations en route.

www.26extreme.com

Gravity Enduro

11-12 June, 9-10 July, 20-21 Aug, 3-4 Sept 2016

If you love the idea of combining cross-country mountain biking with downhill action, check out the Gravity Enduro series. Round one has already taken place but don't despair; there are three more to go in Ballyhoura, Limerick (11-12 June), Ballinastowe, Wicklow (9-10 July), Mount Leinster, Carlow (20-21 Aug) and Djouce, Wicklow (3-4 Sept).

www.gravityenduro.ie

Malahide Yacht Club - Try Sailing

15 June 2016

If you'd love a go at sailing a cruiser, this event is for you. No experience is necessary and the event is free so you've no excuse! Just turn up to Malahide Yacht Club, St James Terrace, at 7pm for a safety briefing before heading out for a 90-minute sail. Booking is essential (tel. 0866778421; email: arkeane@eircom.net). www.myc.ie. For more Try Sailing events, visit: www.sailing.ie

Aasleagh Lodge fishing course

16-19 June 2016

This three-day programme will take place in and around Erriff River, Derrintin and Tawnyard Lough and will focus on night fly tying/fly casting/salmon fishing. Led by Peter O'Reilly, a keen trout and salmon fly fisher for more than 50 years, it will involve casting demonstrations with single and double handed rods as well as basic spey casting. This course is for 'improvers rather than beginners with participants bringing their own tools, vice and silks. If this course isn't quite right for you, keep an eye on the new Erriff Fishery website which has information on prices and options, courses, packages for accommodation at Aasleagh Lodge. www.errifffishery.ie.

Clare Island Singles Weekend

17-19 June, 23-25 Sept 2016

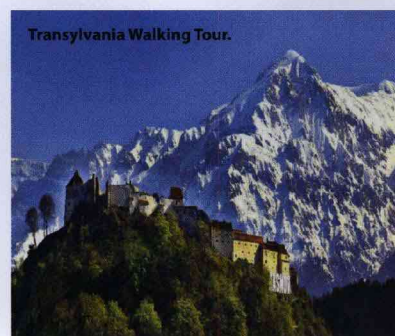
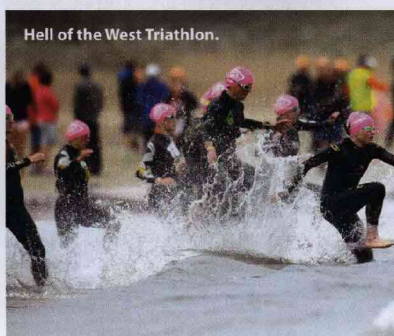
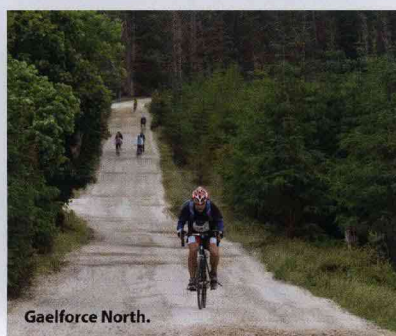
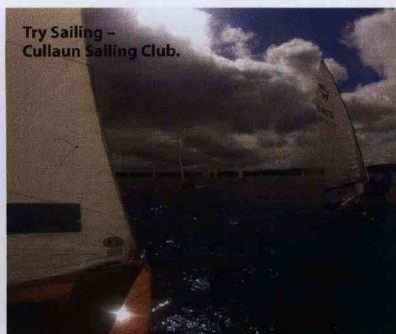
Designed to help active outdoorsy people meet like-minded folk, this weekend offers activities like coasteering, climbing and abseiling, and hiking, as well as a beach challenge. During the evenings, there will be dinner and live entertainment at the Sailor's Bar. www.clareislandadventures.ie

Tour de Burren

18 June 2016

With four routes - 10km family route, 60km, 110km 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



Try Sailing – Cullaun Sailing Club

19 June 2016

This Try Sailing event for all ages is free and takes place from 2pm on Lough Cullaunyeeda, in scenic east Clare. This is an ideal spot for your first sailing experiences as land is always nearby and you don't have to worry about tides. The club is 20 minutes' drive from Limerick and Ennis. www.cullaunsailingclub.com For more Try Sailing events, visit: www.sailing.ie

Irish Underwater Council dive and snorkel rallies

24-26 June, 15-17 July, 13 Aug

These Irish Underwater Council dive rallies are a brilliant opportunity to 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 more than 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 and be willing to have fun!). 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: Northern Dive Rally, Killybegs, Co Donegal (24-26 June) and South East Dive Rally, Hook Head, Wexford (15-17 July) and The Snorkel Rally, Clondra, Co Longford (13 Aug).

www.diving.ie

Grassroots Tour at Wakedock

25 June 2016

This wakeboarding competition will run on Grand Canal Dock for the fourth time this year. This inclusive event has categories for everyone from rookies to pro in all age categories from 8 years upwards. It is all about having fun and a great day on the water with other wakeboarders. This is the perfect introduction to competitions and participants don't have to have their own equipment. The event is free for spectators and is a great spectacle so well worth the trip to the Dock.

www.wakedock.ie/grass-roots-tour

Gaelforce North

25 June 2016

With full (64km) and sprint (45km) versions, this running/hill walking, cycling and kayaking event provides a great personal challenge for all adventure racers. Gaelforce North allows competitors to experience some of the wildest and most remote parts of Donegal, including Glenveagh National Park and Mount Errigal. It finishes in the Gaeltacht village of Bunbeg. And now for 2016 there will also be full and sprint course Adventure Duathlons (62km/44km) which will follow the same course minus the kayak section.

www.gaelforceevents.com

Hell of the West Triathlon

26 June 2016

Part of Triathlon Ireland's Vodafone National Series, this Olympic-distance triathlon takes place in lovely Kilkee, Co

Clare. Participants will swim 1500m in the relatively calm waters of Kilkee's horse shoe bay, cycle 44km against the winds of west Clare and run 10km on a hilly route along the rugged coastline of Loop Head. Believe it or not, this race, which is organised by the Limerick Triathlon Club, is one of the longest continuously running triathlons in Ireland and in the world!

www.triathlonireland.com

Transylvania Walking Tour

26 June-3 July 2016

This eight-day walking tour will explore Romania's Piatra Mare Massif and the Bucegi Mountains. You'll also get to go watching bears in their natural environment with an expert guide, visit the medieval castle at Bran (Dracula's castle) and visit the medieval town of Brasov. There will be a maximum of 16 people in the group and you'll stay in family run guesthouses and hotels on a full board basis. The trip costs €795 (ex flights). www.extremeireland.ie

DAR 12 & DAR 24 hour

2-3 July 2016

These two team adventure races should put up a serious challenge for those who take part as no participant will see the course until the morning of the event. Participants will cover up to 150km on the DAR 12 course and up to 300km on DAR 24 as they orienteer, kayak, mountain bike, hike and do various other bonus activities.

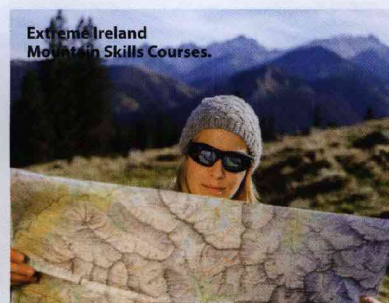
www.dingleadventurerace.com/dar-12a24hr.html



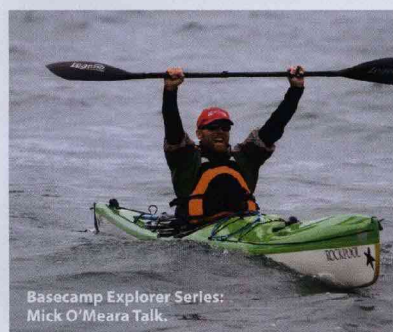
Delphi Resort Multi Activity & Teen Building Camps.



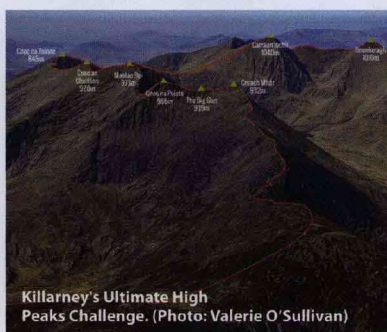
Escape from Ireland swim.
(Photo John Shiels)



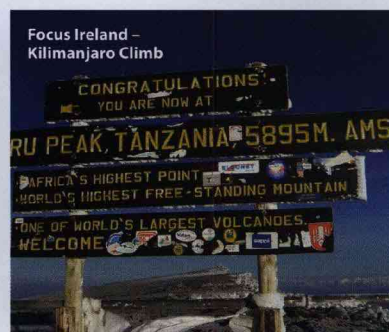
Extreme Ireland Mountain Skills Courses.



Basecamp Explorer Series:
Mick O'Meara Talk.



Killarney's Ultimate High Peaks Challenge. (Photo: Valerie O'Sullivan)



Focus Ireland – Kilimanjaro Climb

Escape from Ireland Swim

3 July 2016

This 1.9km open-water swim sees participants swim from Ireland's Eye back to Howth harbour. It is a challenging event that should only be undertaken by strong swimmers due to the tidal waters and strong currents. That aside, it promises to be a cracking event. Participant numbers are limited to 200 and swimmers will be transported by boat to Ireland's Eye.
www.howthaquathon.com

Delphi Resort Multi Activity & Teen Building Camps

3 July-14 Aug 2016

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

Basecamp Explorer Series: Mick O'Meara Talk

6 July 2016

Having recently turned 50, last summer Mick O'Meara kayaked solo and unsupported around Ireland. In the end,

he smashed the previous record by a whopping two days – despite miserable and sometimes treacherous weather. This talk is sponsored by Columbia.

www.facebook.com/BasecampIreland

Try Sailing – Killaloe Sailing Club

7 July 2016

This is a chance for adults, children and families to experience the fun of dinghy sailing on lovely Lough Derg, Co Clare. Visitors will be paired up with a club member and will sail in the club's own dinghies. Sessions take place at 6pm, 7pm and 8pm and are free. However booking is essential (tel. 083-1351196; email: info@killaloesailingclub.com).
www.killaloesailingclub.com For more Try Sailing events, visit:
www.sailing.ie

Schull Blueway Kayaking Festival

8-10 July 2016

This new paddling festival has two main events. The Carbery Island Challenge (9 July) is a four-hour sea kayaking adventure challenge for experienced kayakers. Participants will visit as many checkpoints as possible. The Long Island paddle and BBQ (10 July) offers three paddling route options (non kayakers can take the ferry!). Once you've reached the island, you can explore the island's trails and enjoy a BBQ sampling some of West Cork's finest foods.
www.schullbluewaykayakingfestival.com

Killarney's Ultimate High Peaks Challenge

9 July 2016

This epic event in Kerry will see you travel 25km in one day, take in 14 of Ireland's highest summits and gain a total height of 2,450m. You'll travel through wild, rugged mountain terrain on 14 of Ireland's highest summits, traversing the Gap of Dunloe and the magnificent and the dramatic MacGillycuddy's Reeks. Participants will be expected to self-navigate along a pre-planned and marshalled route. And when it's all done and dusted, they can kick back and enjoy the 'Après Reeks' party at Cronins Yard.

www.killarneypeakchallenge.com

Extreme Ireland Mountain Skills 1

9-10 July, 5-6 Aug, 10-11 Sept 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

Focus Ireland – Kilimanjaro Climb

12-23 July, 9-20 Aug, 4-15, 13-24, 16-26 Sept, 25 Sept-6 Oct, 4-15 Oct, 17-28 Oct 2016

This 11-day itinerary to climb Africa's highest peak includes seven days of trekking on the Machame trail, the most scenic route to the summit, and allows for



Race2Glory.



Camino Talks.

greater acclimatisation and maximises chances of a successful summit attempt. You'll trek through landscapes ranging from rainforest to snow-capped mountains. This trek is a fundraiser to help end homelessness in Ireland. www.focusireland.ie

Ocean FM Warrior of the Sea

16 July 2016

If you fancy yourself as a hard-core sea swimmer, this is the event for you! This 6km open-water race goes from Rosses Point to Strandhill, Co Sligo. Only truly experienced swimmers should consider this event and should anticipate the possibility of heavy surf, strong currents and strong winds. There are two categories – wetsuit and non-wetsuit – but only those who swim without can take the coveted title of Warrior of the Sea. www.wots.biz

Race2Glory

16 July 2016

One of the Outsider team's favourite races, this 40km event in Kiltimagh, Co Mayo, has an amazing community atmosphere and will see you run and bike your way around a course that includes Spankers Hill, The Bog and Craggagh. And you'll get to splash your way up the Glone River just when your legs are screaming for mercy! If the full event sounds too tough, this year sees the introduction of a sprint course which may be just the ticket.

www.race2glory.com

XCO Championships

17 July 2016

The Irish cross-country mountain biking championships will be hosted by Cuchulainn Cycling Club at Bellurgan Park, Co Louth, this year. The course will be similar to the well known NPS course but will be adapted to suit the needs of the nationals, with more passing opportunities, correct lap lengths etc. www.irishxcnps.ie

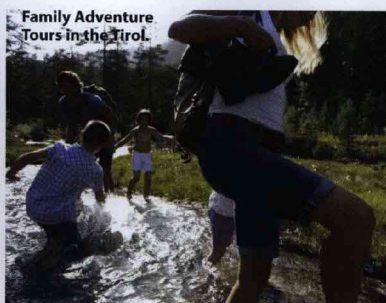
Camino Talks

21 July, 17 Aug, 1 Sept 2016

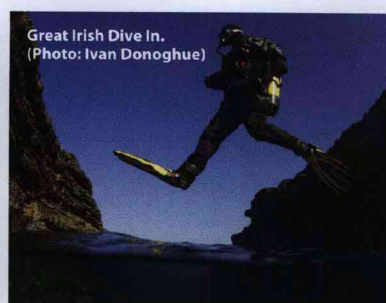
These talks by [Camino Ways](http://www.camino.org) are for those keen to hike the Camino de Santiago – or a section of it. The information evenings will give you an idea of the most popular Camino routes, the best



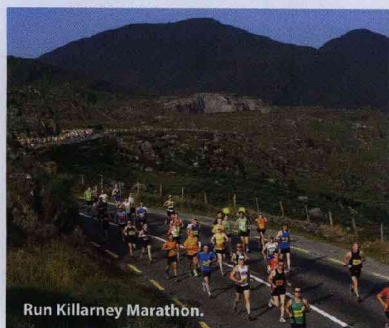
King of the Hill triathlon.



Family Adventure
Tours in the Tirol.



Great Irish Dive In.
(Photo: Ivan Donoghue)



Run Killarney Marathon.



Beast of Ballyhoura
Adventure Race.



Basecamp Explorer Series:
Eoin Keith Talk.

dates to travel, the history of the famous pilgrimage and what to bring with you on this epic journey. Here are a few from the schedule. 21 July – Special event at CaminoWays.com, 22 Blackpitts, Dublin 8; 17 August – All you need to know about the Camino, Portwest, Mayo; 1 September – All you need to know about the Camino, 53 Degrees North, Carrickmines. You'll find more at www.caminoways.com

King of the Hill

23 July 2016

Taking place in stunning Kinsale, Co Cork, this sprint distance triathlon, is once again one of Triathlon Ireland's Vodafone National Series races. Participants will swim 750m at the sheltered Dock Beach in Kinsale, tackle an undulating 23km bike ride, and finish with a 5km run which is breathtaking in more ways than one! www.triathlonireland.com

Run Killarney Marathon

23 July 2016

The Run Killarney Marathon offers a 10km, a half marathon, or a full marathon event. Along the way, runners will see beautiful views of Muckross House and Killarney National Park. Runners (and walkers) from every fitness level are encouraged to take part. www.runkillarney.com

Galway Bay Swim

23 July 2016

In aid of Cancer Care West, this 13km swim starts from Auginish in Co Clare and finishes at Blackrock Diving Tower in Salthill, Galway. It is one of Ireland's

biggest and longest one-day swims. Each swimmer has a support boat tracking them. www.galwaybayswim.com.

Family Adventure Tours in the Tirol

24 July & 7 Aug 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

Beast of Ballyhoura Adventure Race

30-31 July 2016

This year's Beast will only be a 24-hour race but will still be a challenging event. Mixed teams of four will run, kayak, mountain bike, abseil and swim along a course that crosses into counties Cork, Limerick and Tipperary. And you can expect some surprises and special tasks along the way. www.beastofballyhoura.com

Great Irish Dive In

31 July 2016

Divers all over the country are invited to

take part in The Great Irish Dive In on 31 July 2016. The idea behind the initiative is to show just how amazing the diving in Ireland really is. Whether you are diving with a club or a group of friends, you are asked to highlight your experiences and inspire others to take part by uploading your images, stories and videos to the Great-Irish-Dive-In page on Facebook. There will be prizes for the entries with the most likes! www.diving.ie

Basecamp Explorer Series: Eoin Keith Talk

3 Aug 2016

Amongst many achievements, Eoin Keith recently won the UK's most brutal non-stop running event. Known as The Spine Race, Eoin completed it in just over 95 hours, breaking the previous record by more than over 15 hours. This talk is sponsored by Columbia.

www.facebook.com/Basecampireland

97th Dublin City Liffey Swim

6 Aug 2016

This 2.2km event will see participants race from Rory O'Moore Bridge to the Custom House. Often compared to the Grand National, every swimmer has a chance of winning the Liffey because of the handicap system. Competitors from as young as 14 pit their strengths against 70 year olds and swimmers come from all over the country and abroad. NB You must qualify for this event by participating in a number of open-water swim races.

www.leinsteropensea.ie



Lough Neagh Sprint Triathlon

13 Aug 2016

This Derry event takes place in Ballyronan and includes a sprint-distance race, comprising a 750m swim, 20km cycle and a 5km run. For newcomers to the world of triathlons there will be a super sprint event, which includes a 300m swim, 10km cycle and 2.5km run. The sprint race is part of Triathlon Ireland's Vodafone National Series Races as well as being the Irish National Middle Distance Championships 2016. www.triathlonireland.com

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). For more information, email: events@focusireland.ie; web: www.focusireland.ie

ITERA

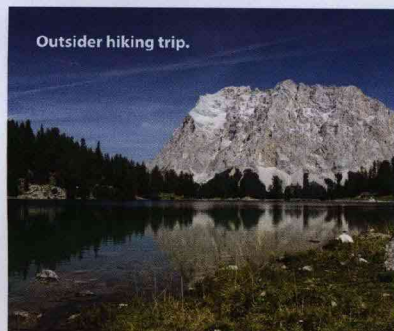
16-23 August 2016

Starting and ending in Killarney, this epic event will be a five-day nonstop adventure race for mixed-sex teams of four. Including running/trekking, mountain biking, kayaking, canyoneering and some rope work, the event will certainly be challenging but it's also aiming to be as accessible as possible. The plan is for it to be fun and interesting. Every night there will be access to warm and dry shelter. www.itera.ie

Hardman Long Distance Triathlon

20 Aug 2016

This long-distance triathlon includes a 3.8km swim in the Lakes of Killarney, a 180km bike ride on the Ring of Kerry, and a 42.2km run in the Knockreer Demesne in Killarney National Park. It's a chance to see some of the most scenic and tourist-centric hotspots in all of Ireland, and conquer them in a blaze of glory! Registration for



the Iron Man distance is €225.
www.hardman.ie

Gaelforce West

20 Aug 2016

The original multi-sport race in Ireland, this event offers a 67km linear course starting at dawn on Glassilaun beach in Connemara and ending in Westport town. Cycling, running on trails, kayaking across Killary Fjord and climbing Croagh Patrick are all part of this incredible journey which will see you crossing the line triumphant and with a huge sense of achievement.
www.gaelforceevents.com

Outsider hiking trip

21-27 Aug 2016

This one-week trip to pretty little Ehrwald in Tirol is a chance to meet like-minded people and stretch your legs big style in the Austrian Alps! There will be 4+ guided hikes including two stages of the famous 'Eagle Walk' trail. You'll also enjoy a visit to Lake Seebensee and a guided glacier hike at the Zugspitze, Germany's highest point. If that's not enough for you, you can get your kicks on the Zugspitze Via Ferrata or go abseiling, climbing or have a go on the local flying fox too (optional extras). Accommodation is in the cosy Sonnenburg Hotel on a half board basis. (Price: €749 including flights). aomalley@topflight.ie /tel. 01-2401753

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

The Ultimate Burren Off-road Sportif

27 Aug 2016

Details are still being firmed up but pencil this event into your diary anyway as it's going to be a cracker! This mountain biking event will be an off-road sportif with multiple distances to suit all levels that will go through a part of the Aillwee Caves. www.burencyclingclub.com

Great Pink Run

27 August 2016

Taking place in the gorgeous Phoenix Park, Dublin, this event offers both 5km and 10km distances. The aim is to raise lots of money to fight breast cancer and to have lots of fun in the process with the masses all dressed in pink. Each runner will receive a goody bag after the race.
www.breastcancerireland.com/greatpinkrun

Race Around Ireland

28 Aug 2016

This event is an Ultramarathon Cycling World Cup race. Twenty solo racers and 24 relay teams from nine countries will tackle one of the 50 toughest competitive events on the planet – 2,200km around the country, including Newgrange, the Causeway Coast, Malin Head, the Cliffs

of Moher, the Ring of Kerry, Mizen Head, Wicklow before ending in Navan, Co Meath. www.racearoundireland.com

The Lost Sheep Triathlon

3 September 2016

Since its inception in 2003 it has gained a reputation both nationally and internationally as the toughest half-iron distance race on the Irish circuit. The event starts with a 1,900m swim in the Kenmare Bay, followed by an 83km cycle which takes in the gorgeous Beara Peninsula and two category one climbs – the Healy Pass and the Caha Pass. The 21km run is hilly so you'll be challenged there too! This event is one of Triathlon Ireland's Vodafone National Series Races as well as being the Irish National Middle Distance Championships 2016.
www.triathlonireland.com

Quest Achill

3 Sept 2016

Previously known as Achill Roar, this adventure race takes place on rugged and lovely Achill Island in Co Mayo with its dramatic mountains, sandy beaches and rugged wild Atlantic coastline. Take your pick from one of three route distances to suit all fitness levels as you bike, kayak and run around the island. And when you're done and dusted, kick back and enjoy the famous fancy dress after party which goes on late into the night. www.questachill.com

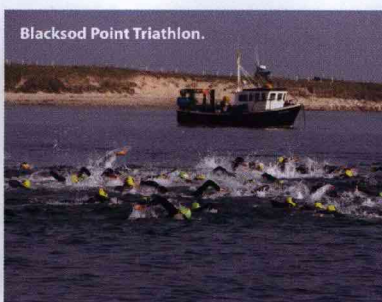
Connemara Triathlon

3 Sept 2016

So you want to do a triathlon in a stunning



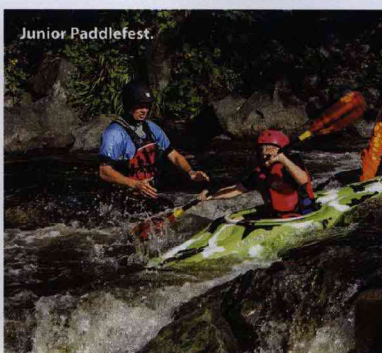
Deluxe Hiking Holiday – Madonna di Campiglio.



Blacksod Point Triathlon.



Giant's Causeway Coast Sportive.



Junior Paddlefest.



location? Well look no further than this event which offers Olympic and sprint-distances. The swim will take place in the clean deep waters of Killary Fjord, and your cycle and run will be through deep valleys and along the unspoiled coastline of Connemara – so we're certain you'll be distracted from your suffering by the views! Both distances finish in the lovely village of Leenane. This event is sanctioned by Triathlon Ireland. www.gaelforceevents.com

Deluxe Hiking Holiday – Madonna di Campiglio

10 Sept 2016

Located in Italy's Dolomite Mountains, Madonna di Campiglio is one of the most beautiful hiking destinations. This walking holiday will allow you to explore scenic mountain trails, spectacular landscapes and some of the most beautiful paths in the Dolomites. You will be based in the luxurious 4-star Superior Hotel Cristal Palace, with an indoor heated pool and a gorgeous spa. 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 children and families), five local guided hikes with two private guides for groups of up to 40 people. 01-2401753/www.topflight.ie

Giant's Causeway Coast Sportive

10 Sept 2016

This sportive offers three routes for participants. The first is for beginners

and newcomers, and circles to and from Ballycastle. The second includes a crazy climb, Torr Head Road. And the third route, the Giant Killer, is the lengthiest ride of all. www.giantscausewaycoastsportive.com

Blacksod Point Triathlon

10 Sept 2016

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 a stretch 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. This race is part of Triathlon Ireland's Vodafone National Series. www.triathlonireland.com

Mourne Mountain Marathon

17-18 Sept 2016

This is a two-day hill running/hiking event with four classes for teams of two designed to attract folk of varying abilities. You should expect long days as you travel through the breathtakingly beautiful Co Down countryside, camping under open skies, and navigating through the hills. Competitors must be self-sufficient and carry everything required for the duration of the event. www.mourne2day.com

Junior Paddlefest

17-18 Sept 2016

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 on having fun. www.juniorpaddlefest.com

Liffey Descent

24 Sept 2016

This marathon paddling race first took place in 1959 and is 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?!). 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

Women's Adventure Race Wicklow and Adventure Duathlon

24 Sept 2016

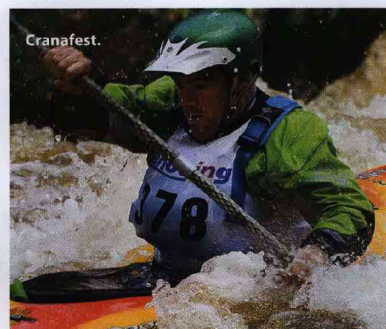
This women-only adventure race from the Gaelforce team takes place in Roundwood, Co Wicklow. With a stunning location and a 24.5km course, this race has been a huge success since its first year in 2014.



Women's Adventure Race Wicklow and Adventure Duathlon.



Causeway Coast Marathon.



Cranafest.



Quest Killarney.



The Great Fjord Swim and SwimRun.



Turf Warrior Challenge.

Join hundreds of fit, healthy, determined women and achieve something amazing. Or take part in the Adventure Duathlon in 2016 which offers the same stunning course without the kayak section.
www.gaelforceevents.com

Causeway Coast Marathon

24 Sept 2016

Known by some as the beaches, bays and cliffs marathon, this event which takes place in Northern Ireland is one of the most scenic in the world. It offers a 10km, half marathon, marathon and ultramarathon so there's something for everyone. www.26extreme.com

Extreme Ireland Mountain Skills 2

24-25 Sept, 22-23 Oct 2016

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. www.extremeireland.ie

Quest Killarney

1 Oct 2016

The original of the Quest one-day multi-sport adventure races, this October Killarney race is now the biggest of its kind in the world. It takes place in the Gap of Dunloe and Killarney National Park and offers no less than five different routes to choose from so there is simply no excuse

not to sign up. Take your pick from 70km Expert, 60km Pro, 50km Semi-Pro, 48km Dual or 27km Sport. All routes include running/hiking, biking and kayaking – except the 48km Dual which caters for those who aren't keen on the water. See, they've thought of everything!
www.questkillarney.com

The Great Fjord Swim and SwimRun

1 Oct 2016

This open-water swim takes place in the deep waters of Killary Fjord surrounded by the mountains of Mayo and Connemara. There are three distances to choose from – 3.9km, 2km and 750m – so it suits everyone from the experienced swimmer to those new to the scene. The swim is a unique event with swimmers in the 2km and 750m swims being brought out into the fjord by boat and jumping off to reach the start line! This year, the Gaelforce team has also added a new option. Participants can now also choose a 750m open-water swim followed by a 5km multi-terrain run.
www.gaelforceevents.com

The Wall Adventure Duathlon

15 Oct 2016

This is a tour of the Mourne Mountains like no other on idyllic routes. Running from the Silent Valley the 63km event involves a 3km trail run, 45km road bike and finally a 15km mountain run. The final run goes through Annalong Valley to the col between Slieve Binnian and Slieve Lamagan before a steep descent to Ben Crom Reservoir. www.26extreme.com

Cranafest

15-16 Oct 2016

With guaranteed water all weekend thanks to a dam release, this paddling weekend involves all disciplines and ability's with coaching clinics run alongside competition in slalom, freestyle, wild-water racing, sea kayaking, canoeing, rafting, boater cross and creek racing. This is a fantastic spectator event too with all activities take place in close proximity to each other. The highlight of the weekend is the floodlit time trial through the main rapid 'the claw', a sprint with a sickline style ramp to start and a single gate to negotiate before a final run to the finish.
www.cranafest.ie

Turf Warrior Challenge

5 Nov 2016

A 10 km challenge that will test your stamina, nerve and camaraderie! This obstacle course challenge is packed full of adventure, mud, climbing, swinging, leaps into the Atlantic and all kinds of other mayhem and madness.
www.turfwarriorchallenge.com

Tollymore Trail Marathon Events 2016

12 Nov 2016

Set in stunning Tollymore Forest Park, this event offers a trail ultra marathon, marathon, half marathon event and 10km. As with all 26 Extreme events, there will be a high level of support and feed stations en route. www.26extreme.com