



USEFUL INFORMATION & DIRECTIONS

What To Bring!

- ✓ T-shirts
- ✓ Tracksuit Tops
- ✓ Bottoms & Socks - At Least One Change Per Day (Jeans Are Not Suitable)
- ✓ Swimsuit; 2 Pairs Of Runners (One Old Pair For Water Sports)
- ✓ Torch (Winter Only)
- ✓ Rain Jacket
- ✓ Personal Toiletries & Towels
- ✓ Sunscreen
- ✓ 2 Plastic Bags For Storage Of Wet Gear
- ✓ A Refillable Water Bottle.
- ✓ Gaisce / Orienteering - Trousers, Walking Boots & Small Rucksack.

All residential clients please bring sleeping bag & pillow. Sleeping packs provided at €5.00 per pack if required. *MUST BE PRE-BOOKED *****

Valuables

- **Lockers are provided free of charge for cameras, wallets, mobile phones etc.**
- Please arrange at Reception. Group Leaders are responsible for Locker access.
- Carlingford cannot accept any responsibility for missing or damaged property.

The price of your Adventure Break includes all pre-booked meals, accommodation and activity sessions. TOWELS are not provided. **Note:** Wetsuits, Buoyancy aids & Helmets are provided for water-based activities)

Rules & Regulations of the Centre

- Appropriate clothing and footwear should be worn.
- Absolutely no jewellery to be worn when on session.
- When out on adventure sessions- please keep to roads, paths and tracks at all times.
- Respect the environment; look after plants and animals.
- Listen to what your Instructors say and follow their instructions at all times – it is for your own safety.
- Behaviour should not be excessive, noisy or disruptive especially at night.
- Smoking, alcohol or unlawful substances are not permitted in the Centre.
- Fire extinguishers and other safety equipment are essential safety items and must only be activated in an emergency or in the event of fire. €20.00 p.p. per room- is charged for tampering with fire alarm system/ smoke detectors.
- Please use the Centre and its contents with care.

- Bedrooms should be left clean and tidy on day of departure.
- We reserve the right to charge you for any extra cleaning, maintenance, missing or damaged items.
- On Day of Departure please vacate bedrooms before 10am. Baggage rooms are available to store your luggage.
- Carlingford Adventure Centre cannot accept liability for any damaged or missing items.
- **PARTICIPANTS UNDER 18:** Must be accompanied by a group leader / staff member if they wish to visit local shops.



HOW TO GET TO US

For a map – check out our website here.

Travelling From The South

Follow for M1 Dublin to Belfast route, take Exit 18 (Dundalk North) signposted Carlingford. Continue on R173 for approximately 10 miles. Then take the left-hand turn to Carlingford (R176) On arrival at Carlingford seafront, take the turn on your left between the Tourist Office and tennis courts. Then take next left (immediately past Darcy Magee Monument) – this will bring you to the Tholsel carpark. Walk through the Archway to Tholsel Street. Carlingford Adventure Centre is situated on Tholsel Street (pedestrianised) beside the 'Mint' medieval building.

Travelling From The North

When coming from Northern Ireland – follow the signs to Newry, From Quays Shopping Centre take the canal road south (B79) to Omeath and continue to Carlingford – Aprox.10 miles. On arrival at Carlingford seafront, take the turn on your right just past the Tennis Courts. Then take next left (immediately past Darcy Magee Monument) – this will bring you to the Tholsel car park. Walk through the Archway to Tholsel Street. Carlingford Adventure Centre is situated on Tholsel Street (pedestrianised) beside the 'Mint' medieval building.

Directions For Buses

It is advisable, on arrival at Carlingford, to park on the main road opposite the sea-front – at 'The Green'. You can then walk to the Centre, travelling through the sea-front carpark, Tholsel carpark and through the Tholsel Archway

SKYPARK

How To Get Here?

If Arriving Directly To Skypark – map & coordinates **here**. For buses travelling from the North its best to travel via Exit 18 Dundalk & R173 to avoid narrow streets in Carlingford.

Finally! For further information check out www.carlingfordadventure.com