



# ADVENTURE JOURNEY

The Adventure Journey often proves to be the most memorable aspect of Gaisce for participants. It is an opportunity for you to plan, train for and complete an outdoor activity over a number of days/nights as part of a team.

It is a unique, challenging and memorable experience that creates strong bonds between participants as well as the opportunity to develop self-sufficiency and leadership skills.

Adventure Journeys can take place on land (hiking, cycling) or water (canoeing, sailing). The Adventure Journey can be undertaken as an expedition or an exploration.

Gaisce's priority is to ensure every young person has a quality Adventure Journey experience that reflects each individual's ability and personal circumstances.

Here are some ideas for the Adventure Journey but it is not exclusive to these:

## Marked Trailways

- Wicklow Way
- Kerry Way
- Slieve bloom mountains
- Wild Atlantic Way
- Royal Canal way
- Grand Canal Way
- Ballyhoura Way
- Barrow Way
- Beara Way
- Blackwater Way
- Bluestack Way
- Burren Way
- Cavan Way
- Croagh Patrick
- Heritage Trail
- Dingle Way
- Dublin Mountains Way
- East Clare Way
- East Munster Way
- Hymany Way
- Leitrim Way
- Lough Derg Way
- Mid Clare Way
- Miners Way and
- Historic Trail
- Monaghan Way
- Multeen Way
- Nore Valley Way
- North Kerry Way
- Offaly Way
- Royal Canal Way
- Sheep's Head Way
- Slieve Bloom Way
- Slieve Felim Way

## Bealach na Gaeltachta

- Slí an Earagail
- Slí Cholmcille
- Slí Chonamara
- Slí na Finne
- Slí na Rosann
- Slí Gaeltacht
- Mhuscraí

## Greenways

- Great Western
- Waterford
- Limerick
- Boyne Great Eastern
- Old Rail
- Royal Canal
- Suir Blueway

Gaisce has a network **Approved Adventure Journey Providers** that PALs and participants can utilize to support their adventure journey.

**Approved Adventure Journey Providers**