

## YOUR ITINERARY



The only time you will need to exert yourself on your holiday is in your sea-kayak as you travel the amazing South East coastline.

If you arrive by plane or Ferry we can arrange collection and return. All your food is provided, and with Claire's catering you are unlikely to lose weight, second helpings are hard to avoid.

All your Sea Kayaking instruction and equipment is provided, you'll be amazed how quickly you will progress and your spirit of adventure will drive you to take in 'just one more' island, headland or cave.

We also ensure that you get to experience the best of Ireland, transport is provided to one of Wexford's best known pubs, Craic and regular music making for a great night out.

You can also relax on golden beaches or in the peace of the countryside.....

**Remember it's your adventure!!!**

## PRICE LIST

**Weekend Activity Break €340**

3 nights Accommodation  
(Fully Catered) 2 Days Activities

**Week Long Adventure €740**

7 Nights Accommodation  
(Fully Catered) 4 or 5 Days Activities

**Other packages available by request Inc;**

Team-building  
Coastal Walking  
Coasteering  
Most other adventure Activities  
Historical & Cultural

The pace of the stay is up to you, we are happy to be running at 7am or letting you lie-in till 10, the choice is yours.



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**[www.bannowcottages.com](http://www.bannowcottages.com)**

BANNOW COTTAGES, GRANGE LANE,  
BANNOW, CO. WEXFORD.

