



## Soul-stirring Adventures amidst the Serene Beauty of the River Shannon & Glorious Slieve Bloom Mountains

Mountain Bike Tours | Kayak Safaris | Archery | SUP Safaris | Wellness Days | Hiking Tours

*Relax your body and unwind your mind* through awe-inspiring outdoor adventures on the majestic River Shannon, or Grand Canal through ancient waters that were once navigated by Vikings in the 10<sup>th</sup> century.

Mid Ireland Adventure is beautifully positioned along the River Shannon in the charming, rural town of Banagher On the Shannon, while its sister company- The Slieve Bloom Mountain Bike (MTB) Centre- is located at the foothills of the Slieve Bloom Mountains. As Europe's oldest mountain range, the Slieve Blooms are home to Ireland's largest state-owned Nature Reserve, offering the perfect location to explore the great outdoors.

Through the passionate and experienced Mid Ireland Adventure team, explore this epic landscape through a wide range of unforgettable land and water eco-based activities from guided mountain bike tours, hiking tours, and archery workshops to stand up paddle boarding (SUP) and kayak safaris. **Highlights include:**

- **Mid-Ireland Adventure Team:** passionate adventure experts | knowledgeable | customer-focused.
- **Epic Landscape:** off the beaten track | unspoiled Slieve Bloom Mountains | River Shannon | land & water.
- **Simply Be:** breathe the fresh air | enjoy the great outdoors | embrace the natural surroundings.
- **History |** learn the secrets in the landscape | from Vikings to Ireland's legendary Celtic heroes.
- **Adventure & Tours:** try something new! | learn from experienced guides | memorable experiences.
- **Water-based Activities:** stand-up paddle boarding | kayaking | River Shannon | Grand Canal
- **Land-based Activities:** mountain biking | archery | hiking & walking: Offaly Way & Slieve Bloom



- **Eco-Tourism:** members of Leave No Trace | eco-tourism and eco-adventure practitioners.
- **Feel the LOVE!:** adventurers who are passionate about their destination | inside track from locals!
- **Rest assured:** create unforgettable memories while staying safe | Covid-19 chartered business.



## Mid Ireland Adventure | Water-based Experience

Experiences	Short Description	Min/Max	Duration	Public Price excluding VAT
<b>Stand Up Paddle Board (SUP Safari)</b>	Set off from Banagher Marina and take in Cromwells' Castle, the Martello Tower and Banagher Bridge. Then, paddle up to Bullock Island to see wildlife at the reserve.	20 Max	2.5 hours	€150 per experience: 1-4 people
	<b>Inclusions:</b> full safety briefing   wet suits   SUP board & paddle   qualified adventure guide   safety jacket			€30 per person: groups of 5-20
<b>Kayak Tour</b>	Set off from Banagher Marina and take in Cromwell's Castle, the Martello Tower and Banagher Bridge. Then, paddle up to Bullock Island to see wildlife at the reserve.	20 Max	2.5 hours	€150 per experience: 1-4 people
	<b>Inclusions:</b> full safety briefing   wet suits   kayak & paddle (2 people per kayak)   qualified adventure guide   safety jacket			€30 per person: groups of 5-20
<b>Canadian Canoes</b>	Set off from Banagher Marina and take in Cromwell's Castle, the Martello Tower and Banagher Bridge. Then, paddle up to Bullock Island to see wildlife at the reserve.	20 Max	2 hours & 30 minutes	€150 per experience: 1-4 people
	<b>Inclusions:</b> full safety briefing   wet suits   canoe & paddle (2 people per kayak)   qualified adventure guide   safety jacket			€30 per person: groups of 5-20
<b>IMPORTANT NOTE:</b>	<ul style="list-style-type: none"> <li>• Minimum age for participation: 10 years plus</li> <li>• Participants must be able to swim</li> <li>• Suitable footwear required (flip flops are strictly prohibited)</li> <li>• <b>NOTE:</b> all quoted prices are subject to VAT at 23%</li> </ul>			

## Mid Ireland Adventure | Land-based Experiences

Experiences	Short Description	Min/Max	Duration	Public Price excluding VAT
<b>Archery</b>  Minimum participation age: 8 years and over	<ul style="list-style-type: none"> <li>Prepare to be led through every step of this experience from how to hold the bow and arrow to how to aim and fire at a static target with extreme precision.</li> <li><b>NOTE:</b> Suitable for all skill levels. Participant must be able to hold a bow.</li> </ul> <p><b>Inclusions:</b> safety briefing   all required equipment including modern and medieval bows   qualified adventure expert</p>	20/10	60 minutes	€20 per person
<b>Mountain Bike Tours</b>  Minimum height restriction: 1.3 metres	<ul style="list-style-type: none"> <li>Mountain biking adventures possible in diverse locations: Kinnitty Pyramid   Kinnitty Castle   Slieve Bloom Mountains.</li> <li><b>NOTE:</b> participants must have a base level of fitness for this activity</li> </ul> <p><b>Inclusions:</b> mountain bike: all bikes are front suspension MX 40 Orbea bikes including a selection of 27'5 inch hardtail and 29ers bikes   qualified MBLA Trail Cycle Leaders   all experts are certified in Remote First Aid Care</p>	16/4	2.5 hours	1-4 people €150  €50 per person: groups of 5-20
<b>Mountain Bike Lesson</b>	<ul style="list-style-type: none"> <li>It's a big fun world out there and the best way to see some of its secrets is aboard a mountain bike! Receive expert guidance to gain the required skills for navigating mountain bike trails with confidence with core skills including Bike Set Up, Breaking Steering, Line Choice and Descending.</li> <li><b>NOTE:</b> participants must have a base level of fitness for this activity</li> </ul> <p><b>Inclusions:</b> mountain bike: all bikes are front suspension MX 40 Orbea bikes including a selection of 27'5 inch hardtail and 29ers bikes   qualified MBLA Trail Cycle Leaders   all experts are certified in Remote First Aid Care</p>	8/4	3 hours	€55 per person  subject to minimum numbers of 8: OR the equivalent in charges

# Mid Ireland Adventure | Land-based Experiences

Experiences	Short Description	Min/Max	Duration	Public Price excluding VAT
<b>Hiking Tours</b>	<ul style="list-style-type: none"> <li>Explore the mountain ranges of the Slieve Blooms and the Munster region this autumn with Mid Ireland Adventure.</li> <li>Learn all the essential hiking skills that will give you more confidence in the mountains.</li> <li><b>NOTE:</b> participants must have a base level of fitness for this activity</li> </ul>	8/15	3 hours	€40 per person:
	<p><b>Sample schedule and inclusions:</b></p> <ul style="list-style-type: none"> <li>10-1pm</li> <li>Tea/Coffee served from the famous Kelly kettle and biscuits served afterwards.</li> </ul>			
<b>Yoga/Hike Retreat</b>	<p>Retreat to the Slieve Bloom mountains in the heart of Ireland for an unforgettable Yoga &amp; Hiking day. Start with 2-hour Ashtanga Yoga Workshop, followed by a healthy- lunch and a 3-hour guided Slieve Bloom Mountain hike. End with tea /coffee and sandwiches.</p>	10/15	7 hours	€120 per person
	<p><b>Inclusions:</b></p> <ul style="list-style-type: none"> <li>2-hour Ashtanga Yoga Workshop</li> <li>lunch of homemade soup, homemade brown bread, and tea/coffee.</li> <li>3-hour guided Slieve Bloom Mountain hike Slieve Blooms.</li> <li>End with tea/coffee and sandwiches</li> </ul>			

# Water-based | Experience Descriptions



---

## Stand up Paddle Board Safari (SUP) | Adventure & Tour

Relax your body and unwind your mind through a soul-stirring adventure that starts with a safety briefing at Banagher Marina and then out onto the ancient waters of the majestic River Shannon, or Grand Canal. Surrounded by the endless beauty of the river Shannon that is Ireland's longest. Join with one of our expert guides for a SUP or kayak safari through an epic landscape are that completely unspoiled. Unearth stories and secrets while spotting flora, fauna, bird, and wildlife as you pass Cromwell's Castle and Martello Tower before arriving at Bullock Island for activities.

---

## Kayak Adventure & Tour

Relax your body and unwind your mind through a soul-stirring, sheer fun adventure that starts with a safety briefing at Banagher Marina and then out onto the ancient waters of the majestic River Shannon, or Grand Canal. Surrounded by the endless beauty of the river Shannon that is Ireland's longest. , join your expert guide to kayak through an epic landscape that are completely unspoiled. Unearth stories and secrets while spotting flora, fauna, bird, and wildlife as you pass Cromwell's Castle and Martello Tower before arriving at Bullock Island for team-focused activities.

---

## Canadian Canoes Adventure & Tour

Relax your body and unwind your mind through a soul-stirring, sheer fun adventure that starts with a safety briefing at Banagher Marina and then out onto the ancient waters of the majestic River Shannon, or Grand Canal. Surrounded by the endless beauty of the river Shannon that is Ireland's longest. , join your expert guide to canoe through an epic landscape that are completely unspoiled. Unearth stories and secrets while spotting flora, fauna, bird, and wildlife as you pass Cromwell's Castle and Martello Tower before arriving at Bullock Island for team-focused activities.



# Land-based | Experience Descriptions

---

## Archery

Where better to master the ancient craft of archery that has shaped the human history of hunting, sport, and competition than immersed within natural rural beauty at the foothills of the Slieve Bloom Mountains that are Europe's oldest mountain range? Within these epic surroundings and under the guidance of an expert, try diverse bows from the modern recurve bow to the hand-crafted medieval-style longbow that offers a true test of skill and strength. Designed to suit all skill levels, revel while learning how to aim and fire at a static target with extreme precision and control.

---

## Mountain Bike Tours

Relax your body and unwind your mind through a soul-stirring, exhilarating adventure that starts with a safety briefing in charming Kinnitty village before departing for Kinnitty Pyramid to hear how a replica of the great Pyramid of Giza was built here. Under the expert guidance of a qualified MBLA Trail Cycle Leader, bike onwards into largely undiscovered, off the beaten track territory to explore the Slieve Blooms. Within this epic landscape that is home to Europe's oldest mountain range and Ireland's largest state-owned nature reserve, experience incredible views before a downhill run back to base!

---

## Mountain Bikes Lessons

It's a big fun world out there and what better way to explore some of its secrets than aboard a mountain bike within the epic Slieve Bloom landscape that is home to Europe's oldest mountain range and Ireland's largest state-owned nature reserve! Designed to suit all levels, revel while gaining the required skills to navigate mountain bike trails with total confidence in a safe environment. Under the expert guidance of a qualified MBLA Trail Cycle Leader, learn core mountain biking precision skills from bike set up and the attack position, to breaking, steering, and cornering, line choice, climbing and descending.

---

## Hiking Tours

Relax your body and unwind your mind on an invigorating hiking adventure through largely undiscovered, off the beaten track territory from the raw beauty of the Offaly Way to the Slieve Blooms that are home to Europe's oldest mountain range and Ireland's largest state-owned Nature Reserve. Within this epic landscape and under the expert care of a fully qualified guide, meet local people, hear about Irish life, unearth secrets and stories while re-connecting with an inner sense of being present and calm. Designed to suit all levels, hikes include snacks and hot drinks using the famous Kelly kettle!

---

## Yoga/Hike Retreats

Relax your body and unwind your mind on a full day experience within the raw beauty of the Slieve Blooms that are home to Europe's oldest mountain range and Ireland's largest state-owned Nature Reserve. Begin with a two-hour Ashtanga Yoga Workshop followed by a healthy lunch at the historic Kinnitty Castle. Once fully replenished, join a qualified guide to explore an epic landscape that is a hill walker's paradise with largely undiscovered, off the beaten track trails. Following a 10-kilometre hike with magnificent views, past flora, fauna, bird, and wildlife, end a dream day with hot refreshments and snacks.

---

# Mid Ireland Adventure | General Information

- **For Bookings:**

- Please contact Jonathan at +353 (0) 851735204 | E: [info@midirelandadventure.ie](mailto:info@midirelandadventure.ie)

- **Opening Times**

- Monday to Sunday from 09.30 to 19.30
- Pre-booking is essential on all Mountain Bike Tours, SUP Safaris and Kayak Safaris

- **Eco-Tourism**

- Mid Ireland Adventure are active members of Ireland's Leave No Trace programme that promotes and inspires responsible outdoor recreation through education, research and partnership.



- **Qualified Adventure Experts**

- Mid Ireland Adventure SUP instructors are ASI Accredited
  - the world's leading Surf & Paddle education and accreditation organization
- Mid Ireland Adventure Mountain bike instructors
  - have certified Cycling Ireland MBLA Trail Cycle Leader Awards
- In addition
  - All experts are certified Remote Emergency Care First Aid Responders
  - Covid 19 Safety Charter compliant
  - All Mid Ireland Adventure activities are covered by full Public Liability insurance

