

# OUTDOOR ACTIVITY HUB

## CARLOW TOWN PARK

Aug-17



WEEK 1						
Activity	Date	Time	Description	Cost	Booking Enquiries	Contact Number & Email Address / Website
Buggy Buddies	Mon 31st July	10.30 - 11.30	Fitness classes for new mums - buggies welcome	€5	Local Sports Partnership	Ph: 087 214 5262 / mjduggan@carlowcoco.ie
Fishing	Wed 2nd Aug	14.00 - 16.00	Learn to fish with Carlow Regional Youth Services	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 3rd Aug	10.00 - 12.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 3rd Aug	13.00 - 15.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Bike Hire	Fri 4th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Bike Hire	Sat 5th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Rowing Taster	Sat 5th August	10 - 1 & 2 - 4	5 x 1 hr rowing taster sessions available	€5	Carlow Rowing Club	Phone/Text: 087 7697404
Bike Hire	Sun 6th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Dragon Boat	Sun 6th August	10.15 - 11.45	Age 16+ Experience the fun - with Carlow Dragon Boat Club	€10	Carlow Dragon Boat Club	Ph: 085 7402084 / figswoke@eircom.net
WEEK 2						
Activity	Date	Time	Description	Cost	Booking	Contact Number & Email Address / Website
Buggy Buddies	Mon 7th Aug	10.30 - 11.30	Fitness classes for new mums - buggies welcome	€5	Local Sports Partnership	Ph: 087 214 5262 / mjduggan@carlowcoco.ie
Fishing	Wed 9th Aug	14.00 - 16.00	Learn to fish with Carlow Regional Youth Services	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 9th Aug	10.00 - 12.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 9th Aug	13.00 - 15.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Stand Up Paddling	Wed 9th Aug	16.00 - 18.00	Age 8 to any age adult. Sessions will be 2 hours long. Pre book	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Stand Up Paddling	Wed 9th Aug	19.00 - 21.00	Age 8 to any age adult. Sessions will be 2 hours long.	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Stand Up Paddle	Thurs 10th Aug	14.00 - 16.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Raftbuilding	Thurs 10th Aug	14.00 - 16.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Bike Hire	Fri 11th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 086 174 2179 / barrowline@eircom.net
Wild Life Treasure Hunt	Fri 11th Aug	11.00 - 12.00	Wild life foraging fun trail for children & adults	Family €25 Ind €7.50	Blackstairs Ecotrails	Ph: 087 270 7189 / blackstairsecotrails@gmail.com
Wild Life Treasure Hunt	Fri 11th Aug	11.00 - 12.00	Wild life foraging fun trail for children & adults	Family €25 Ind €7.50	Blackstairs Ecotrails	Ph: 087 270 7189 / blackstairsecotrails@gmail.com
Bike Hire	Sat 12th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Bike Hire	Sun 13th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Dragon Boat	Sun 13th Aug	10.15 - 11.45	Age 16+ Experience the fun - with Carlow Dragon Boat Club	€10	Carlow Dragon Boat Club	Ph: 085 7402084 / figswoke@eircom.net
WEEK 3						
Activity	Date	Time	Description	Cost	Booking	Contact Number & Email Address / Website
Buggy Buddies	Mon 14th Aug	10.30 - 11.30	Fitness classes for new mums - buggies welcome	€5	Local Sports Partnership	Ph: 087 214 5262 / mjduggan@carlowcoco.ie
Stand Up Paddling	Mon 14th Aug	10.00 - 11.00	Inclusive session for people with additional needs. Age 8 +	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Stand Up Paddle	Mon 14th Aug	14.00 - 16.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Fishing	Wed 16th Aug	14.00 - 16.00	Learn to fish with Carlow Regional Youth Services	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 16th Aug	10.00 - 12.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 16th Aug	13.00 - 15.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Stand Up Paddling	Wed 16th Aug	16.00 - 18.00	Age 8 to any age adult. Sessions will be 2 hours long. Pre book	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Stand Up Paddling	Wed 16th Aug	19.00 - 21.00	Age 8 to any age adult. Sessions will be 2 hours long. Pre book	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Photo Orienteering	Wed 16th Aug	14.00 - 16.00	Suitable for all ages. Photo trail fun in the park.	Free	Local Sports Partnership	Ph: 087 2145262 / mjduggan@carlowcoco.ie
Raftbuilding	Thurs 17th Aug	14.00 - 16.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Bike Hire	Fri 18th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Wild Life Treasure Hunt	Fri 18th Aug	11.00 - 12.00	Wild life foraging fun trail for children & adults	Family €25 Ind €7.50	Blackstairs Ecotrails	Ph: 087 270 7189 / blackstairsecotrails@gmail.com
Wild Life Treasure Hunt	Fri 18th Aug	11.00 - 12.00	Wild life foraging fun trail for children & adults	Family €25 Ind €7.50	Blackstairs Ecotrails	Ph: 087 270 7189 / blackstairsecotrails@gmail.com
Bike Hire	Sat 19th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Dragon Boat Youth Session	Sat 19th Aug	10.00 - 11.30	Minimum age 12 - 18 yrs. Parents must stay in park	€10	Carlow Dragon Boat Club	Ph: 085 7402084 / figswoke@eircom.net
Bike Hire	Sun 20th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Dragon Boat	Sun 20th Aug	10.15 - 11.45	Age 16+ Experience the fun - with Carlow Dragon Boat Club	€10	Carlow Dragon Boat Club	Ph: 085 7402084 / figswoke@eircom.net
WEEK 4						
Activity	Date	Time	Description	Cost	Booking	Contact Number & Email Address / Website
Buggy Buddies	Mon 21st Aug	10.30 - 11.30	Fitness classes for new mums - buggies welcome	€5	Local Sports Partnership	Ph: 087 214 5262 / mjduggan@carlowcoco.ie
Kayaking	Wed 23rd Aug	10.00 - 12.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Kayaking	Wed 23rd Aug	13.00 - 15.00	Fun on the water. 12 - 18 yr olds	€10	Carlow Regional Youth Services	Ph: 059 9130476
Stand Up Paddling	Wed 23rd Aug	16.00 - 18.00	Age 8 to any age adult. Sessions will be 2 hours long. Pre book	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Stand Up Paddling	Wed 23rd Aug	19.00 - 21.00	Age 8 to any age adult. Sessions will be 2 hours long. Pre book	€35	Pure Adventure	Ph: 087 2265550 / info@pureadventure.ie
Photo Orienteering	Wed 23rd Aug	14.00 - 16.00	Suitable for all ages. Photo trail fun in the park.	Free	Local Sports Partnership	Ph: 087 214 5262 / mjduggan@carlowcoco.ie
Bike Hire	Fri 25th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Wild Life Treasure Hunt	Fri 25th Aug	11.00 - 12.00	Wild life foraging fun trail for children & adults	Family €25 Ind €7.50	Blackstairs Ecotrails	Ph: 087 270 7189 / blackstairsecotrails@gmail.com
Wild Life Treasure Hunt	Fri 25th Aug	11.00 - 12.00	Wild life foraging fun trail for children & adults	Family €25 Ind €7.50	Blackstairs Ecotrails	Ph: 087 270 7189 / blackstairsecotrails@gmail.com
Bike Hire	Sat 26th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Bike Hire	Sun 27th Aug	10.00 - 18.00	Explore the beautiful Barrow track on bike	€10 child, €15 adult	Barrow Way Bike Hire	Ph: 087 9887241 / barrowline@eircom.net
Dragon Boat	Sun 27th Aug	10.15 - 11.45	Age 16+ Experience the fun - with Carlow Dragon Boat Club	€10	Carlow Dragon Boat Club	Ph: 085 7402084 / figswoke@eircom.net