



Connect through Adventure & Discover the Awe-Inspiring Beauty of Cavan's Hidden Islands

Kayak & Canoe Hire | UNESCO Global Geopark | Water Park | Guided Boat Tours | Biking | Hidden Islands

Nestled within the Lough Oughter waterway system and part of the wider UNESCO Global Geopark, Cavan Adventure Centre invites you to relieve your mind of clutter, be at one with nature and relish a unique adventurous break on the magnificent hidden Island of Lough Oughter within Ireland's Hidden Heartlands. Renowned for its 365 lakes and abundant drumlins, surrounded by native birds and wildlife, Cavan will not disappoint!

Established since 2008 Cavan Adventure Centre supplies numerous land and water-based activities suitable for all ages. Experience action packed adventure in one of Ireland's most spectacular landscapes from kayak and bike trails to a splash-tastic Water Park, Cavan Adventure Centre is the beating heart of unforgettable outdoor fun.

Reenergise and revitalise your body on any of our experiences that include one day to five days of adventure or soothe your soul on a break of health and wellbeing.

Key highlights of experiences with Cavan Adventure Centre include:

- ❖ **Landscape** | located within a designated Special Area of Conservation | islands and waterways
- ❖ **Nature** | connect with native wildlife | by foot, bike, or water | biodiversity workshops all year
- ❖ **Guided Tours** | expert guides | passionate about the area they live and work in
- ❖ **History** | hear stories of Clough Oughter Castle's turbulent past | Norman history
- ❖ **Geology** | one of the largest expanses of ribbed moraines in the world
- ❖ **Versatile Experiences** | choose from one day to five days | camp site available

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Cavan Adventure Centre | Schedule of Experiences

Experiences	Short Description	Min/Max	Duration	Public Price Per Person
Kayak or Canoe to Clough Oughter Castle	<ul style="list-style-type: none"> Go solo or guided kayak or canoe to Clough Oughter Castle. Paddle to this amazing 13th century Anglo Norman Castle, hidden in the maze of islands and waterways. 	Min: 2 Max: 30	Approx. 3.5 hours	€XX unguided
	Inclusions: Map, Wetsuit, Buoyancy Aid			
Biking among the Drumlins	<ul style="list-style-type: none"> Go solo or guided on a mountain bike or e-bike. Choose one of three picturesque trails (12, 24 or 30 kilometres) Visit some impressive sites such as Killykeen Forest Park and Drumlane Abbey, which are part of the wider Marble Arch Caves UNESCO Global Geopark. 	Min: 2 Max: 10	Approx. 3 hours to 6 hours	€XX unguided
	Inclusions: Map, Helmet			
Erne Island Water Park	<ul style="list-style-type: none"> Experience the thrill of one hour bouncing, sliding and slippery fun! Laugh and splash your way around the numerous swings and trampolines. 	Min.2 Max.50	Approx. 1.5 hours	€XX per adult
	Inclusions: Wetsuit, Buoyancy Aid, Helmet, Hot Shower			_____ €XX per under 16 years _____ Family: €XX (2 adults and 2 children)
Guided Boat Trip to Clough Oughter Castle	<ul style="list-style-type: none"> Experience a unique guided boat trip with a local Geopark Guide. Hear all about the Castle's fascinating turbulent history. Learn about the wide variety of biodiversity that inhabits the land and waterways. 	Min.6 Max.12	Approx. 2.5 hours	€XX
	Inclusions: Fully Guided, Buoyancy Aid			

Cavan Adventure Centre | Schedule of Experiences

Experiences	Short Description	Min/Max	Duration	Public Price Per Person
A Day of Adventure	A guided action-packed day of biking to Killykeen Forest Park, kayaking to Clough Oughter Castle and a session on the spalshtastic Erne Island Water Park.	Min: 2 Max:12	Approx. 8 hours	€XX
	Inclusions: Guide, Wetsuit, Buoyancy Aid, Helmet			
Packages	Choose from three to five days - from Adventure Breaks to Wellbeing & Wellness Weekends, Cavan Adventure Centre can create an itinerary to suit your needs.	Min: 4 Max: 10	Approx. 3 - 5 days	Starting from €XX
	Inclusions: Accommodation, Guides, Equipment, Excursions to nearby UNESCO Global Geopark Sites, Itinerary			

Cavan Adventure Centre | Experience Descriptions

Kayak or Canoe to Clough Oughter Castle

Paddle your way through Lough Oughter's many waterways with wildlife swooshing and ducking alongside you. Immerse yourself in the sounds of all types of nature that inhabit this romantic and unspoilt landscape. Discover the historic 13th century Anglo Norman Castle that lies serenely amid the lakes, hidden in a maze of islands and waterways. Enjoy a picnic by the Castle with just the wildlife for company, before paddling your way back to shore.



Mountain Biking among the Drumlins

Go solo or through an experienced local guide enjoy the countryside air, sounds and smells as you meander along your chosen trail. Killykeen Forest Park lies a short distance from Cavan Adventure Centre and is a popular recreational destination that offers abundant wildlife, heart-of-nature views and beautiful cycling and walking trails. Choose one of three picturesque trails and visit some impressive sites such as Drumlane Abbey. Live like a local as you stop off for a picnic and immerse yourself in the allure of nature.



Cavan Adventure Centre | Experience Descriptions

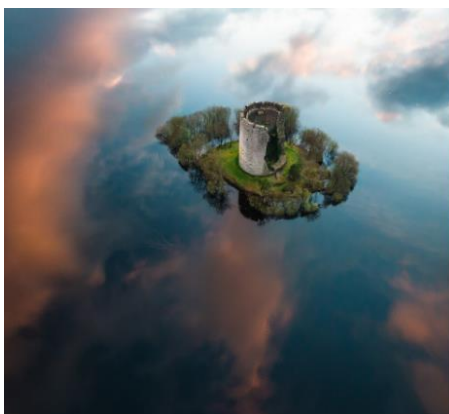
Erne Island Water Park

This brand new inflatable outdoor Water Park is sure to set hearts racing! With numerous slides, trampolines and swings prepare for lots of laughter as you bounce, slip and slide your way through an hour of water filled fun. Rest assured that the gentle waters of Lough Oughter will cushion every joyous fall. This is your opportunity to embrace your inner child on a fun-filled activity that is suitable for all the family – from adults to the little ones!



Guided Boat Trip to Clough Oughter Castle

In the company of a local expert guide, embrace nature on this magical boat trip through Lough Oughter's many waterways. Relax and take in the sights, sounds and smells of the unspoilt landscape dotted with native birds and wildlife. Hear about local stories, folklore and the turbulent history associated with Clough Oughter Castle and the surrounding area. Admire the beauty of this 13th century Anglo Norman Castle as it sits serenely amid the islands on a little island of its own that is accessible only by water.



Cavan Adventure Centre | Experience Descriptions

A Day of Adventure

Fill your day with action packed adventure! Explore some of the excellent biking trails of the immense Killykeen Forest Park. Relax with a picnic lunch in natural forest surroundings before taking a kayak across the serene waters of Lough Oughter to the historic Clough Oughter Castle. Discover the hidden 13th century Anglo Norman Castle that lies serenely amid the lakes before paddling back to Cavan Adventure Centre for some serious fun. Bounce, Slide and Slip your way through a fantastic inflatable o Water Park as your adventure comes to an epic and laughter-filled finish!



Customised Experiences

Cavan Adventure Centre invites you to stay with us in this unique unspoilt region. Experience a few days of adventure activities or a wellbeing and wellness weekend. Ranging from three to five days choose a package that suits you. Activities include kayaking or canoeing, biking, SUP boarding, water park, yoga classes and excursions to nearby UNESCO Global Geopark sites – Marble Arch Caves, Cuilcagh Boardwalk and Cavan Burren Park. Packages can be adapted to suit all groups.



Cavan Adventure Centre | General Information

❖ Booking Enquiries:

- Contact Seán/Nuala T: +353 87 1146971 or E: cavanadventure@gmail.com
- Booking online at www.cavanadventure.com
- Discount rates apply for larger group bookings
- Packed lunch can be provided at a surcharge

❖ Opening Dates:

- Our outdoor adventure season runs from March 1st – October 31st, 10.00 – 18.00.
- Private group bookings are available outside these dates

❖ Events:

- Cavan Adventure Centre hosts numerous events for the Marble Arch Caves UNESCO Global Geopark and local Heritage Office throughout the year. Keep an eye out for our events as part of Heritage Week, Bike Week and Biodiversity Week.

❖ GPS Coordinates: 54.0446, -7.4327

