

# Case study

Adventure.ie,  
Ireland



adventure.ie



Adventure.ie was born out of a passion to provide a range of high-quality, professionally run outdoor activities and training courses to adult and youth groups. in Glendalough, at the heart of the Wicklow Mountains, Ireland

Today, they have a highly experienced and qualified team that continues to offer a range of fun group activities and events for the corporate and private markets. Outdoor training has expanded in the last decade to encourage more absolute newcomers to the outdoors and to also include overseas adventures under the guidance of our skilled, experienced team.

**One of their most popular programs is Wilderness Well-being Hill & Forest Walks.**

Where guests take the time to re-connect with themselves, nature and those around them. It includes highly trained & experienced guides with lunch provided.

<https://www.adventure.ie/adventure-events-ireland/wilderness-wellbeing-day/#>



Experiences



Outdoor Store



Fun Team Building



Charity Challenge Events

## Wilderness Well-being Day



## Wilderness Adventure Day



**Teambuilding for corporates where they escape the office and imagine a day of no demands.** No struggling to keep the team motivated. No calls. No laptop. No juggling the demands of home life with the challenge of work. Nothing to do but care for themselves in nature and forests.

**Guests get to experience a Wilderness Well-being journey** where they get to immerse themselves in & accept the healing powers of nature. They are guided safely through woodlands and gently rolling hills. They get to reconnect with themselves and those around them. Walks can be short or long, high or low and tailored to suit the individual or group. There are loads to see and do. <https://shorturl.at/tokLZ>

**Guests spend the whole day outdoors in the wilderness.** This is an interactive full day adventure experience where guests get a hands-on experience with all of the skills needed in the hills and forest. Includes 4 interactive and exciting workshops throughout the day:

- **Camp Craft** learn how to use various camp stoves, and how and what to cook on them.
- **Navigation** get the basics of map navigation and learn how to keep yourself safe on the hills and in the forests.
- **Bushcraft / Survival Skills** our ex-SA Navy expert will teach you some exciting skills on fire-starting and shelter building
- **Wilderness First Aid** what do you do when it all goes wrong? Practical and easy-to-remember skills to help you deal with stressful situations.
- **Guides** are highly experienced and love to teach. <https://shorturl.at/4LR8n>

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