



The National Programme for
Sport and Physical Activity for Older People

Taster Paddling Session



Date: 6th April 2020

Time: 10am-2pm

Suitability: Adults

Cost: €15pp. This taster paddling session is subsidised by Age & Opportunity Go for Life programme.

Introduction to Kayaking and Canoeing on the Dromore River. The Dromore river is the ideal location for learning on as it is a calm, sheltered, flat water river. Our staff are highly qualified & experienced, garda vetted, REC 3 first aiders. All equipment including wetsuit, buoyancy aid, boat and paddle will be provided.

Booking and Payment in advance is essential with Tanagh Outdoor Education & Training Centre

Tanagh Outdoor Education & Training Centre.

Contact Philomena on 049-5552988 or info@tanaghoutdooreducation.com