



Ardmore Adventures is the premier adventure activity provider in the East Cork & West Waterford region. From our base in the stunning and picturesque Ardmore Bay we can offer you a wide variety of exciting activities from rock-climbing to sea kayaking, surfing, snorkelling, powerboat trips, water safety courses and a whole lot more, all delivered in our uniquely personal way - ensuring you, or your group, squeezes every last drop of enjoyment from your activity.

Offering the complete adventure experience from the 1st to the last minute, we'll be working hard to ensure that the adventure activities we provide help you to reach your true potential. With more than 14 years of experience in teaching and coaching behind us, you can be assured of the very best experience in a truly wonderful natural environment.

Whatever your age, whatever your ability, we'll find something that's exciting and suitable just for you. Keeping your safety and well-being a priority we provide only the best equipment available to ensure you get the most from your adventure. We also offer independent advice on safety, equipment and any other queries you might have.

Our range of activities is constantly expanding so check our website for the latest details:

www.ardmoreadventures.ie

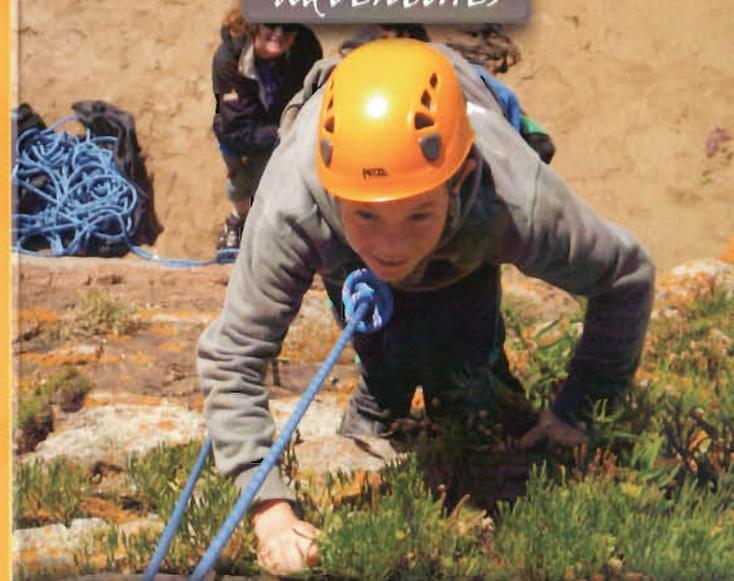


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|--------------|---------------|
| KAYAKING | THUNDERCATS |
| SNORKELLING | LIFEGUARDING |
| CLIMBING | WATERSAFETY |
| ABSEILING | TEAM BUILDING |
| SURFING | ARCHERY |
| POWERBOATING | SUMMER CAMPS |

& LOADS MORE



**LIFE'S AN ADVENTURE..
..SO LIVE IT!**



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Waterford
It's a Feeling

LIFE'S AN ADVENTURE...SO LIVE IT!

Ardmore Adventures was founded by Ronan O' Connor who brings with him a genuine passion and love of the outdoors and a desire to share with others the exciting and healthy outdoor experience. At its core Ardmore Adventures is about making it easy for everybody to access and experience the natural unspoilt beauty of the Irish outdoors.

We offer the complete adventure experience from the 1st to the very last minute and we hope you arrive as customers but leave us as friends. Through the adventure activities we provide, our aim is to help you to reach your true potential, by living life to the full with more fun, and with more self-belief and confidence in your own ability to do anything you put your mind to.

Ardmore has proven to be the ideal location from which to do the kind of activities on offer here at Ardmore Adventures - we've got 5 beaches within five minutes drive, great cliffs to climb and abseil, a combination of sheltered waters and open sea, and we're only a short few minutes off the N25.

If you're looking for something different to do, or you want to quench that thirst for adventure, then give us a call and find out how we can tailor a package that's just perfect for you, or your group.

Kayaking

Snorkelling

Climbing

Abseiling

Surfing

Powerboating

Thundercats

Lifeguarding

Watersafety

Team Building

Archery

Summer Camps

...and much more!

