

2010: An Outdoor Odyssey Your Adventure Starts Here!

Feb

20th - 21st Mountain Biking Core Skills Weekend. Cost: £138

28th Mountain Biking - Women's Core Skills Day. Cost: £69**

March

11th - 14th UCF Winter Ben Nevis. Grab your Crampons and Ice Axe for a Winter Ascent of the UK's highest mountain.
Contact: www.ulstercancer.org/events/activities.asp

13th UCF Scrabo Tower Charity Abseil
Contact: www.ulstercancer.org/events/activities.asp

100ft Freefall Drop for Habitat for Humanity and Meningitis Research Foundation
Contact: fundraising@meningitis-ni.org

20th Meningitis Research Foundation Scrabo Tower Charity Abseil
Contact: fundraising@meningitis-ni.org

26th Night Navigation. Cost: £45**

27th GPS Training. Got your GPS in your rucksack but not sure how to use it?
This course is for you! Cost: £69**

27th NICFC Corporate Charity Challenge, Tollymore Forest Park
Contact: www.nicfc.com/events.html

28th Mountain Navigation - We will focus on map and compass work whilst having a great day in the mountains. Cost: £69**

April

24th NICFC Slieve Donard Charity Trek
Contact: www.nicfc.com/events.html

25th UCF Antrim Hills Charity Trek
Contact: www.ulstercancer.org/events/activities.asp

30th Night Navigation. Cost: £45**

May

5th Sea Kayaking Evening, Strangford Lough. Cost: £45*

11 - 20th Inca Trail Open Charity Challenge
Contact: incatrail@outdoorconcepts.co.uk

12th Sea Kayaking Evening, Strangford Lough. Cost: £45*

19th Sea Kayaking Evening, Strangford Lough. Cost: £45*

26th Sea Kayaking Evening, Strangford Lough. Cost: £45*

27th Full Moon Paddle, Strangford Lough. Cost: £45**

28th - 30th UK 4 Peaks Open Charity Challenge
Contact: uk4peaks@outdoorconcepts.co.uk

29th - 30th UCF River Bann Charity Paddle
Contact: www.ulstercancer.org/events/activities.asp

June

2nd Summer City Cycling - Mountain Biking around Belfast. Cost: £25

4th - 6th UCF - Celtic Mountain Challenge
Contact: www.ulstercancer.org/events/activities.asp

8th - 19th NICFC Kilimanjaro Expedition
Contact: www.nicfc.com/events.html

18th - 20th UCF Ben Nevis
Contact: www.ulstercancer.org/events/activities.asp

23rd Summer City Cycling - Mountain Biking around Belfast. Cost: £25

26th UCF Annalong Valley Trek
Contact: www.ulstercancer.org/events/activities.asp

29th - 10th July Kilimanjaro Open Charity Challenge
Contact: kilimanjaro@outdoorconcepts.co.uk

July

30th - 1st Aug UCF Ben Nevis Challenge
Contact: www.ulstercancer.org/events/activities.asp

August

4th Sea Kayaking Evening, Strangford Lough. Cost: £45*

11th Sea Kayaking Evening, Strangford Lough. Cost: £45*

18th Sea Kayaking Evening, Strangford Lough. Cost: £45*

24th Sea Kayaking Evening, Strangford Lough. Cost: £45*

26th - 3rd Sept Canoe Canada - Open Charity Challenge
Contact: canoecanada@outdoorconcepts.co.uk

September

10th - 12th UCF Ben Nevis
Contact: www.ulstercancer.org/events/activities.asp

18th NICFC Miss Adventure
Contact: www.nicfc.com/events.html

23rd Full Moon Paddle, Strangford Lough. Cost: £45**

24th Night Rider - Discover the adventure of mountain biking at night. Cost: £45**

October

1st - 3rd UCF Celtic Mountain Challenge
Contact: www.ulstercancer.org/events/activities.asp

9th - 10th UCF WOW - Women On Wheels Mountain Biking Challenge
Contact: www.ulstercancer.org/events/activities.asp

15th Night Navigation. Cost: £45**

16th - 17th Mountain Biking Core Skills Weekend. Cost: £138

23rd Night Rider - Discover the adventure of mountain biking at night. Cost: £45**

* Pay for 4 Evening activities in 1 month - Total Cost: £180 - You Pay - £150

** Bring a Friend and your friend goes HALF PRICE.

We also provide tailor-made programmes for: hen and stag parties, birthday outings, groups of friends, youth groups, church groups, summer schemes, corporate team building away days - in fact if you have a group of 6 or more contact us and we can provide you with your very own personalised adventure. Individual tailor-made programmes also available.