



## Water Sports and Biking Action Day

### **Looking for something different to do this weekend!?**

Join us on a day of water sports and biking action on Strangford Lough and Castle Ward Estate.

#### **What's involved?**

Come along as an individual, a group of friends, a family ... everyone is welcome. Choose your activity – paddle around our sheltered lough bay or pedal around the stunning estate trails. There will be Canoes, 'Sit on Top' Kayaks and Mountain Bikes for hire. You will be given a safety briefing and then sent off to enjoy the sport and your day out.

#### **Who can take part?**

Everyone – no experience necessary.  
Children and Adults: 4+ yrs old – Kayaks and Canoes / 12+ yrs old – Mountain Bikes  
(under 18s must be accompanied by an adult at all times)

#### **Where, When & How Much?**

The Water Sports and Biking action will all happen at Clearsky Adventure Centre, based on the stunningly scenic grounds of Castle Ward Estate and shores of Strangford Lough (Just 45 minutes south of Belfast).

**4<sup>th</sup> & 5<sup>th</sup> April, 2<sup>nd</sup> May, 6<sup>th</sup> June, 4<sup>th</sup> & 18<sup>th</sup> July, 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> August**

**Choose your hire time slot:**

**1100-1200, 1230-1330, 1400-1500**

#### **Equipment hire costs (per hour):**

Mountain Bike (min. 12+ years) incl. helmet - £10  
Single Sit On Top Kayak incl. buoyancy aid & paddle - £10  
2/3 person Sit On Top Kayak incl. buoyancy aids & paddles - £20  
4-6 person Canadian Canoe Raft incl. buoyancy aids & paddles -£45  
Wetsuit (essential with sit on top kayaks) - £3

#### **What Should I bring with me?**

Warm Outdoor wear (Trousers, jacket, long sleeve tops, hat, gloves)  
Change of clothes (just in case!!)  
Sturdy flat sole Shoes that you don't mind getting wet or dirty  
Any personal medication you may have (e.g. asthmatic inhaler)

#### *Clearsky Adventure Centre will provide:*

Waterproof jackets and trousers (if required)  
All Specialist equipment  
Friendly and fully qualified instructors to give you a safety briefing

#### **How do I sign up?**

Contact Esme on 028 4372 3933 or email [fun@clearsky-adventure.com](mailto:fun@clearsky-adventure.com) to book your place.

**Places are limited** so please book early to avoid disappointment.