

ADVENTURE

Bike Mourne

Rostrevor, Newcastle and Castlewellan



Rent a bike and explore the magnificent mountain bike trails in Rostrevor. Or Castlewellan. There is an uplift service available so you can focus on the exhilarating downhills. These guys have a wonderful fleet of bikes- mountain or road bikes, traditional pedal power or e-bikes. They can help you work out which bike you need and get you on the road with minimum fuss. They have a wealth of knowledge about biking in the Mourne and are very happy to give suggestions of where to explore if you want to try something beside the mountain trails. Or you could book either a guided or self-guided tour. Really fabulous company. Highly recommended.

www.bikemourne.com

Ph: 028 4377 0714

Evening Kayaking on Carlingford Lough

Rostrevor

Try kayaking on Carlingford Lough with Cloughmor Extreme. Sessions are held every Monday and Wednesday evening 6pm-8pm [June - Aug only, weather dependent]. For only £15pp you get all your equipment hire including a wetsuit and life jacket, some basic instruction and a safety boat out on the Lough with you. Ages 8+ welcome but children must be accompanied by an adult. Booking and prepayment is essential. This company also offers loads of other outdoors adventures including a summer camp for kids so check out their website for more info.

www.cloughmorextreme.com

Ph: 077 068 75394



ADVENTURE



Geology Rocks Adventure Tourism

I accidentally went rock climbing with these guys. I didn't think I could do it and had no intention of trying but James was relentlessly encouraging. He made it feel safe and doable. I highly recommend this business for rockclimbing, stand up paddleboarding, bouldering and anything else that they offer. Professional. Safe. Fun.

www.geologyrocksat.com

Ph: +44 (0) 770 7111 906

Life Adventure Centre

Castlewellan

Located in Castlewellan Forest Park, Life Adventure offer a range of activities including mountain biking, canoeing and stand up paddle boarding. I've tested several of the activities and the staff are always very helpful in getting you kitted out with the equipment you need and giving you some basic instruction before sending you on your way. I highly recommend the stand up paddle boarding (or as I like to call it... paddle boarding... I didn't spend much time standing!!) The lake in Castlewellan Forest Park is the perfect place to give this a shot. Or hire a bike and pedal your way around the lake. It's only 2.5 miles and very enjoyable.



www.onegreatadventure.com

Ph: 028 4377 0714



Finnebrogue Woods Bushcraft

Spend a day learning essential bushcraft and survival skills including fire lighting and how to make a shelter. Or learn to forage and eat from the land including wild cooking over an outdoor fire. There are a variety of experiences available so definitely check out their website. Their instructors walk the talk and know what they are talking about. Great set up out there!

<https://finnebroguewoods.com>

Ph: 028 4410 3104