

# CLARE OUTDOOR RECREATION EXPO

• July 2023 •

## *Full Schedule*

# Embrace Clare's Outdoors

JULY

1

**CURRACH ROWING DAY**  
Clarecastle Quay

2PM-6PM



JULY

2

**INTRO TO CAVING**  
Lisdoonvarna

11AM-4PM



JULY

3

**OPEN WATER SWIMMING**  
Kilkee Beach

6:30PM



JULY

4

**NORDIC WALKING TASTER**  
Ballyalla Lake

7:30PM



JULY

4

**OPEN WATER SWIMMING**  
Cappa Kilrush

6:30PM



JULY

4

**OPEN WATER SWIMMING**  
Whitstrand Miltown

6:30PM



JULY

5

**OPEN WATER SWIMMING**  
Whitstrand Doonbeg

6:30PM





# Embrace Clare's Outdoors

JULY  
**6**

**NORDIC WALKING TASTER**  
Lee's Road

7:30PM



JULY  
**6**

**INTRO TO PADDLE BOARDING**  
Inchiquin Lough, Corrofin

6-8PM



JULY  
**8**

**NORDIC WALKING TASTER**  
Vandeleur Garden, Kilrush

10:30AM



JULY  
**9**

**LEARN TO SURF**  
Spanish Point Beach

4PM-6PM



JULY  
**9**

**COME TRY DRAGON BOATING**  
O'Brien's Bridge

2:30-3:30PM



JULY  
**11**

**NORDIC WALKING TASTER**  
Lee's Road

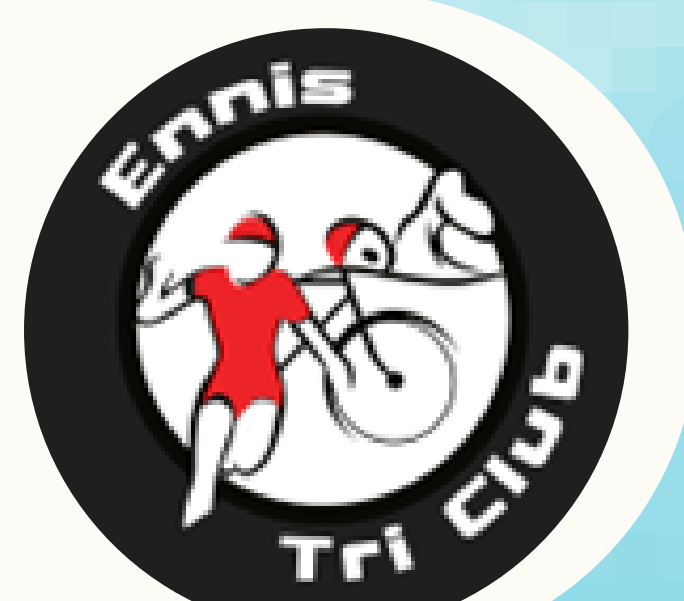
7:30pm



JULY  
**12**

**AQUATHLON TASTER**  
Ballyalia Lake

7-8:30PM



# Embrace Clare's Outdoors

JULY  
**12**

**WELLBEING WALK**  
St. Sennan's School

10AM



JULY  
**12**

**TRY ROCK CLIMBING**  
Ballyrian Crag

11AM-1PM



Outdoor Education  
& Training Centre  
**The Burren**

JULY  
**13**

**TRY KAYAKING**  
Burren OETC

10AM-12PM



Outdoor Education  
& Training Centre  
**The Burren**

JULY  
**13**

**NORDIC WALKING TASTER**  
Fair Green

7:30PM



JULY  
**13**

**INTRO TO PADDLE BOARDING**  
Inchiquin Lough, Corrofin

6-8PM



— SPORT IRELAND —

JULY  
**13**

**BEACH VOLLEYBALL**  
Kilnaboy Church

10AM-12PM



JULY  
**15**

**TRY SNORKELING**  
Kilkee Beach

10:30AM





# Embrace Clare's Outdoors

JULY  
**16**

**TRY SNORKELING**  
Kilkee Beach

10:30AM



JULY  
**16**

**TRY ROW**  
Carrigaholt

4-5:30PM



JULY  
**16**

**COME TRY DRAGON BOATING**  
O'Brien's Bridge

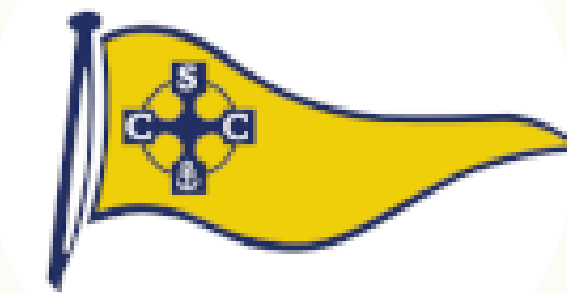
2:30-3:30PM



JULY  
**16**

**TRY SAILING DAY**  
Cullaun Sailing Club

FROM 2PM



JULY  
**17**

**TRY ROCK CLIMBING**  
Ballyrian Crag

2PM-4PM



Outdoor Education  
& Training Centre  
**The Burren**

JULY  
**18**

**NORDIC WALKING TASTER**  
Ballyalla Lake

7:30PM



JULY  
**19**

**AQUATHLON TASTER**  
Ballyalla Lake

7-8:30PM



# Embrace Clare's Outdoors

JULY  
19

## WELLBEING WALK

Scariff

10AM



JULY  
19

## INTRO TO SNORKELING

Seafield Pier, Quilty

6:30PM



JULY  
20

## NORDIC WALKING TASTER

Lee's Road

7:30PM



JULY  
20

## LEARN ROCK & SEA CLIFF CLIMBING

Ballyryan, Fannore

10AM-4PM



JULY  
21

## TRY KAYAKING

Burren OETC

2PM-4PM



Outdoor Education  
& Training Centre  
The Burren

JULY  
21

## LEARN ROCK & SEA CLIFF CLIMBING

Ballyryan, Fannore

10AM-4PM



JULY  
22

## LEARN TO NORDIC WALK

Lee's Road

11AM-1PM





# Embrace Clare's Outdoors

JULY  
**23**

**COME TRY DRAGON BOATING**  
O'Brien's Bridge

2:30-3:30PM



JULY  
**26**

**AQUATHLON TASTER**  
Ballyalia Lake

7-8:30PM



JULY  
**26**

**SURFING LESSON TASTER**  
Lahinch Beach

7:30PM



JULY  
**29**

**GET HIKING**  
Kilnaboy Church

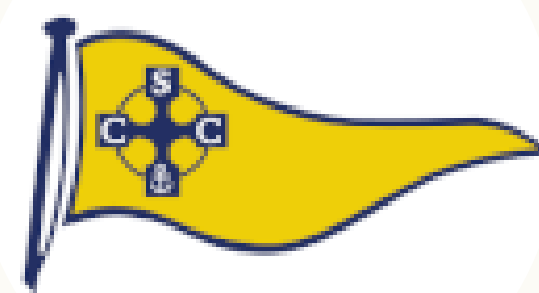
9:30AM



JULY  
**TBC**

**YOUTH SAILING CAMPS**  
Cullaun Sailing Club

TBC



JULY  
**TBC**

**POWERBOATING FOR WHEELCHAIR USERS**  
Kilrush Marina

TBC



JULY  
**Sundays**

**FOOTGOLF**  
Hurler's Cross

5PM

