

LAND ACTIVITIES



GO ZIP 'N' TREK
Get your pulse racing and adrenaline pumping with this exciting and thrill seeking activity! Zip, climb, traverse and journey above the treetops on the 40ft high obstacle course.
Age: 8+
Min. height restriction: 1.4m
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

GO ZIP!
Experience the thrill of the new 220m zipwire in the Delphi forest! Head up the tower and get ready to speed down the zip-line and experience the buzz of this adrenaline pumping activity – an exhilarating adventure through the air! Includes 3 rounds of the zip-wire.
Age: 8+
Min. height restriction: 1.4m
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

ZIPLINE AERIAL ADVENTURE
Get the full aerial experience on this forest adventure combination! Take on the challenge of the Zip 'n' Trek obstacle course, brave the exhilarating free fall, then head over the Burma bridge crossing to experience 3 rounds of the new zip-wire through the Delphi forest!
Age: 8+
Min. height restriction: 1.4m
Duration: Up to 3hrs
Prices: Child €35 Adult €50

GO TUNNELING
This caving challenge will take you through a range of obstacles, where you will wade through the ball pool, down a sliding tunnel and navigate through crevices.
Age: 4+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25



BOG OBSTACLE CHALLENGE
This activity will take you deep into the Delphi forest while you take on the balance wires, muddy tunnels, bog filled pools and water obstacles. Take a fun filled, interactive journey as you squeeze, balance and help your team through our bog and water fuelled adventures and obstacle challenges.
Age: 8+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

FAMILY FRIENDLY MOUNTAIN BIKING LESSON & TRAIL RIDE
No matter what experience you have cycling, we will teach people at every level and age the basic skills on this activity. First tackle the BMX pump track and then take a cycle around the forest trails to show off your new skills.
Age: 8+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

MOUNTAIN BIKING LESSON & TRAIL RIDE
Crank up those gears and brace yourself for this action-packed, adrenaline pumping activity through Delphi's very own downhill mountain bike trails. It's fast, it's fierce, but most of all it's great fun!
Age: 16+
Duration: Up to 3hrs
Prices: Child €35 Adult €50

GO ROCK CLIMBING
Climb the 40ft towers, which have different climbing faces to choose from and grades to suit all levels. Whatever your level, you'll be in great hands with our hardy instructors close by giving you the support you need.
Age: 8+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25



HIGH ROPES COURSE
Get the adrenaline pumping through your veins on the Delphi High Ropes Course! You'll climb and hold your balance before going for the leap of faith, then take on the high, all-aboard challenge - a team balancing exercise in the air!
Age: 8+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

ARCHERY
Ready, aim, fire! Fancy yourself as the next Robin Hood or Katniss Everdeen? If you enjoy target-orientated activities, archery is the ultimate sport for you. Learn how to aim and fire within our safe target range, then put your skills to the test in our archery games.
Age: 6+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

GO BRIDGE SWING
Are you fearless enough to take it on? High in the 46ft Delphi towers, you'll be strapped in safely by our instructors, then you take a deep breath, wait for us to pull the pin, and get ready for your freefall swing to the bottom! If you don't have nerves of steel before doing a bridge swing, you definitely will afterwards!
Age: 12+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

BUSHCRAFT SURVIVAL
Are you ready to take on a Bear Grylls-style challenge? Journey into the depths of the Delphi Forest on this activity where you will learn basic wilderness survival skills, explore and discover while learning about the local flora and fauna.
Age: 6+
Duration: Up to 1.5hrs
Prices: Child €17.50 Adult €25

WATER ACTIVITIES



KAYAKING
Kayak along the Wild Atlantic Way and learn the basic skills and techniques of Delphi's most popular water activity. Feel confident under the supervision of qualified instructors, as you experience flat water paddling on Killary Fjord and take in the stunning views that the unique coastline has to offer.
Age: 8+
Duration: Up to 3hrs
Prices: Child €35 Adult €50

SURFING
Head for the sandy shores of Cross Beach, regarded as one of the best surfing beaches in County Mayo!
It is the perfect place to experience the thrill of catching the waves of the Atlantic, during our surfing lesson provided by our expert team. Option of meeting us onsite at Cross Beach.
Age: 8+
Duration: Up to 3hrs
Prices: Child €35 Adult €50

COASTEERING
Swim, climb, jump and plunge into the wild Atlantic for a Coasteering experience to remember!
Explore Ireland's west coast from a completely unique angle. Coasteering is a combination of adventure, swimming and rock climbing that takes place along the coast and sea cliffs. It is a unique experience where you will get to explore the different rock formations created by the sea. Option of meeting us onsite at Old Head Beach.
Age: 14+
Duration: Up to 3hrs
Prices: Child €35 Adult €50



SEA KAYAKING TOUR
This tour is a fantastic introduction to exploring Killary Fjord, one of only 3 glacial fjords in Ireland and one of the key signature points along Ireland's Wild Atlantic Way. If you think you've experienced Ireland at its best, wait until you view it away from land – a truly magical experience.
Age: 14+
Duration: Up to 3hrs
Prices: Child €35 Adult €50

STAND UP PADDLE BOARDING
SUP originated in the Hawaiian Islands and provides an accessible and fun way to explore Ireland's beautiful waterways. The stunning lakes and sea inlets surrounding Delphi provide an ideal environment to try out this rapidly growing sport – an excellent workout for improving balance, core strength and fitness, with exploration and fun for all the family!
Age: 16+
Duration: Up to 3hrs
Prices: Child €35 Adult €50

CANOING
A great activity for couples and families!
Take a canoeing session with a qualified instructor along the tranquil waters of Killary Fjord. Have fun, learn new skills, take part in canoeing games, races, and be challenged in a safe environment. This is a great activity for people of all ages to enjoy!
Age: 4+
Duration: Up to 3hrs
Prices: Child €35 Adult €50

PLEASE NOTE: All activity durations include time to gear up and get to and from the location for the activity. Please arrive to the adventure centre 10 minutes before the scheduled time of the activity. Activities run on a schedule throughout the year and are subject to availability and minimum numbers. All activities are weather dependent and are subject to change.



BE PART OF THE ADVENTURE!

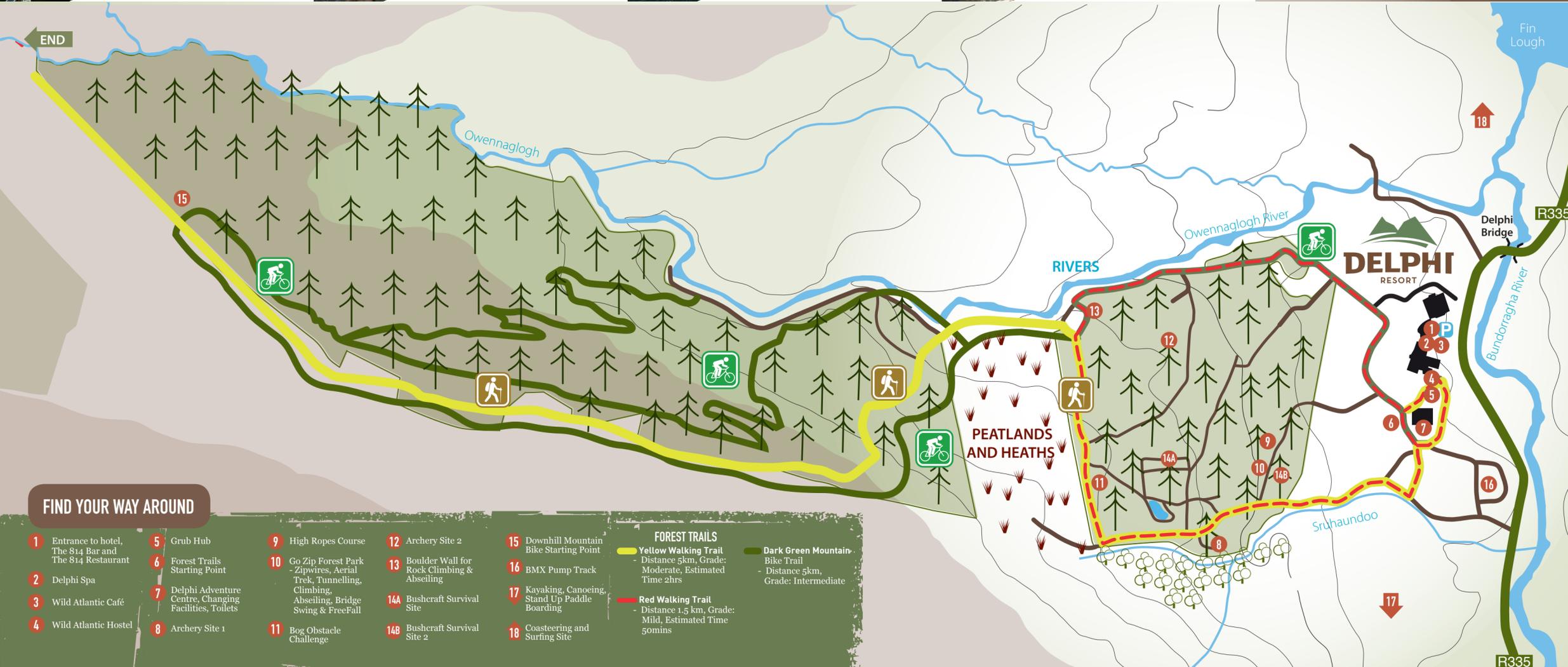


DELPHI RESORT, LEENANE, CONNEMARA, CO. GALWAY, IRELAND
T: +353 (0)95 42208
E: INFO@DELPHIRESORT.COM

WWW.DELPHIRESORT.COM



RESORT MAP



FIND YOUR WAY AROUND

- | | | | | |
|---|---|---|---|---|
| 1 Entrance to hotel, The 814 Bar and The 814 Restaurant | 5 Grub Hub | 9 High Ropes Course | 12 Archery Site 2 | 15 Downhill Mountain Bike Starting Point |
| 2 Delphi Spa | 6 Forest Trails Starting Point | 10 Go Zip Forest Park - Zipwires, Aerial Trek, Tunnelling, Climbing, Abseiling, Bridge Swing & FreeFall | 13 Boulder Wall for Rock Climbing & Abseiling | 16 BMX Pump Track |
| 3 Wild Atlantic Café | 7 Delphi Adventure Centre, Changing Facilities, Toilets | 11 Bog Obstacle Challenge | 14A Bushcraft Survival Site | 17 Kayaking, Canoeing, Stand Up Paddle Boarding |
| 4 Wild Atlantic Hostel | 8 Archery Site 1 | | 14B Bushcraft Survival Site 2 | 18 Coasteering and Surfing Site |

- FOREST TRAILS**
- Yellow Walking Trail** - Distance 5km, Grade: Moderate, Estimated Time 2hrs
 - Red Walking Trail** - Distance 1.5 km, Grade: Mild, Estimated Time 50mins
 - Dark Green Mountain-Bike Trail** - Distance 5km, Grade: Intermediate