



DELPHI
RESORT



SCHOOL & YOUTH GROUP TOURS

THROUGH ADVENTURE WE INSPIRE!

WE HAVE 30+
YEARS EXPERIENCE
IN OUTDOOR
EDUCATION

TOURS ARE LED
BY OUR EXPERIENCED
AND FRIENDLY
INSTRUCTORS

OUR TOURS
ARE TAILORED
TO 8-17+ YEARS

THIS IS MORE THAN JUST A SCHOOL TOUR!

BRING LEARNING TO LIFE

Every year, more than 200 schools choose Delphi Resort for their school tours. For over 35 years, we've been inspiring pupils to aim higher and achieve more through our activity programmes.

Located in the breathtaking Delphi Valley, the resort's stimulating environment helps to change perspectives and broaden the horizons of your pupils.

There's something exhilarating about being outdoors, and at Delphi Resort, our multi-activity programmes help build students' confidence, grow their self-belief and develop team spirit.

LIFE SKILLS

- **DEVELOPMENT** It's a chance to develop self-belief and discover the true feeling of freedom!
- **CHALLENGES** It's about meeting challenges head-on while exploring the unique landscape!
- **EXPERIENCE** It's to be part of the adventure and inspire through experiences!
- **LEARNING** It's about learning that they can, while creating memories that last a lifetime!

MULTI-ACTIVITY SCHOOL TOURS

Suitable for ages up to 17 years

Experience a fun-filled adventure
Build friendships and lifelong memories
Learn to survive the outdoors

DAY
PROGRAMMES
AVAILABLE



Let your students loose for a few days at Ireland's leading adventure resort, where we'll get them zip-lining, climbing, kayaking, and more! With up to 20 activities on offer at Delphi - water and land based, outdoor and indoor - your students will experience the great outdoors like never

before, while making new friendships and lifelong memories. Give them a few days away and you could be looking at the next Bear Grylls champ!

- Multi-Activity School Tours are tailored to children and teens of up to 17 years
- School tours include a wide range of water and land activities, with an action packed agenda
- All inclusive price includes meals, full board, activities and 24 hour supervision

"Couldn't recommend Delphi Resort highly enough. There are a huge variety of activities for the students. All students are encouraged and challenged throughout the activities. Top class accommodation, facilities, and instructors"

Ciara Jo - Teacher

ACTIVITIES

- KAYAKING • CANOEING
- ABSEILING • CLIMBING
- ZIP'N'TREK • ARCHERY
- BUSHCRAFT SURVIVAL
- SURFING* • RAFT BUILDING
- TAG ARCHERY • 220m ZIPWIRE
- HIGH ROPES AND MUCH MORE...

*Surfing is subject to availability and a €5.00 supplement per person

Teachers stay and dine in the 4* hotel. We offer a number of free teachers places and 24 hour supervision is provided by Delphi.

GAISCE - THE PRESIDENT'S AWARD

Gaisce is an Irish award earned by young people, when they participate in several activities for a certain length of time. It is possible to earn a gold, silver or bronze Gaisce award and at Delphi Resort, we can arrange a specialised programme for students to work to achieve a silver or a bronze award.

'GAISCE' translates as 'achievement' and we can think of no better name for an award that encourages students to contribute to the local community and spend quality time outdoors



EARN YOUR GAISCE AWARD AT DELPHI!

- The programme is specialised and must be arranged with Delphi before arrival
- Gaisce programme candidates must complete each part of the programme before they can take part in other activities
- We are happy to facilitate a camp-out for your group. This can be arranged with us in advance and may incur an additional fee. Our maximum group size for a camp-out is 30 children
- Delphi Resort can help students achieve the silver or bronze award

Minimum of 10 students needed to compete for the award

What do they need to bring?

- Comfortable hillwalking boots are essential
- Rain gear
- Small rucksack
- Standard kit list – see packing checklist in this brochure

REQUIREMENTS

To achieve the bronze Gaisce award

2 days and 1 night

Choose one of the following activities:



To achieve the silver Gaisce award

3 days and 2 nights

Choose one of the following activities:



A TYPICAL 2 DAY, 2 NIGHT TOUR!

Whether visiting for one day or an entire week, each day is packed with experiences to excite, inspire and build confidence, bringing a different dimension to the learning experience.

DAY 1	DAY 2	DAY 3
1PM ARRIVAL (LUNCH NOT INCLUDED)	8AM BREAKFAST	8AM BREAKFAST
2PM BOG CHALLENGE	9:30AM CLIMBING	9:30AM ZIP N' TREK
6PM DINNER	11AM ABSEILING	11AM TEAM TASKS
7PM CAMPFIRE	1PM LUNCH	1PM LUNCH
9PM SUPPER	2PM KAYAKING	2PM DEPARTURE
	6PM DINNER	
	7PM ENERGISING GAMES	
	9PM SUPPER	

SAMPLE DAILY MENU

BREAKFAST

Daily Options

Selection of Cereals, Toast, Sausages, Beans, Fruit Juices and Tea.

LUNCH

Daily Options

Homemade Vegetable Soup, Fresh Crusty Roll (Filling options: Ham, Chicken, Cheese, Salad) Fruit and Mi-Wadi.

DINNER

Served in rotation	Day 1	Day 2	Day 3
	Roast Chicken, Baby potatoes and Vegetables OR Vegetable Stir-fry	Spaghetti Bolognese OR Tomato Penne Pasta	Chicken Goujons, Chips and Salad OR Meat Free Goujons, Chips and Salad
	Salad / Cold Meat Selection also available	Salad / Cold Meat Selection also available	Salad / Cold Meat Selection also available

SUPPER

Dessert/ Evening Supper	Day 1	Day 2	Day 3
	Chocolate Chip Cookie	Jam Doughnut	Chocolate Muffin

SAFETY AND SUPERVISION

Safety is of prime importance at Delphi Resort. We consider this to be our single most important responsibility from the moment your students arrive until they depart. We are proud of our safety record and high standards of safety. All staff are trained to think and act "safety first." We provide 24 hour supervision and have a comprehensive safety statement available on request.

- All adventure and safety equipment will be provided by Delphi Resort
- All staff are Garda vetted having completed the Irish Sports Council Code of Ethics in Children's Sport
- Delphi Resort have over 35 years of experience in outdoor education
- Fully qualified instructors

PACKING CHECKLIST

Please read this Packing Checklist carefully. We recommend that your students bring the items of clothing and equipment listed below with them to help make their stay or day trip with us as enjoyable as possible. The weather on the west coast of Ireland can be very unpredictable, so adventurers need to be prepared for everything from hail to blazing sun, no matter what time of year!

SENSE OF ADVENTURE IS ESSENTIAL

TICK AS YOU PACK

- WATERPROOF JACKET *(essential!)*
- SLEEPING BAG AND PILLOW
- T-SHIRTS
- THERMAL TOPS
- JUMPERS/HOODIES
- FLEECE TOPS *(at least 4 pairs)*
- THICK AND THIN WALKING SOCKS
- SYNTHETIC TROUSERS FOR WALKING *(not jeans)*
- TROUSERS FOR EVENINGS
- 2 PAIRS OF SUITABLE SHOES *(one odd pair to get wet)*
- HILLWALKING BOOTS - ESSENTIAL FOR GAISCE AWARD PARTICIPANTS
- UNDERWEAR
- PYJAMAS
- SHORTS
- HAT AND GLOVES
- TOWELS AND SWIMWEAR
- PLASTIC BAGS
- WATER BOTTLE
- TOILETRIES
- WATERPROOFS *(if you have them)*
- PRESCRIBED MEDICATION *(where necessary)*

SOME FINAL TIPS AND TRICKS:

- It's a good idea to mark clothing and personal items clearly and put a complete list of items brought inside your child's suitcase or bag.
- Please note that jeans are suitable for the evening but not for outdoor activities.
- We advise your child not to bring valuable items or expensive clothing with them. We cannot be held responsible for lost property.
- Wifi is only available in exceptional circumstances and is limited here in the Delphi valley.

Students won't need much in terms of digital gadgets as they will be kept busy from morning until night!

Most activities may involve getting wet at some point, so please make sure your child has plenty of spare, dry clothes to change into. Other useful items include sun cream,

blister kit and most importantly for the summer months - insect repellent. Delphi is famous for its abundance of midges in the summer time!

N.B. Aerosols are not permitted at Delphi Resort as they are harmful to the environment and can be dangerous for those suffering from conditions such as asthma.

BOOKING INFORMATION

TODAY

- Call us today! We can check our availability and immediately make a provisional booking for you
- We will post you Parent guardian forms and relevant booking documentation
- We ask you to then review, sign and return the school booking forms by email or post
- Please pay the deposit as per the date requested on the pro forma invoice

6 WEEKS PRIOR TO ARRIVAL

Numbers: Please provide us with exact numbers of attending students and teachers, plus a breakdown of male and female attendees

Times: Please provide us with your School Tour's time of arrival and departure

Meals: Lunch on our standard packages is included on departure and not arrival. You can add an additional lunch to your package by contacting us at the resort or change lunch from departure to arrival but this must be arranged in advance with us.

Payment: We require payment of the full balance 6 weeks prior to arrival.

Forms: All parents guardian forms should be collected by the organizer and any dietary or medical information provided to Delphi. We require a counter-signature of a parent or legal guardian of any child who is U18.

1 WEEK PRIOR TO ARRIVAL

Groups: Allocate students' rooms & activity groups as per email we will send you. Please send this information to schoolreservations@delphiresort.com

Bed Linen: Remind your group members that bed linen is not provided for dorm accommodation. We recommend they bring a sleeping bag or a duvet and pillow. If you wish for Delphi Resort to provide linen for your group, please advise us in advance and we will arrange (additional cost of €10 per person). **MUST BE PRE-BOOKED WITH DELPHI RESORT.**

Teachers: Teachers wishing to avail of our spa facilities are advised to reserve both Thermal Suite access and treatments in advance to avoid disappointment.



HOW TO GET HERE



We are located on the Galway/Mayo border, halfway between Louisburgh and Leenane. Visitors to Delphi are continually awed by the truly magnificent scenery of the Delphi Valley. The setting is inspirational. Our location was carefully chosen to maximise the activities we offer in this beautiful environment.

Delphi Resort, Leenane, Connemara, Co. Galway, H91 DP08, Ireland