



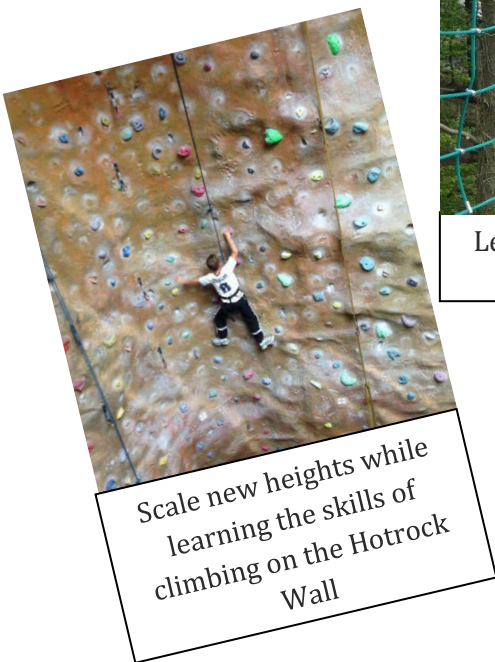
# #BEACTIVE

## #BeActive is a call to action to get people moving!

The European Week of Sport aims to promote sport and physical activity across Europe and will take place from 7<sup>th</sup>-13<sup>th</sup> September 2015. The Week is for everyone, regardless of age background or fitness level.

Tollymore National Outdoor Centre will kick start the week by doing their part to help families get active and will be holding a 'Family Skills Day' on **Saturday, 5<sup>th</sup> September 2015.**

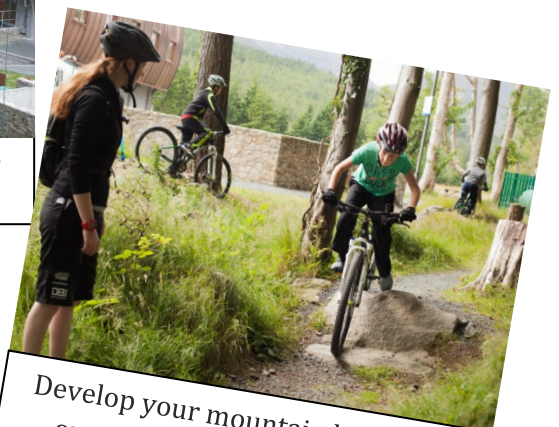
There will be two sessions: Morning Session: 9am-12.45pm; Afternoon Session: 1.15pm-5pm. You will have a choice of two activities per session. You can choose from rockclimbing and/or high ropes course and/or mountain biking.



Scale new heights while learning the skills of climbing on the Hotrock Wall



Learn the ropes and get up high on our high ropes course



Develop your mountain bike skills on our dedicated skills course

**BOOK NOW**

[www.tollymore.com/beActive](http://www.tollymore.com/beActive)

Tel: +44 (028) 4372 2158

Cost: £16 per person  
(minimum age 10)

These sessions will be delivered by one of our qualified and experienced instructors.

