

GET ACTIVE GET OUTDOORS...

AT TOLLYMORE NATIONAL OUTDOOR CENTRE

'First Step' Youth Skills

**Price £34 per day
(includes packed lunch)**

Only a basic level of fitness required

Mountaineering: This course is a safe introduction to mountaineering for those aged 14-18 who has a desire to get out on the mountains and perhaps develop some independence.

Dates - Thursday, 16th July, or Thursday, 6th August 2015

Rock Climbing: This course is ideal for anyone aged 14-18 who has ever looked up at some of the rock faces and wondered what it would be like to climb them safely with expert tuition.

Dates - Friday, 17th July or Friday, 7th August 2015

BOOK ONLINE NOW!

Tollymore National Outdoor Centre

32 Hilltown Road
Bryansford
Newcastle, Co. Down
BT33 0PZ
www.tollymore.com



OUTDOORNI.COM

