

BRIEF OUTLINE

The West Cork Secret was the brainchild of Finbarr O'Mahony, who had worked in landscape gardening for twelve years and wanted to be able to show people what could be achieved with any patch of land. Originally a bare field – he has transformed the 25 acre site into an explosion of colour and growth ranging from fruits and vegetables to exotic flowers and towering trees. The idea behind the project was originally an extensive garden centre but this has blossomed into an activity centre, educational resource and pizza cafe.

OUR LOCATION

We are a 15 min drive from **Bandon**, 15 mins from **Clonakilty** and 20 mins from **Kinsale**. The WCS is sign posted from **Timoleague road** and from **Kilbrittain village**



PRICING & PACKAGES

Teachers...why not take a back seat and let us at the West Cork Secret provide your class a memorable day of fun and activity. Book your place **NOW**

Package 1:

10.00 - 4.00 €20/student

Including Pizza's

6 hours

Package 2:

10.00 - 1.00 €15/student

Including Pizza's

3 hours

Teachers and accompanying adults are complimentary.

Students are advised to bring a change of clothes if they are partaking in water based activities.

Hot showers available on site.

WEST CORK SECRET



SECOND LEVEL TOURS 2014



Phone: Finbarr 087-8331206

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Web site:

<http://www.westcorksecret.ie>

JUNIOR & SENIOR CERTIFICATE PHYSICAL EDUCATION PROGRAMME

WHAT WE OFFER!

SPORT TEAMS • CLASS OUTINGS • SCHOOL TOURS • GAISCE • TEAM BUILDING • TRANSITION YEAR TRIPS

“Adventure activities at second level provide students with the opportunity to develop personally, socially, and physically in a safe and challenging environment. Presenting the student with an element of adventure and challenge in a controlled environment can lead to the development of qualities such as self-reliance, self-confidence, responsibility, regard for others and respect for the environment.”

Adventure activities seeks to develop in the student:

- the skills and techniques which will facilitate enjoyable participation in adventure activities.
- decision-making skills and leadership qualities, and awareness of positive group dynamics.
- an understanding and appreciation of the need for environmental protection.
- an awareness of personal safety and a basic knowledge of first aid with particular reference to the outdoors.



Military Assault Course & Obstacle Course



Team challenge

- participation
- planning
- safety issues
- effective communication
- review

Orienteering

- recognition of symbols
- orientation of the map
- feature recognition
- basic route planning
 - map memory
 - event organisation



180ft Outdoor Water Slide



Bumper Balls



Camp craft

- construction of shelter
- Navigation
 - Fire
 - Food
 - Water

