



**WILD
FREE**

adventure co.
donegal

**Unique adventure experiences
for TY and school groups**

Introduction

Wild + Free is an inclusive adventure activity provider dedicated to delivering incredible outdoor adventure experiences along Donegal's wild and rugged south coast.



Wild and Free is a fully accredited activity provider with Irish Surfing, the National Governing body for Surfing in Ireland. We pride ourselves in operating to the highest standards of safety and coaching standards.

Our experienced team of former PE teachers, fully qualified Instructors, caterers and event managers have over 20 years industry experience and are here to work with you, offering bespoke programs to meet your school's needs.



What we offer

Surfing



Stand Up Paddling



Hiking



Rafting challenges



Team bonding



Personal development



With a range of exhilarating outdoor activities to choose from, we guarantee to get your group active, engaged and ensure that they enjoy learning in a super safe and fun environment.

We specialise in encouraging class bonding and team building as well as crafting bespoke events to cater for TY programmes, spiritual retreats, residential, day and overnight class groups and well-being days.

Activities, workshops, accommodation and food can all be tailored to suit your needs. Wild + Free is an inclusive activity provider, catering for students with different needs.

Sample schedules

DAY SCHEDULE

- 09:00** Arrival
- 09:30** Setting the scene
- 10:00** Activities: Surfing | Stand Up Paddling | Hiking | Raft Building Challenges
Team Bonding | Interactive Personal Development Workshop
- 13:00** Wholesome lunch
- 14:00** Interactive workshop
- 15:30** Photo slideshow, reflection and evaluation
- 15:45** Departure

RESIDENTIAL SCHEDULE

- 09:00** Arrival
- 09:30** Briefing
- 10:00** Activity 1
- 13:00** Wholesome lunch
- 14:30** Activity 2
- 17:30** Delicious dinner
- 19:00** Workshop 1
- 20:15** Slideshow of the day
- 20:30** Downtime
- 21:30** Super supper
- 22:30** Bedtime

- 08:30** Breakfast
- 09:30** Thought for the day
- 10:30** Activity 3
- 13:00** Lovely lunch
- 14:00** Workshop 2, Photo Slideshow, Reflection & Evaluation
- 15:45** Departure





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Jono has run many outstanding activities for my school groups. The standard of excellence & professional coaching are always at the heart of his incredible insightful teaching, creating experiences that my students say they will never forget.

Teacher
Blackrock College, Dublin

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Exceptional service! Our group of teens progressed and achieved so much over the two days. Jono's coaching ability & experience really stands out, tweaking the sessions to match the changing conditions and our group's ability and energy levels.

Youth Coordinator
Woodale Youth Justice Project

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What a fantastic experience! Activities were carefully designed to meet our group's level of fitness and competence, and they were professionally implemented under Jono's watchful eye. Highly recommend!

Group Leader

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It was a super experience, great craic and also very peaceful. You just rock up and Jono takes care of everything! From beginners to those more advanced, he makes sure everyone enjoys themselves. We highly recommend Wild + Free adventure co!

Parent
Donegal

Explore the spectacular Donegal coastline and Slieve League peninsula!

Adventure awaits... find your Wild and Free!

**WILD
+
FREE**

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**IRISH
SURFING**

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