



On the edge of the Mourne Mountains, at the boundary of a 630 hectare Forest Park and 10 minutes from the coast; FSC Tollymore is a perfect location to visit.

Children’s Day Ticket

Date: *6th July 2018*

Location: *Tollymore Field Studies Centre, 32 Hilltown Road, Newcastle, Co. Down.*

Cost: *£18.50 per child or £50 for 3 children*

Timings: *10am to 5pm*

Note: *Children must be accompanied by a parent who must remain with their child at all times.*

Give your children the chance to spend a day outdoors, exploring the natural environment and learning about nature. Leave the phones and ipads at home and join us at Tollymore Field Studies Centre for a whole array of educational and fun activities for children aged 6 to 17.

The day will begin at 10am and finish at 5pm. Each workshop will last approximately 2/2.5 hours, with a break for lunch in the middle of the day. There will also be a guest speaker at the end of the day, where the infamous Ricky Bell of Mountaineering Ireland will share stories and videos of his rock climbing adventures.

Families can either bring their own picnic, or purchase soups, sandwiches and refreshments on site. The majority of workshops are outside, with some at locations nearby. Families should arrive prepared to spend the day outside, and should expect their children to get wet or muddy during some activities. Therefore a full change of clothes, extra layers and a towel will be required.

For some workshops it may be suitable for parents to join in, however the emphasis of the event will be for the children to get involved. For this reason there is no cost for parents, but it is essential that they supervise their children at all times.

Workshop registration will be open from 9:30am. Please note there are limited spaces on each session, so arrive early to sign up to your preferred workshop.

Children's Workshops:



Field Studies Council – Northern Ireland

Field Studies Council, FSC, is an environmental education charity providing informative and enjoyable opportunities for people of all ages and abilities to discover, explore, and understand the environment.

Eco Treasure Hunt:

Based around a pirate theme quest participants will go on the hunt for an eco-treasure chest hidden somewhere in Tollymore Forest Park. By following a set of clues left by local native animals participants must solve puzzles and interpret clues based around environmental issues which inevitably will light the way to the ultimate prize...!

Mini Beast Adventure

Haven't you ever wondered what's happening in the bustling miniature world around you, in the trees and bushes, and rummaging around beneath the ground?

This interactive workshop will give participants the chance to explore these interesting habitats and to discover the wonderful creatures which we often don't notice.

Nature Art

Come and explore how we can use nature to stimulate learning, with a range of fun and engaging activities that use natural woodland materials to create art!

www.field-studies-council.org/northernireland



Campfire Kitchen

Campfire Kitchen hopes to inspire hungry campers to expand their recipe repertoire.

A hands-on workshop for children, making campfire favourites such as twisty breads, s'mores, popcorn and hotdogs using sticks, tin foil and Kelly kettles. Safety will be paramount as we encourage children to see fire as tool which needs to be treated with respect.

www.campfirekitchen.co.uk



Canoe Association of Northern Ireland

The Canoe Association of Northern Ireland (CANI) was formed in 1964 and is the governing body responsible for the management, co-ordination, development and promotion of canoeing in Northern Ireland

Pool course:

Beginners will have the chance to try kayaking in the onsite swimming pool

Stand Up Paddle Boarding:

Give SUP'ing a go on the nearby Castlewellan Lake.

www.cani.org.uk



Mountaineering Ireland

Mountaineering Ireland is the representative body for hill walkers and climbers in Ireland. It is recognised as the National Governing Body for mountaineering by both Sport Ireland and Sport Northern Ireland.

Youth Rock Climbing: Join Ricky Bell and Michael Duffy for a half day's coaching with two of Ireland's leading rock climbers. (Note: Open to all climbers with at least two years previous climbing experience and climbing at French 6a and above)

www.mountaineering.ie



Leave No Trace Ireland

Leave No Trace is an outdoor ethics programme designed to promote and inspire responsible outdoor recreation through education, research and partnerships.

Leave No Trace for Children:

Join Daithi from Leave No Trace for some hands on activities to help children learn about the nature and how they can help to look after it.

www.leavenotraceireland.org



WOODLAND TRUST

The Woodland Trust

The UK's largest woodland conservation charity. We protect and campaign on behalf of this country's woods, plant trees, and restore ancient woodland for the benefit of wildlife and people.

Pine Cone Animals

Come along and create your own woodland creatures from native pine cones and craft supplies. From foxes to owls, squirrels and mice there is an endless choice of animals to create.

www.woodlandtrust.org.uk



Reconnect with Nature

Reconnect with Nature helps to educate and nurture people of all ages and walks of life to have a greater understanding and appreciation of nature for their overall health and well-being, while also helping them to understand that we are all part of nature, not apart from nature.

Irish Bees and Beekeeping:

Learn about Irish Bees through an exciting and informative session with Reconnect with Nature. Children will learn about the life of the honey bee and bee keeping.



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds

NI Orienteering

NI Orienteering exists as an Association to provide leadership, support and technical supervision to individuals and orienteering clubs in Northern Ireland in order to maximize the quantity and quality of orienteering performance and participation in NI.

Family Orienteering:

Come And Try Orienteering. Have fun exploring beautiful Tollymore Forest with your family, searching for flags using our specially-drawn map

www.niorienteering.org.uk



British Biathlon Club

Biathlon is a Nordic skiing event in which the competitors combine cross-country skiing and rifle shooting.

Biathlon has one distinct advantage over many other winter sports in that it is possible to train and compete through the summer on roller skis.

Introduction to Cross-Country Skiing (on roller skis): Children will have the opportunity to try roller skiing and laser rifles in a safe and enjoyable environment.

www.britishbiathlon.com



Scouting Ireland – MPSE Backwoods Fellowship

MPSE Backwoods Fellowship's aim is to promote Backwoods Skills within Scouting in Ireland,

Knife Safety and Fire by Friction: Allow your children to have a better Understanding of using knives safely while also getting a chance to try some natural fire lighting

www.scouts.ie



FreeDiveIreland

Freedive Ireland

Freediving or apnea is the sport, science or art of holding your breath while being underwater.

Learn to Breathe Again:

We can survive weeks without food, days without water but only minutes without breathing. It's something we take for granted but also something we can take control of. Actively breathing has many health benefits both physical and mental. Actively holding your breath especially for water sports enthusiasts leads to increased control confidence and body autonomy. This can be achieved to varying levels with some very simple stretches, relaxation and breathing exercises.

*Join me in Tollymore and rediscover your breath.
(Part of this session will be held in the onsite pool)*

[Buy tickets here](#)