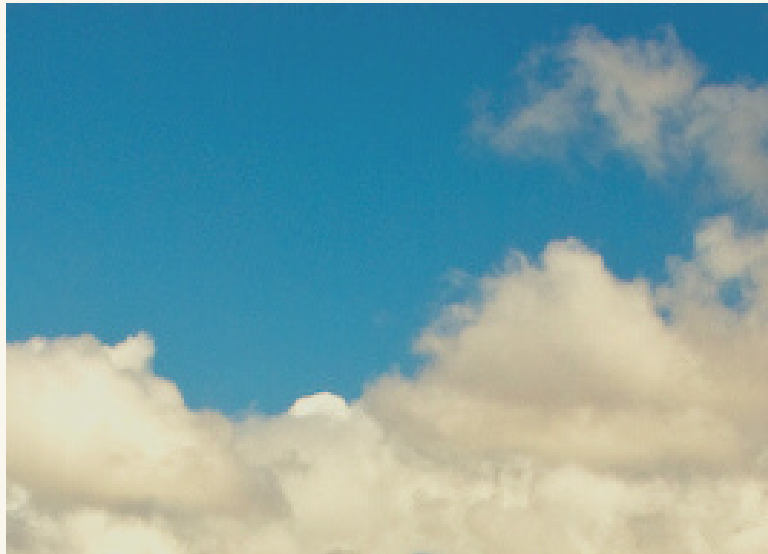


WILDERNESS WEEKEND

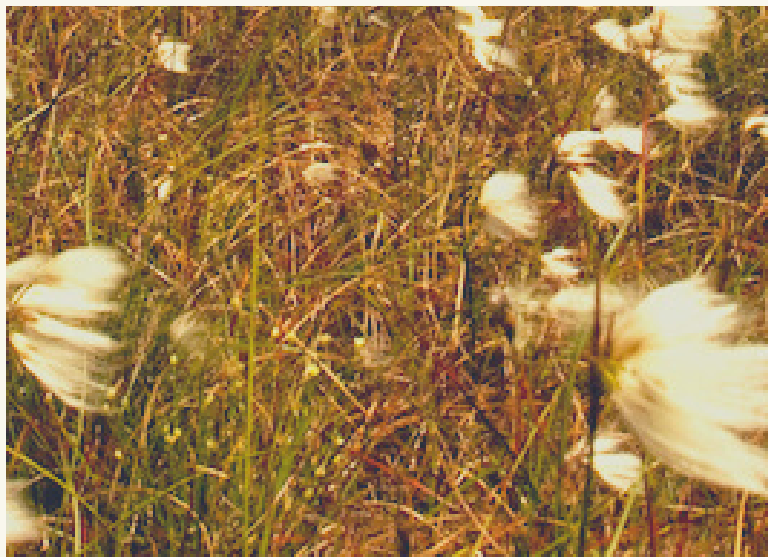


THE ROBERT LLOYD PRAEGER WILDERNESS EXPERIENCE

WILD NEPHIN, CO. MAYO

An introductory course to Wilderness
Navigation | Campcraft | Stargazing |
Environmental studies | Leave No Trace

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WHAT'S IT ABOUT?

Famous Irish naturalist Robert Lloyd Praeger opened up curiosity and provided insight into some of Ireland's most remote areas, particularly Mayo. His book "**The Way that I Went**", published in the 1930s is an account of his journey and is a reference tool still used by ecologists and naturalists today. This is the inspiration behind this weekend of adventure....

NAVIGATION

Basic map reading and feature recognition with an introduction to the compass & mountain environment.

ENVIRONMENT & CULTURAL LANDSCAPE

An introduction to fields studies in the Irish Uplands; flora & fauna and heritage features

STARGAZING

An introductory session to the seasonal skies & constellations at night

CAMPCRAFT

Setting up camp and cooking in remote areas with best practice for expedition planning and nutrition

LEAVE NO TRACE

The weekend will follow the principles of Leave No Trace and includes a certified Awareness Course.

Schedule....

Friday - Eve collection from Westport train station for introductory session & briefing
Includes 1 night hotel accommodation (shared basis)

Saturday - Expedition to Wild Nephin
Overnight camp in Wilderness

Sunday - Expedition day 2
Eve return to Westport Train station

€175.00 PER PERSON

Cooking equip/tents included
Sleeping bag/mat or food not provided

TEL: 089 240 9015

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