

PACKING CHECKLIST

We recommend that students bring:

- ☐ T-shirts
- ☐ Jumpers/hoodies
- ☐ Synthetic trousers for walking
- ☐ Comfortable waterproof shoes
- ☐ Water-resistant jacket
- ☐ Change of clothes for evening/dinner
- ☐ Pyjamas
- ☐ Towels
- ☐ Toiletries
- ☐ Swimwear
- ☐ Notebook and pens
(to jot down notes during presentations)

Bring plenty of spare dry clothes, depending on the time of year sun cream might be handy, and don't forget umbrellas!

LIFE SKILLS

CHALLENGE: face challenges head on and experience a fun-filled adventure.

LEARN: learn new skills from outdoor pursuits to running your own business.

EXPLORE: over 140 acres of natural woodland to discover, with a multitude of new activities to try.

We are located on the coast of East Cork, with panoramic views of the Atlantic Ocean, only 10 minutes from the local market town of Midleton.

Set in over 140 acres of woodland, our park is ideal for an adventure-filled trip.



Trabolgan Holiday Village

Whitegate, Midleton,
County Cork, P25 HY10

Call: +353 (0) 21 466 1551

Email: groups@trabolgan.com

Challenge, Learn, Explore

Trabolgan

Transition Year Breaks



Our Transition Year Breaks are tailored to meet national curriculum guidelines

Learn to live

Outdoor activities are led by highly trained and friendly instructors

We have over 30 years experience in outdoor education.

Academic packages include: chats with our managers in business sectors including finance, marketing, HR, and management. Students will learn through examples and discussion.

Biology and Ecology will come to life at the Trabolgan Birds of Prey Educational Centre. Get a glimpse into the world of owls with Sam Murphy – falconer with over 20 years experience in the rearing and training of raptors. Learn about birds of prey and their role in our environment and discuss the conservation issues involved in their protection. Zoo licensed since 2016.



Limited availability Transition Year Breaks at Trabolgan Holiday Village. We offer breaks from September to October and March to May. Book yours today!



**NEW
for
2020**

Multi-activity tours

Activities:

Abseiling

Zip Wire

Climbing

Pool Paradise

Obstacle Course

Archery

Bungee

Trampolines

High Ropes

Go-Karting

WaterWalkerz

Crazy Golf

FootGolf

AstroTurf Pitch

GPS Orienteering

Birds of Prey



Safety is paramount at Trabolgan Holiday Village. All adventure and safety equipment is provided by us. All instructors and relevant staff are fully qualified, and trained in safety, first aid, health and welfare, and are Garda vetted. 24-hour security on-park.

Sample two night package

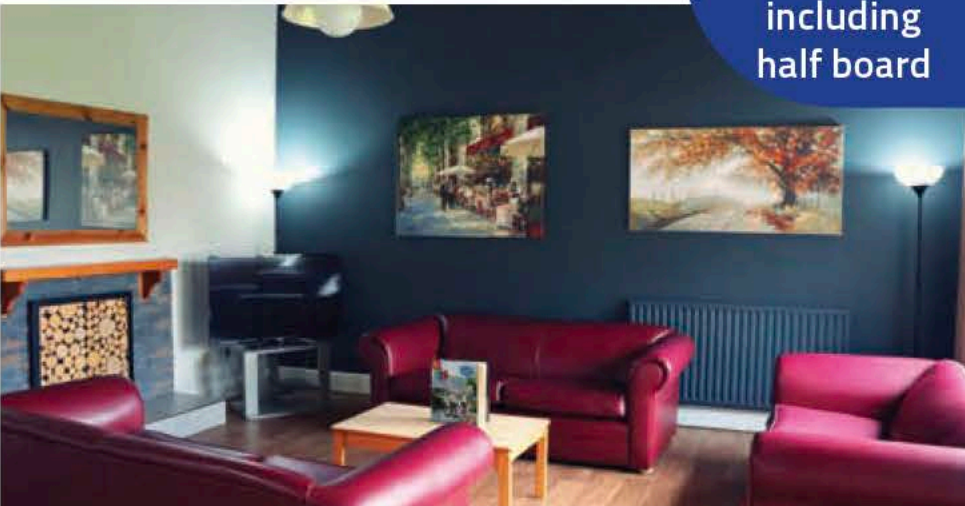
We can tailor packages for your group.

Tuesday	Wednesday	Thursday
2.00pm	8.00am	8.00am
Arrival, check in and lunch	Breakfast	Breakfast
4.00pm	9.30am	9.30am
Swim in our Subtropical Pool Paradise	Chat with managers – General Manager, HR and/or Finance Manager	Go-Karting/FootGolf
6.00pm	10.30am	12.00pm
Dinner	Zip Wire	Departure
7.00pm	12 noon	
Live entertainment	Lunch	
	1.00pm	
	High Ropes	
	3.00pm	
	Bird of Prey Centre	
	4.00pm	
	Swimming	
	6.00pm	
	Dinner	
	7.00pm	
	Live entertainment	



Comfortable self-catering

Breaks from as little as €175pp including half board



Dining at Trabolgan

We cater for all size groups and offer a wide range of dining choices to suit everyone.

Full board and half board options available.

A la carte menus, buffets and carvery options, we can tailor to your needs.

A deli counter, Costa Coffee outlet, Sports Hall Coffee Shop and much more.



Booking information

Call us today! We can check availability and immediately take a provisional booking for you. We will post you parental consent forms. Please pay the deposit within 21 days of booking date.

6 WEEKS PRIOR TO ARRIVAL

Numbers: please provide us with exact numbers of students attending and teachers, plus a breakdown of male and female students.

Times: please provide us with your group's time of arrival and departure time.

Payment: we require full payment at this point.

Itinerary: on receipt of final payment we will post or email you an itinerary.

1 WEEK PRIOR TO ARRIVAL

Groups: we will allocate students' houses and activity groups as per email we will send you.

Towels and toiletries: please remind students that towels and toiletries will not be provided, we advise students bring their own or purchase them in our on-park convenience store. Bed linen is provided for all.

Contact our Groups Co-ordinator today to plan your perfect stay.
Call 021 466 1551
Email groups@trabolgan.com

