

Second Year Bonding Trip 2027

Delphi Adventure Resort, Connemara, Co. Galway

Dear Daltaí, Parents/Guardians,

We hope you had a restful summer and are looking forward to the exciting year of learning ahead. We are delighted to announce that a bonding trip has been organised for our Second Year daltaí, continuing our commitment to fostering dearfacht and student wellbeing.

TRIP DETAILS

Destination	Delphi Resort, Connemara, Co. Galway
Dates	Sunday 14th – Tuesday 16th March 2027
Cost	€340 per person (approx.) — may be reduced depending on numbers travelling
Deposit	€50, non-refundable, due Thursday 17th September 2026
Payment method	Way2Pay, via the Parent Portal on the school website

WHAT'S INCLUDED

- Two overnight stays with hot breakfast and 24-hour supervision provided by Delphi
- Two full days of activities
- Two lunches and two evening meals
- Two evening games sessions followed by supper
- Return bus transport from Coláiste na hInse to Galway
- En suite student accommodation

ITINERARY

Date	Depart	Arrive
14th March 2027	Depart CNI: 8:00am	Arrive Delphi: 1:00pm
16th March 2027	Depart Delphi: 2:00pm	Arrive CNI: 6:00pm

Please note that Coláiste na hInse is closed on Wednesday 17th March for St Patrick's Day.

ACTIVITIES INCLUDE

- Surfing
- Climbing
- Abseiling
- Kayaking
- Energising games
- Team tasks
- Zip 'n' Trek
- Campfire

BENEFITS OF THE TRIP

While visiting Delphi, Ireland's leading adventure resort, our students will experience the great outdoors of Connemara. The programmes offered help students to:

- Build confidence
- Gain a sense of achievement
- Forge stronger relationships

Parents and students can learn more about what the trip entails by visiting www.youtube.com/DelphiAdventure.

Further communication will follow once deposits have been paid, outlining the dates for future instalments, packing requirements and full school rules and expectations.

If you have any questions prior to paying your deposit, please contact Iníon Walsh at awalsh.cni@lmetb.ie.

Is Mise le Meas,
Kindest Regards,

Audrey Walsh | 2ú Bliain Réaltóir | Coláiste na hInse | BOOLM: Teil: 041-9813335 | Ríomhphoist: awalsh.cni@lmetb.ie

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SAMPLE TIMETABLE - A TYPICAL DAY WOULD LOOK LIKE THIS	
7:45AM	WAKE UP CALL
8:00-9:00AM	BREAKFAST - DAILY OPTIONS Selection of Cereals, Toast, Sausages, Beans, Fruit Juices and Tea.
9:30-1:00PM	MORNING ACTIVITY E.G KAYAKING
1:00-2:00PM	LUNCH - DAILY OPTIONS Homemade Vegetable Soup, Fresh Crusty Roll (Filling options: Ham, Chicken, Cheese, Salad) Fruit and Mi-Wadi
2:00-5:00PM	AFTERNOON ACTIVITY E.G. AERIAL TREK & CLIMBING
5:00-5:30PM	BREAK
5:30-6:30PM	DINNER - Served in rotation Day 1: Chicken Curry served with Rice and Chips Day 2: Spaghetti bolognese Day 3: Chicken Goujons, chips and salad Salad / Cold meat selection also available each day.
7:00-9:00PM	EVENING ACTIVITIES E.G. TALENT SHOW, CAMPFIRE, FOREST WALK, ENERGISING GAMES
9:00-10:00PM	BREAK & SUPPER Dessert / Evening Supper Day 1: Chocolate Chip Cookie Day 2: Jam Doughnut Day 3: Chocolate Muffin.
10:00-10:30PM	TO DORMS