



Long Distance Trek

A journey of discovery starts with the first step. There are loads of long distance trails available to explore, some new and some ancient routes.

A long distance trek adventure is an adventure that spans a number of days. Your mode of transport will usually be by foot but it equally could be by bike, boat, horse, ski. It is a challenge.

You will need to carry all of your equipment with you as you go so lightweight camping, one stove cooking and navigation skills need to be considered.

Start by exploring trails in Ireland and then trails abroad. Visit the BBC 2 website, they have featured many trails on their Coast programme and old walking routes programmes.

Things you need to learn

- How to hike and trek over difficult terrain
- How to backpack
- All about lightweight equipment
- Map and compass skills
- Photography
- Teamwork
- Specialist skills - sailing, horse riding, skiing

Internet Link 1
Internet Link 2
Internet Link 3