

Cavan Adventure Centre



Know Before You Go Guide



Cavan Adventure Centre is located in Butlersbridge, Co Cavan. We offer kayaking, SUP, waterpark, and cycling. This guide will help you get ready for your visit.



To book an activity with Cavan Adventure Centre you can either book online at <https://cavanadventure.ie/>, email info@cavanadventure.ie or call +353(0)494893630.



We have lots of support to make your visit accessible and comfortable. If you have questions you can call or email us, we reply to emails in 2-3 working days.



There is a car park on site. You can also arrive by bus to Cavan town, but a taxi will be needed to get to the centre.



The reception area and cafe are wheelchair accessible. We also have an accessible toilet.



Some of the paths around the centre are firm and level, others are natural, uneven, narrow or sloped.



We have activities on offer with different levels of accessibility. Our staff can help with getting in and out of canoes or using walking aids on trails. Some areas are hard to access because of the water and terrain.



We offer quiet spaces for a calm experience. Our staff are trained to help with mobility and communication.



Sensory Tools in Nature



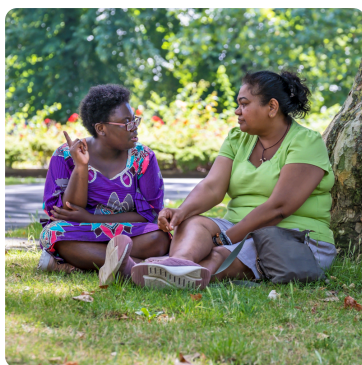
Cavan Adventure Centre is surrounded by nature in a quiet countryside. The perfect place to explore and enjoy an adventure.



Stop and listen to the sounds around you. Hear the birds singing, and the wind moving through the trees.



Look at the trees and clouds in the sky. Can you spot shapes? It is calming to notice what's around you.



Put your feet in the grass. Feel the leaves. You can use these textures to stim or feel calm.



Watch how the plants and trees move in the wind. Sway like the trees. Moving your body can feel fun and help you feel good.



Take a deep breath and notice the different scents. Smell the flowers, grass, and trees. Smelling nature can be relaxing and make you feel happy.



Cavan Adventure Centre has lots of space to explore your senses. You can look, listen, touch, move, and smell. Spending time in nature can help you feel good.



Eco Friendly



Cavan Adventure Centre is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network



Cavan Adventure Centre has achieved a Gold standard sustainability certification from the Sustainable Tourism Network. We work to reduce our energy usage and use 100% renewable electricity.



We promote eco-based learning, helping visitors connect with the environment responsibly, through Bushcraft, Biodiversity and Climate Change programmes.



About Geoparks



Cavan Adventure Centre is located in Cuilcagh Lakelands Geopark.



What is a Geopark? A Geopark is a protected area that showcases important natural features like rocks, fossils, caves, and landscapes.



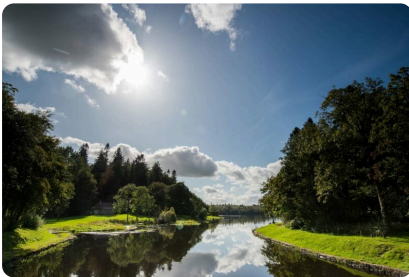
Geoparks also celebrate local culture, wildlife, and traditions. They involve communities to preserve nature.



Things To Do Nearby in Cuilcagh Lakelands Geopark



Clough Oughter – A ruined castle on an island surrounded by tranquil Lough Oughter waters.



Killykeen Forest Park – Woodland trails, lakeshore views, wildlife habitats, and peaceful outdoor recreation opportunities.



Drumlane Abbey – A historic monastic site with ancient round tower and scenic lakeside setting.

Photosymbols[®]

Personal Licence 23989507654008

Cuilcagh Lakelands Geopark's Regenerative Tourism Business Network is continuously working on improving our accessibility. We welcome your feedback on our facilities and our Know Before You Go Guides. You can send feedback to info@cuilcaghlakelands.org.