

EMPLOYEE WELLNESS ESCAPES

KAYAKING | YOGA | HIKING | MEDITATION

Visit Maum in Connemara, and experience the best day, with your working team

50 km from Galway
46 km from Westport
178 km from Limerick
257 km from Dublin



CONNEMARA ESCAPE

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Connemara Escape



Connemara Escape



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KAYAKING | YOGA | HIKING | MEDITATION

Have fun kayaking

Option **1.**

1-2 hours of kayaking on the wide river channel.

Option **2.**

3-4 hours of kayaking to Castle Kirk Island on Corrib Lake.

**We can take a group of
10 people offering double
sit - on - top kayaks,
buoyancy aids,
guide and a lot of fun.**

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Go for a mini hike

Walk the Mamean - mountain passage at MaamTurks Mountain range, 5 km return, 1.5 - 2 hours walk in total, beginner level.

Hike Lackavrea - single peak, 396m, 3-4 hours return, intermediate level.

We can take a group of 20 -25 people if you choose this option without kayaking.

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Practice Yoga & Meditation

Use the indoor facilities in Maam Community Hall for Yoga and Meditation Class at your Employee Wellness Escape.

We offer the indoor space with kitchenette and toilets in Maum that can be used for all kinds of wellness activities.

The extra room with seats and projector is available for seminars and business coaching.



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KAYAKING | YOGA | HIKING | MEDITATION

Wellness package KAYAKING

Option **1.**

1-2 hours of kayaking on the wide river channel 450 €

Option **2.**

3-4 hours of kayaking to Castle Kirk Island 550 €

This package is available for 10 people attending.



EMPLOYEE WELLNESS ESCAPES

KAYAKING | YOGA | HIKING | MEDITATION

Wellness package

KAYAKING | HIKE | YOGA & MEDITATION

1-2 hours of kayaking on the calm, wide river channel, 450 €

3-4 hours of kayaking to Castle Kirk Island, 550 €

+ Add walk to Mamean, 200 €
+ Add Yoga and Meditation, Class 200 €

+ Community Hall Hire, 150 € for the full day

This package is available for 10 people attending

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KAYAKING | YOGA | HIKING | MEDITATION

Wellness package

HIKE | YOGA & MEDITATION

2-4 hours of walking Mamean or Lackavrea, 450 €

1.5 Hours Yoga and Meditation, 200 €

+ Community Hall Hire, 150 € for the full day

You can add the interactive seminar with presentation to this package.
This option has to be discussed individually.

Mindset, motivation, stress management, performance, life coaching.
Enquire for pricing.

This package is available for maximum 20 - 25 people attending



Connemara Escape

Community Hall Hire 150 € for the full day



LOZAO Pobail
Mhàma


Connemara Escape

Community Hall Hire 150 € for the full day

Enquiry now

Contact

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I am looking forward
TO HEARING FROM YOU SOON

