

Fri 10 – Fri 17th July 2026

European

SUMMER CAMP 2026

www.carlingfordadventure.com

**Carlingford Adventure Centre,
Cooley Peninsula
Co Louth, Ireland**

Participating countries:

Finland, Iceland, Ireland, Spain & UK

Cost:

€879 per person



Heart Children Ireland will host the European Summer Camp for the first time, bringing together over 50 young people with CHD (age 13–17 yrs) from participating countries from 10–17th July 2026.

Carlingford Adventure Centre is located in the heart of the scenic & historic village of Carlingford, located on the east coast of Ireland mid-way between Dublin and Belfast.



The long-established centre boasts an enormous range of outdoor activities and challenges. Our accommodation for the week will be based in one of their three accommodation buildings located in the town centre with exclusive use of a common room.

Meals will be served in the canteen and at the height of the Summer, Carlingford Adventure Centre can accommodate up to 300 people on their residential camps.

Activities will be scheduled in the morning, afternoon and evening. There will be one excursion day to Dublin to do the Viking Splash experience and enjoy sight seeing in the city centre and the final evening will be an Irish Ceili evening with traditional music and Irish dancing lessons.



Day 1, Friday 10th July

- All countries arrive to Dublin airport
(*please ensure your arrival is before 3pm*)
- We will meet you and take a coach transfer to Carlingford Adventure Centre –
(*approx. 1.5 hr journey*)
- Orientation on arrival to the centre. Allocation of rooms and introduction to the facilities.
- Dinner followed by ice breaker session and super grouping!



Day 2, Saturday 11th July

8.00am Breakfast

9.30am Morning activity:
Paddle boarding *

1.00pm Lunch

2.30pm Afternoon Activity:
Laser Combat

5.00pm Dinner

6.45 - 8.45pm Personal time

11.00 Lights out

 We need good weather to be out on the water. If conditions are not right there will be an alternative activity provided.



Day 3, Sunday 12th July

8.00am Breakfast

9.30am Morning activity:
Crystal Maze

1.00pm Lunch

2.30pm Afternoon Activity:
Survivor Challenge

5.00pm Dinner

6.45 - 8.45pm Evening Activity:
Adventure Walk

11.00pm Lights out



Day 4, Monday 13th July

8.00am Breakfast

9.30am Morning activity:

Kayaking *

1.00pm Lunch

2.30pm Afternoon activity:

Netted adventure maze/ Footgolf

5.00pm Dinner

6.45 - 8.45pm Evening activity:

Nightline

11.00 Lights out

* We need good weather to be out on the water. If conditions are not suitable, there will be an alternative activity provided.



Day 5, Tues 14th July

Away Day

8.00am Breakfast

9.30am Coach transfer to Dublin City Centre

11.30pm Viking Splash

PACKED LUNCH PROVIDED

Afternoon free to shop and sight-see

3.30 Coach return to Carlingford

5.00pm Dinner

6.45 - 8.45pm Evening Activity:
Super Group Challenge

11.00 Lights out



Day 6, Wed 15th July

8.00am Breakfast

9.30am Morning activity:
Rock Climbing

1.00pm Lunch

2.30pm Afternoon Activity:
Archery Combat/3D Maze/Aeroball

5.00pm Dinner

6.45 - 8.45pm Evening Activity:
Campfire

11.00 Lights out



Day 7, Thurs 16th July

8.00am Breakfast

9.30am Morning activity:
Sky Aerial

1.00pm Lunch

2.30pm Afternoon Activity:
Canoeing 

5.00pm Dinner

6.45 - 8.45pm Evening Activity:
Irish Ceili night - traditional music & Irish dancing

11.00 Lights out

 We need good weather to be out on the water. If conditions are not suitable, there will be an alternative activity provided.



Day 8, Friday 17th July



8.00am Breakfast

Coach transfer to Dublin Airport

Slan agus beannacht! Goodbye!



Cost

€879 per person attending

- Final numbers to be confirmed by: 29/02/2026
- Final payment to be received by: 31/05/2026

Please pay Heart Children Ireland as follows:

Account number: 15820184

Sort code: 93-32-36

IBAN: IE08 AIBK 9332 3615 8201 84

BIC: AIBKIE2D

Mobile Phone Policy

Mobile phones are permitted for residential stays from 5.00pm – 7.00pm & 9.00pm – 10.00pm. Mobile phones will be collected from all students before lights out. This is a Child Protection procedure so there will be no exceptions to this policy.

Under no circumstances are phones allowed in bedrooms and are not allowed to be kept overnight. It is the leader's responsibility to collect / distribute phones. On arrival leaders will be given a key to a locker and its your responsibility to collect & distribute the phones within the approved times.

For enquiries please contact Sheila Campbell, CEO, Heart Children.

T: 00353 857237797 E: [sheila@heartchildren .ie](mailto:sheila@heartchildren.ie)

Things to bring:

When in Ireland, it is possible to experience all of the seasons in a day!

So it would be wise to bring:

- Rain jacket
- Large towel
- Swimsuit
- Warm jumpers and long trousers
- Sun block, hat and sunglasses
- Shorts and t-shirts
- Shoes for getting wet
- Shoes for staying dry (!)
- A day pack for trip to Dublin
- Pocket money
- Travel insurance
- Bring the European Health Insurance card with you (<https://ec.europa.eu/social/main.jsp?catId=559>)



Medical assistance:

We will need you to complete a health assessment form so that we have prior knowledge of your cardiac condition.

This information will be shared with Rhona Savage, Advanced Nurse Practitioner from the Adult CHD Unit in the Mater Hospital, Dublin and board member of Heart Children.

Rhona has volunteered her time to provide medical back-up for the camp and it will be an advantage for her to know your medical background.

