

Stride

Experiences



Inspired Corporate Events
Powered by your stride

Team Up

Are you seeking a new and refreshing corporate outing, team building session or work place celebration?

Let Stride for Corporate arrange your bespoke event, allowing you & your team to simply turn up and enjoy the day.

Expert guides will lead you on inclusive walks along forest and river trails, discovering local hidden gems. Be inspired by nature and the simple yet powerful act of walking.

Transform your ordinary meeting or outing into an unforgettable, experience destined to be the highlight of the year.

Trailblazers

Orienteering and Innovation

Get ready for a day of adventure, creativity, and connection! As your team arrives, we'll kick things off with a high-energy welcome and briefing before launching into an exciting orienteering-style challenge. In this dynamic event, groups will explore the area, finding checkpoints worth varying points — the closer and easier ones get you started, but the real points (and glory!) lie in the more challenging, far-flung tasks. Strategy, teamwork, and a dash of boldness will be your guide.

But the adventure doesn't stop there! After the hunt, your points become your currency. With them, you'll "purchase" materials for the grand finale — a creative, competitive build challenge that's sure to spark laughter, innovation, and surprise. Whether you go minimalist or stock up on supplies, success comes from smarts, teamwork, and originality — not just the size of your haul.

As the countdown ends and the test begins, all eyes turn to your team's creation. Will it fly, roll, stand tall — or take a wild turn? Whatever the outcome, the joy is in the journey: bonding with colleagues, thinking outside the box, and celebrating everyone's unique strengths. This is more than a team-building day.

Duration: 2.5 - 3 hours

Numbers: 10 +

Location: Avondale, Wicklow or Ardgillan Castle, Dublin

Personal kit: Rain jacket, runners, water bottle.

Price: €49.00 per person. Includes fun prizes on the day.
(excluding VAT)



Path to Avondale



The Avonmore Trial Experience

Step away from the everyday and into the heart of Wicklow's natural beauty. This special team walk begins in the charming village of Rathdrum and follows the winding banks of the Avonmore River, a gentle and inspiring route rich with lush woodland, birdsong, and tranquil views. As we journey toward Avondale, the pace is relaxed and inclusive — perfect for conversations, shared laughter, and simply enjoying the outdoors together.

Along the way, nature tells its story. Keep an eye out for peaceful glades, native trees, and glimpses of wildlife as we meander through one of Ireland's most scenic river valleys. The route offers a rare chance to slow down and reconnect — with each other, with nature, and with the spirit of exploration.

Our destination is just as special as the journey. At Avondale, there's the option to finish off with a guided tour of the beautifully restored Avondale House — once home to Charles Stewart Parnell — or to rise above the treetops on the spectacular Treetop Walk and Viewing Tower. Whether you're here for history, views, or just good company, this day promises inspiration at every step.

Duration: 2.5 - 3 hours

Distance: 7.5km

Numbers: 10 +

Location: Rathdrum to Avondale, Wicklow.

Personal kit: Rain jacket, runners, water bottle.

Price: €35.00 per person (excluding VAT)

Avondale extras:

TreeTop Walk & Slide €16pp

House Tour, Tree Top Walk & Slide € 27.50pp

Wicklow Way



Complete the Wicklow Way over several team days out!

Take on a journey that's as much about connection as it is about challenge. This year, we invite you to lace up your boots and join us on a section of the iconic Wicklow Way — one of Ireland's most breathtaking long-distance trails. On each outing, you will walk a different stretch of this stunning route, building memories, resilience, and camaraderie one step at a time. You decide how far you would like to walk each time. The Wicklow Way is approximately **127 kilometres** long and involves a total ascent of around **3,900 meters**. *A great Challenge!*

The Wicklow Way is a way marked way weaving over hills, valleys and forests. From the peaceful hush of forest paths to wide-open views across the mountains, every turn offers something new to discover. This isn't just a walk — it's a team experience grounded in shared effort, uplifting moments, and the joy of being outdoors together.

Whether you're a seasoned hiker or simply up for a good day out, there's a place for you on this path. The pace is set by the group, the focus is on support and enjoyment, and the reward is a sense of accomplishment that lasts long after the boots come off. Join us to begin your journey along the Wicklow Way — one unforgettable experience at a time.

Example - Section 3 of the Wicklow Way:

Roundwood to Glendalough

Distance: 12km | Ascent: 350m | Time: 4hrs

Numbers: 10 +

Location: Dublin, & Wicklow, finishing just inside Carlow.

Personal kit: Rain jacket, runners, water bottle, snacks, light rucksack.

Price: €35.00 per person

(excluding VAT)



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Task Masters Challenge

Teams will rotate through a series of mental and physical tasks while under a strict time constraint. Each task will require a wide variety of skill sets allowing each team member to contribute to their teams' success.

All tasks will be selected with the groups' desired outcome in mind. Time can also be allotted between each task for a debrief if required. This can allow for continuous review of the team's performance as well as improving tactics for the task to follow.

Each task will begin with the instructor providing the team with a detailed brief and time limit. It will then be up to the team to read, decipher, plan, and execute the brief. These challenges are designed to promote good leadership, problem solving, collaboration, communication, inclusion, and personal development.

SAMPLE CHALLENGES:

- Sky Tower
- Inferno
- The Grid
- Bridges of Trinity
- Blizzard
- Pathfinder
- Towers of Hanoi

Duration: 3 hours

Numbers: 10+

Location: Moyvalley Hotel

Personal kit: Rain jacket, runners, water bottle.

Price: €69.00 per person
(excluding VAT)





Corporate Events

Our events are designed to ensure maximum engagement and interaction, for a highly productive experience with tangible results. Whether you are looking for a rewarding fun day out or a tailored facilitated team building day, we can build a programme to match your needs.

Our Experience

Lou and Jen have a wealth of experience leading successful international adventure expeditions, from Kilimanjaro, to Everest Base Camp, the Great Wall of China, and the paths to Machu Picchu.

On our beautiful Island of Ireland, we have trained and lead an amazing team of successful Entrepreneurs & Business Leaders to complete the 26 County (32 counties, 6 shared summits) High Points of Ireland Challenge in 9 days, they also undertook to fundraise for Cancer Fund for Children; € 1.4 million...& counting.

Jen & Lou are the driving force behind uncovering what truly defines tenant success and cultivating the resilience needed to thrive as a team in business.

Contact us today: strideireland@gmail.com

www.strideireland.ie

