



AliveOutside.ie
Get active, get Alive Outside!

Ireland's Largest Outdoor Sports Company

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WHAT IS HELL & BACK?

HELL & BACK is Ireland's Toughest Physical & Mental Endurance Challenge.

We convert private farm estates into adventure playgrounds, where participants must tackle devilish obstacles, cross rivers & lakes, climb hills & mountains, and crawl through bogs & swamps.

It's not a race; it's a *challenge* - the aim is completing, not competing. HellRaisers must work together to help each other through dozens of hellish obstacles. *Teamwork* is vital. *Camaraderie* is guaranteed.

As physically demanding as our obstacle courses are, with the right amount of training and a positive attitude, *anyone* can make it thru' HELL & BACK!

And as well as being great for teambuilding, HELL & BACK is an ideal way to raise money for *charity*. Our participants have raised thousands of euro for worthy causes across Ireland since 2011.

Finally, HELL & BACK is *fun*! What's more enjoyable than rolling around in muck, wading across rivers, running through forests and scrambling over obstacles? If you want to feel like a kid again, HELL & BACK is for you !



WHAT IS TAG RUGBY?

Tag Rugby is a mixed social sport, suitable for all shapes, sizes, ages and athletic abilities. Crucially, you do not need to have played Tag or rugby before because the Heineken Tag Leagues cater for everyone, from complete beginners right up to experienced players.

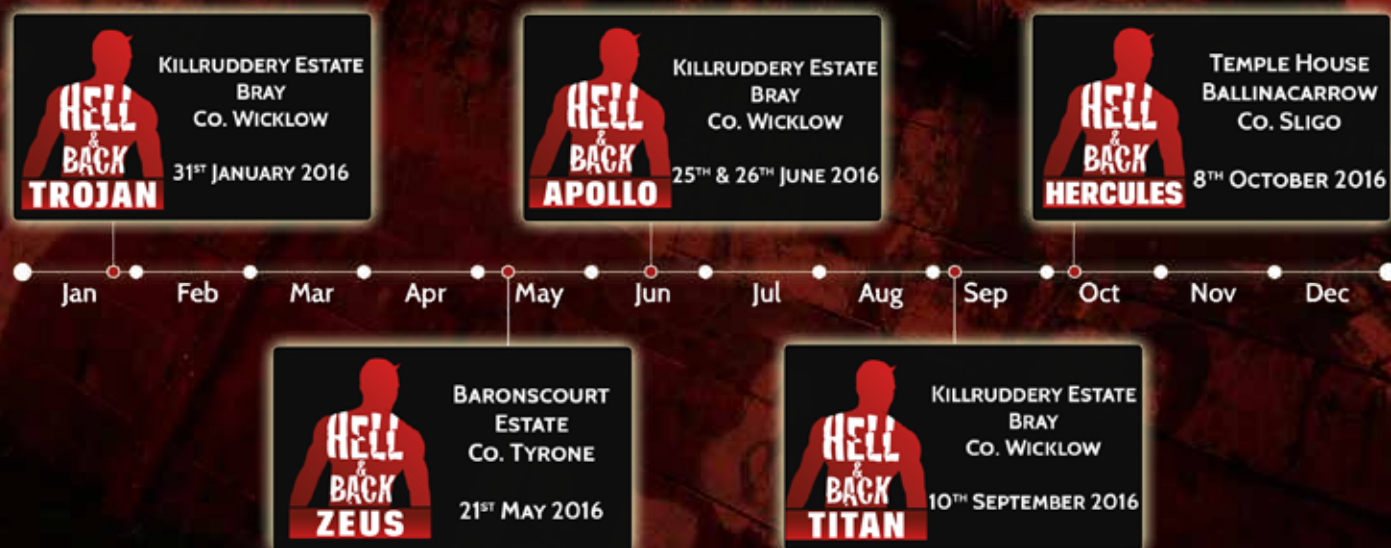
With games after work on midweek evenings, Heineken Tag is an enjoyable, healthy way for you and your workmates to exercise and get fit during Spring and Summer, while the Heineken Après-Tag Experience allows colleagues to get to know each other outside the office environment.

The ideal team-building, fun game to play with your work colleagues, Heineken Tag has proven that workmates who play together, stay together!





HELL & BACK EVENT'S 2016



HELL & BACK CORPORATE PACKAGES

DAREDEVILS



ENTER A GROUP OF 20+ IN ANY OF OUR HELL & BACK EVENTS

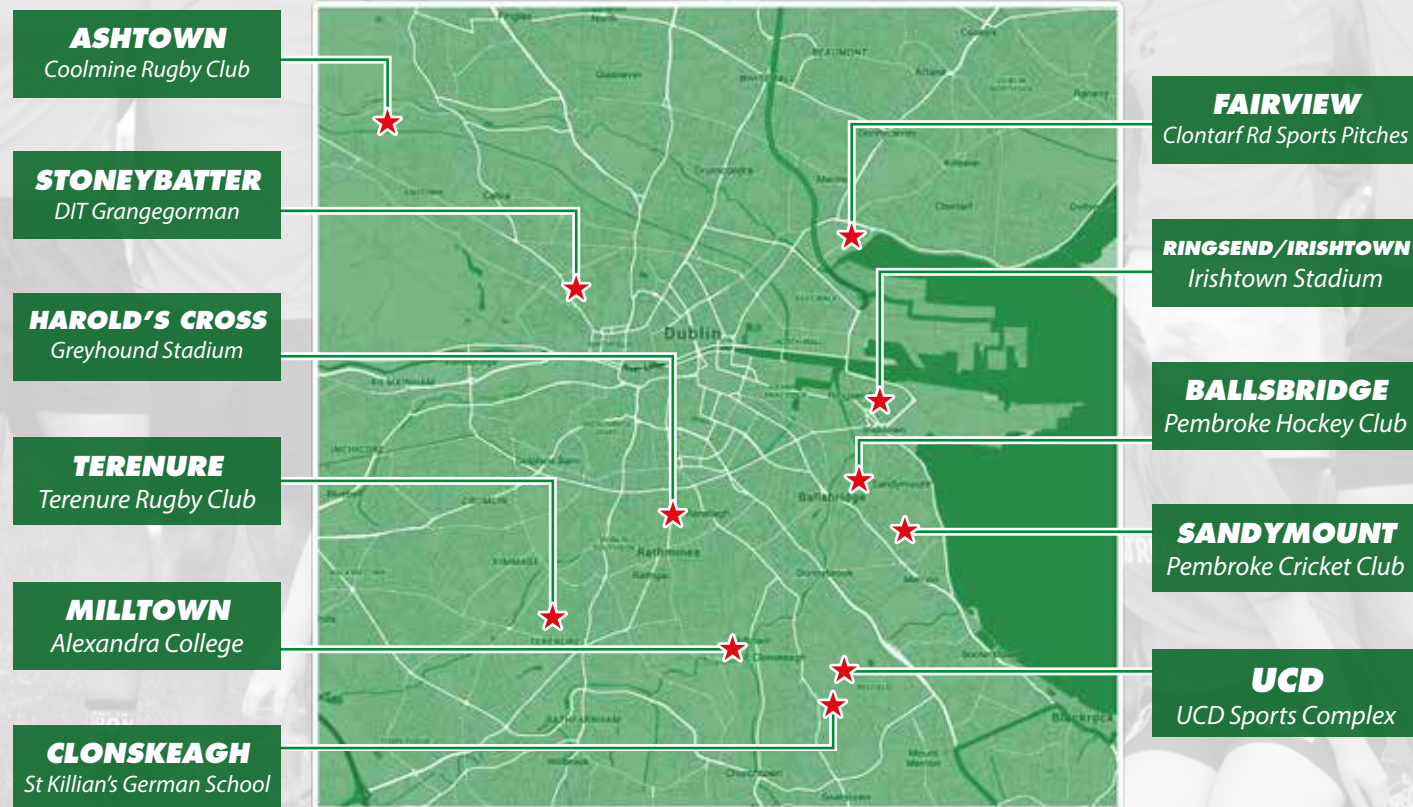
THE DEVIL'S OWN



BESPOKE HELL & BACK EVENT FOR YOUR COMPANY



HEINEKEN TAG VENUES & LEAGUES



HEINEKEN TAG CORPORATE PACKAGES

TAG LEAGUES



ENTER COMPANY TEAM(S) IN OUR HEINEKEN TAG SOCIAL LEAGUES

TAG BLITZ



BESPOKE ONE-DAY TOURNAMENT FOR YOUR EMPLOYEES



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"Our office teams play in the Heineken Tag Summer League every year. We find it brilliant for team building, boosting morale and promoting a healthy lifestyle among staff. It's a great way to get to know your work colleagues outside of the office."
– Barry Keary, Director, KPMG.

"One of the best things I have ever done! Fantastic overall. The obstacles, planning and organization were brilliant. Cannot wait to do it again."
– Philip Bryan, Manager, Topaz Energy.



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