



Inspire
Nurture
Master



LOCH INSH
OUTDOOR CENTRE

The
Ultimate
Residential.

Find Yourself
at Loch Insh



Choose Loch Insh

Loch Insh began with a wooden hut on the beach, renting out canoes and kayaks. Over the following years Clive and Sally Freshwater with a little help from some amazing staff built the facility you see today. Sons Duncan, Andrew & Jonny developed an aptitude for coaching, learning along side many great instructors over the years.

After 50 years the passion for the remarkable is stronger than ever as we continue to tweak our tried and tested formula, coaching our team to deliver on our mission to Inspire, Nurture, and Master.

We can sleep up to 80 people in our en-suite bunk rooms.
We can accommodate more than one school at a time.
Schools are allocated one of our three meeting areas providing a cosy space for the group to wind down & reflect on the day.

Not only do we offer competitive prices and excellent value for money, we also allow each group to tailor a programme to suit their needs.

Our friendly and qualified instructors run sessions to build confidence and develop team work and respect for each other through a whole host of interesting challenges and games.

One Stop Destination

Non Stop Fun

Our stunning location allows us the luxury of having all activities on-site, maximising your group's time actively learning.

Unforgettable, life changing experiences that will stay with you and the class for many years are within reach.

What we offer:

- Spring, Summer & Autumn Activity Packages
- Winter Snow sports Packages
- Team Building & Leadership programmes
- Accredited National Governing Body qualifications
- Personal Development Workshops for Teaching Staff
- DofE expeditions, residential & voluntary work experience



Benefits of coming

A residential at Loch Insh can help your pupils with their transition period to secondary school. Our residential packages provide a great opportunity to help develop essential life skills. We strongly believe that learning outside the classroom can help young people develop:

Increases Body Awareness

Improves Balance & Coordination

Health, Cardio, Flexibility & Strength

Teaches Perseverance

Team work

Environmental Awareness

Self Awareness

Builds Confidence

Enhances Social Skills

Healthy Competition

Using initiative

Improves Mood

If you're after a more specific outcome, we can tailor a programme to coincide with one of the following National Governing Bodies (NGB programmes). Speak with our Schools Coordinator for further information.

Awards: Duke of Edinburgh
Royal Yachting Association
British canoe Union
Snowlife Awards

Year Round

Loch Insh offers a unique experience whatever the season.

December to March

We access the local mountains for skiing & boarding weeks and with our new ice rink we can fill your evenings with skating, hockey & curling.

March & April enjoy the winter programme along with some of the drier water sports such as canoeing and sailing.

Our flood lit dry slope is open all year for skiing and snowboarding as well as snow tubing fun.

From May to October we can enjoy the full range of activities on the water with Paddle Boarding and Windsurfing plus Raft Building and Kayaking. Consider September as a slightly cheaper full range option.



Residential Packages

Our on site accommodation is warm & welcoming at the end of an active day. We ask that children bring their own towels. The first job on arrival is to make their own beds, fresh linen will be laid out in their rooms.

We apply the rule that children are not permitted to visit other children's rooms. They must meet their friends in the common rooms only.

Insh Hall

Insh Hall has 80 plus beds which will be allocated to suit your group size. There are two drying rooms for separate schools to use, there are also three common rooms, which keep the kids separate from any other schools also staying.

Chalets

We use our self catering log cabins for smaller groups or when the Hall is full. There are a few different Chalets can accommodate between three and seven children per chalet plus one Adult.

You can also request them for some groups who might prefer to be a distance away from the main group for whatever reason.

Dining

Buffet Service in the Restaurant gives kids the best choice

Children are encouraged to eat as much as they can to help fuel them up for the day.

Breakfast and Evening Meals served daily from the Boathouse Restaurant with stunning views overlooking the loch. Choose from two hot meals each evening. The Kitchen team are super flexible for all dietary needs. Just let us know what you need and we'll make it work.

Packed lunches are picked up at breakfast at taken away by the kids for eating outside on nice days in the numerous picnic areas around our sight or back at the accomodation in the main comon rooms on cooler days where the children can get themselves warmed up.



Summer Program

All groups will get a chance to do each activity.
What you choose is up to you.

- Other activities:
- Snowboarding
 - Shinty
 - Tubing
 - Torch walk



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MONDAY

10:00
- 12:00

Travel to
Loch Insh

1:30
- 3:30

Canoeing

6:30
- 8:00

Orienteering

TUESDAY

Kayaking

Sailing

Raft Building

WEDNESDAY

Windsurfing

Archery

Wide Game

THURSDAY

Problem
Solving

Paddleboard

7:00 - 9:00
Disco

FRIDAY

Skiing

from 12:00
Travel home

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Autumn Program

November & December is a quieter time of year affording you the biggest discount. Rewarding adventures in spectacular surroundings await.

New for 2022

The Austrian game of Eisstock here in action



MONDAY

10:00
- 12:00

Travel to
Loch Insh

1:00
- 3:00

Orienteering

6:30
- 8:00

Torch walk

TUESDAY

Canoeing

Skiing

Eisstock

WEDNESDAY

Problem
Solving

Snowboard

Tubing

THURSDAY

Skating

Archery

7:00 - 9:00
Disco
& Movie

FRIDAY

Ice Hockey

12:00 > Travel home

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Winter Program

The activities in blue show an alternative program should the mountain be stormbound or there is no snow.

Alternative program for bad weather
Highlighted in blue



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MONDAY

8:30B
-9:30B

10:00
- 12:00

Travel to
Loch Insh

1:00
- 3:00

Dry slope Ski

5:30D
-6:30D

6:30
- 8:00

Torch walk

TUESDAY

On the mountain all day
Dry slope

Archery

Skating

WEDNESDAY

On the mountain all day
Canoeing

Dry slope

Tubing

THURSDAY

On the mountain all day
Dry slope

Curling

7:00 - 9:00
Disco
& Movie

FRIDAY

Ice Hockey

Travel home

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Costs

We carefully review our rates each year and feel we offer great value for the experience the children get at Loch Insh.

We are lucky enough to be very busy from April to August with lots on at weekends as well as groups through the week. This is why our peak season price is higher during these months.

You will find our most competitive prices in the non-peak weeks in April September & October where you get the same activity week for less!

Autumn & Winter season prices are even lower, so get in touch with us to find the package that suits your budget.

Secondary schools pay a small supplement to cover the cost of larger portions at meal times.

From January through March, transport to and from the ski resorts for up to 25 pupils is included in within the package price. There is a small charge if you require transport for more than 25.

Loch Insh has mini busses if you need help with transport give us a call.

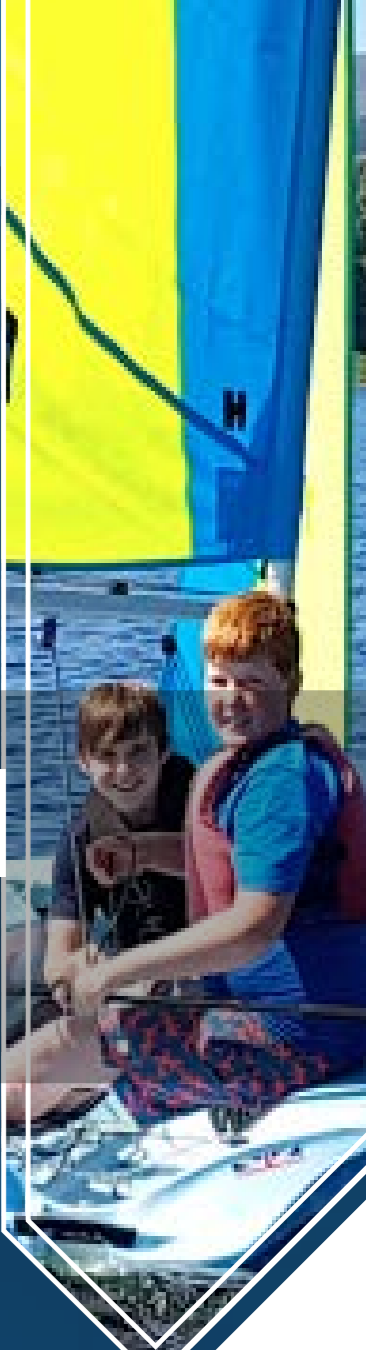


Primary Residential Price

	2 Nights	3 Nights	4 Nights
January			
February	15% off	15% off	20% off
March			
April	7% off	7% off	7% off
May	Please ask for latest prices		
June	Peak season full price		
July			
August			
September	10% off	12% off	12% off
October			
November	30% off	30% off	30% off
December			

Secondary schools add 5%

All prices exclude VAT





Getting Here

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Just 7 miles to Aviemore & Kingussie train stations. We can arrange a pickup, if coming by train or bus.

Inverness Airport is closest to us under an hour's drive away, or Aberdeen and Edinburgh Airports are close to 3 hours by car.

We have mini buses available for transfers - just let us know your requirements when you book to see if we can help you get here.

All the local amenities are 6 miles away in either of the two villages, Loch Insh has a small gift shop selling some essentials.

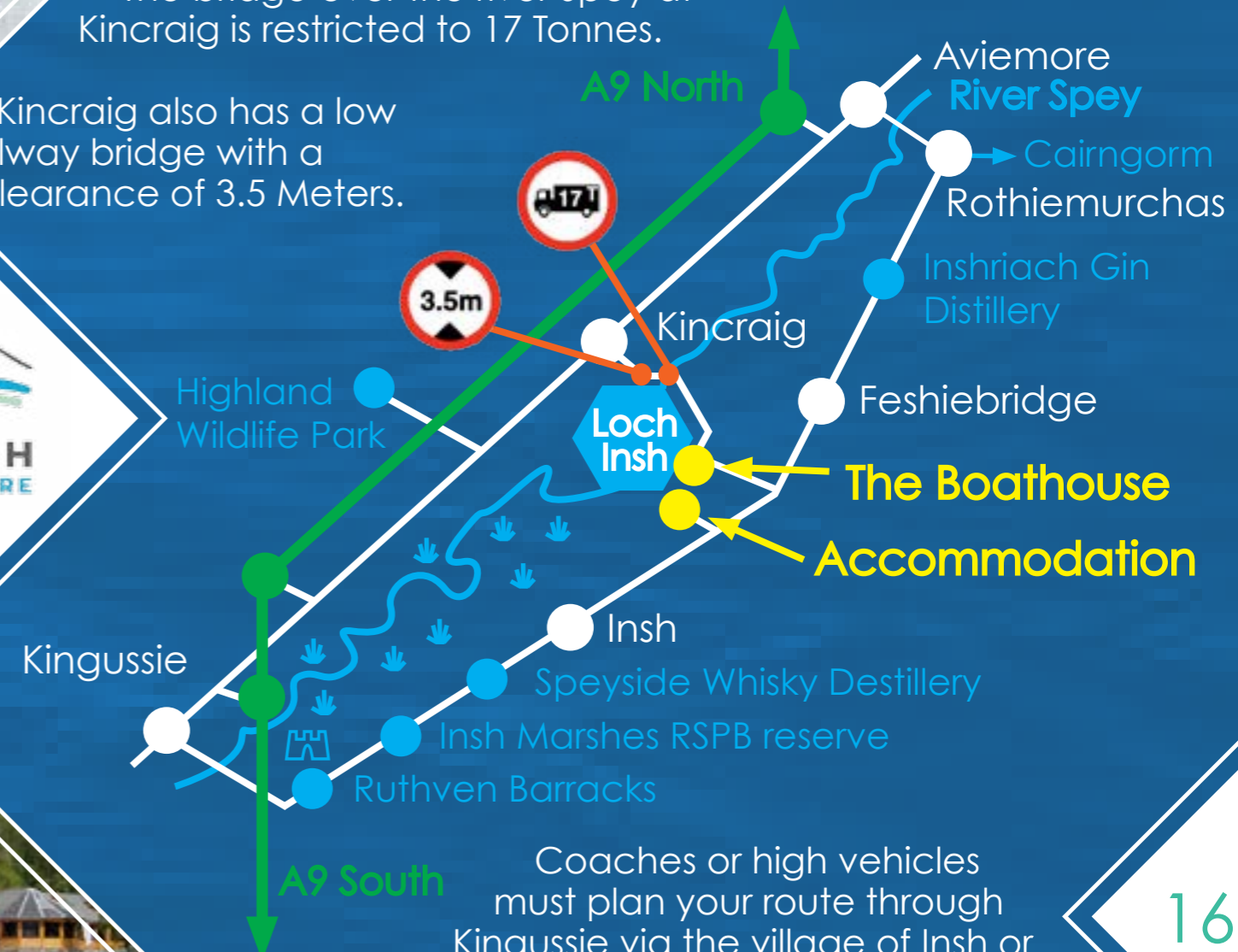
Just a miles walk from loch insh is the beautiful village of Kincaig and beautiful Insh Church, one of the oldest places of worship in Scotland



Arriving by car; follow signs for Loch Insh Watersports from the A9 exits at Kingussie or Aviemore just 6 miles in either direction.

The bridge over the river Spey at Kincaig is restricted to 17 Tonnes.

Kincaig also has a low railway bridge with a clearance of 3.5 Meters.



Coaches or high vehicles must plan your route through Kingussie via the village of Insh or Through Aviemore turning at Rothiemurchus through Feshiebridge.



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LOCH INSH
OUTDOOR CENTRE

Inspire
Nurture
Master

Inspiring
Generations
Since 1969

