

2023

Inspire
Nurture
Master



LOCH INSH
OUTDOOR CENTRE

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Residential trips at 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:

- Winter Snow sports Packages
- Spring, Summer & Autumn Activity Packages
- Team Building & Leadership programmes
- National Governing Body qualifications
- Personal Development Workshops for Teaching Staff
- Duke of Edinburgh residential courses
- Duke of Edinburgh work experience weeks



Find yourself at Loch Insh

Loch Insh is a location like no other with so much to do on our doorstep the kids never stop from arrival to departure. The days are just packed. Our enthusiastic team of instructors are experts in making the sessions safe, fun and engaging. Creating the perfect environment for children to tackle challenges and build confidence in themselves as well as strengthen relationships amongst their peers and with their teachers. Other outcomes include:

Increases Body Awareness

Builds Confidence

Improves Balance & Coordination

Healthy Competition

Health, Cardio, Flexibility & Strength

Enhances Social Skills

Teaches Perseverance

Self Awareness

Environmental Awareness

Using Initiative

Team Work

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 learning experience whatever the season.

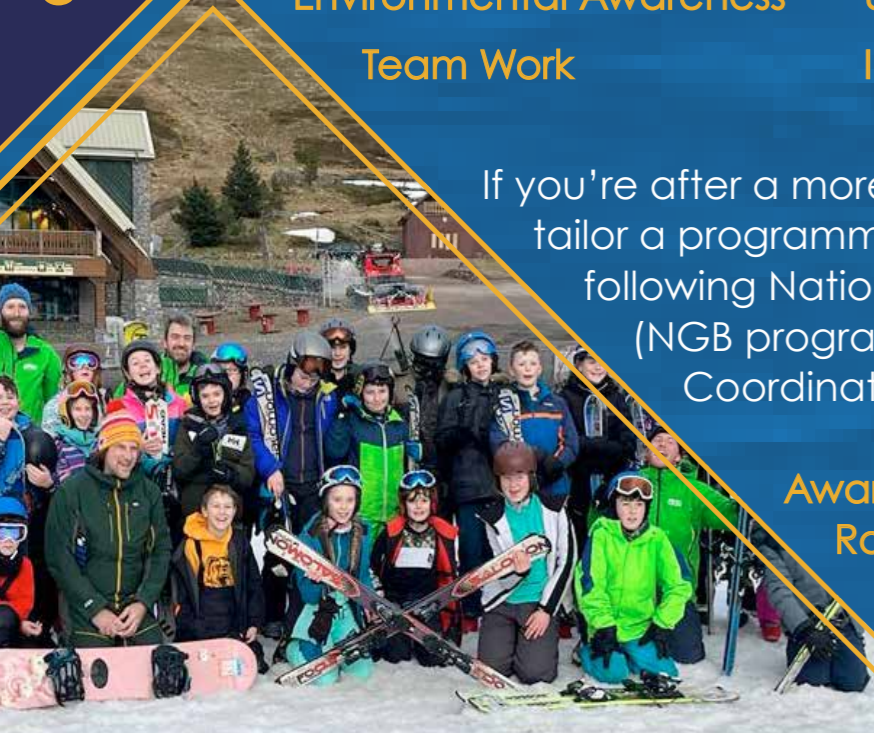
December to March

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 take part in 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.



Accommodation

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, as well as three common rooms, which keep the kids separate from any other schools that may be staying the same week.

Chalets

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



Dining

Buffet Service in the Restaurant gives kids the independence to make their own food choices, whilst encouraging them to eat as much as they can to help fuel them up for the days of activity.

Breakfast and Evening Meals are 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 and taken away by the kids for eating outside on nice days in the numerous picnic areas around our sight or back at the accommodation in the main common rooms on cooler days where the children can get themselves warmed up.



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Summer Program

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

- Other activities:
- Snowboarding
 - Shinty
 - Tubing



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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

Archery

WEDNESDAY

Windsurfing

Raft Build

Shinty

THURSDAY

Paddleboard

Jungle Float

7:00 - 9:00
Beach Party

FRIDAY

Skiing

from 12:00
Travel home

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Autumn Program November December

Quiet time of year affording you some big discounts.
Rewarding adventures in spectacular surroundings await.

Eisstock

Similar to curling, yet easier to get to grips with. Great fun on winter evenings



8:30B
-9:30B

10:00
- 12:00

12:00
-1:00

1:00
- 3:00

5:30D
-6:30D

6:30
- 8:00

MONDAY

Travel to
Loch Insh

Orienteering

Torch walk
Star Gazing

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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 January - March

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

MONDAY

10:00
- 12:00

Travel to
Loch Insh

1:00
- 3:00

Dry slope Ski

6:30
- 8:00

Torch walk
Star Gazing

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



Costs

May & June are our peak times that we believe offer a great value high quality experience that keeps schools coming back year after year.

September & October visits offer the perfect opportunity for a new class to get to know each other, especially for new starts as they find their confidence amongst their peers. This is a great time of year, the water is still warm and the centre is a little quieter after the summer holidays. Price includes our full watersports offering at a great time of year.

November & December we can offer the biggest discount for those on a budget with the added luxury of having the centre pretty much to yourselves. Great for kids who just need time in nature and a contrast to city living.

January through March, gives us the opportunity to transport up to 20 pupils to local ski resorts for skiing and snowboarding, with transport included within the package price. There is a small charge if you require transport for more than 20.

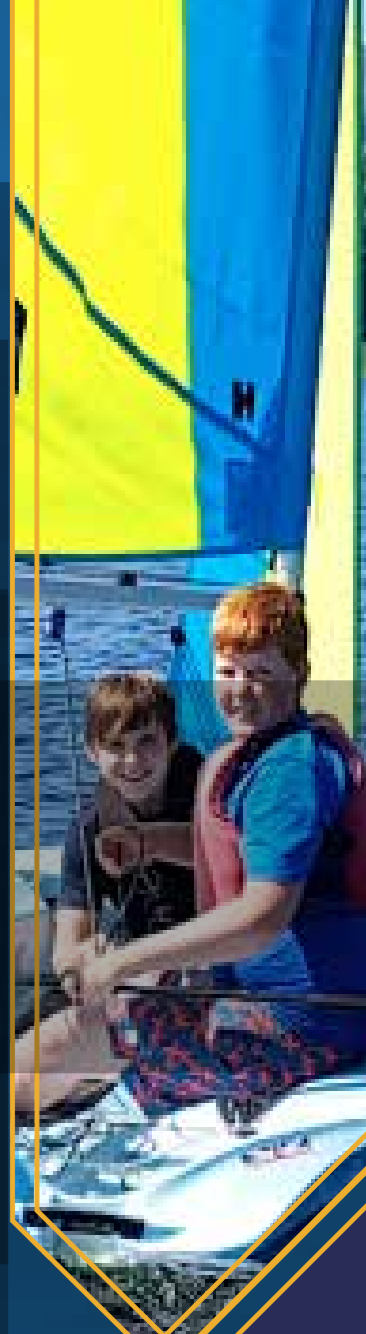
March & April have a reduced watersports offering as the water is still quite chilly with the snow melt coming off the Cairngorms. Don't let that put you off though as we can still have a load of fun on the water wearing the right gear, like our awesome 5mm wetsuits and boots.



Primary School Packages

	2 Nights	3 Nights	4 Nights
January			
February	10% off	12% off	12% off
March			
April	5% off	7% off	7% off
May	Peak season full price Please call for latest prices		
June			
July	Peak season full price Please call for latest prices		
August			
September	10% off	12% off	12% off
October			
November	30% off	30% off	30% off
December			

Secondary schools add 5%





Activities

Now in our 54th year we continue to tweak our tried and tested formula, on our mission to inspire, nurture, and master.

We have evolved our sessions to make the most of our epic location and have a perfect formula for an invigorating action packed week that the children will never forget.

Teachers are encouraged to take part as much as they want but its not essential and some support staff can comfortably choose to be shore based or enjoy some activities on the pedalos which are a more sedate alternative and a great platform for taking great on water pictures.



For a number of years we found that simply jumping in the water from the pontoon was one of the children's favourite activities.

We invested in the jungle float to turn this activity into something really special, with plenty of scope for all abilities

The session is action packed with easy slide and low jumps to build up peoples confidence and then there are trampolines and the high jumps for those who have built up the courage to push themselves

Instructors are on the float at all times monitoring & coaching the kids to get over there fears. its a great session to run

Jungle Float





Canoeing

Canoes are incredibly accessible, two, three and four seat options mean anyone can give it a go.

Canoeing tests communication, coordination and team work. After a two hour session most crews will be comfortably proficient to steer the canoe safely anywhere on the loch.

There's a couple of great paddles in both directions from the Boathouse. The islands downstream have a pair of Osprey each year. At the end of the loch the Spey slowly meanders for six miles upstream through the Insh Marshes Nature Reserve.

Kingussie to Loch Insh river trips run daily, more advanced sections can be tackled with a guide.



Our sit on top kayaks are perfect to jump in and have a go whenever you like. Super stable with minimal risk of capsizing, perfect for your first try.

Taster sessions are delivered in these easy to control boats on our secluded teaching lagoon away from the main loch.

Enjoy the independence of exploring the loch and wildlife from your own craft over the course of the two hour lesson.

Two paddles are better than one! Share the workload and rent a double kayak. These boats are also great for families with up to three little ones that may not offer much assistance.

Kayaking





Paddle Boarding

Stand up paddle boarding or S.U.P. is one of the easiest things we do. Our extensive range of inflatable boards are perfect for learning & exploring the loch or river.

Learn the correct techniques that deliver a relaxed core workout like no other.

Our Jumbo Paddle Boards are perfect for groups & families. We can fit 6 adults or 8 kids on each board and set up competitive races between the teams ensuing lots of laughs and a few dips in the Loch along the way.

For the ultimate Stand Up Paddle experience come and join us at 8am for our SUP Sunrise Tour. A truly epic way to start the day, relaxed and invigorated.



Even if you have never done any yoga or paddle boarding our beginner sup yoga session is right for you

Our specialist yoga S.U.P.'s are slightly wider than a regular board making it the perfect platform to start learning simple stretches, on to basic yoga positions as your confidence grows

"I never enjoyed paddle boarding the first time I tried it, but in the yoga class I found it was actually a lot easier to get my balance and by the end I was able to stand for the first time & go for a paddle!"
Jenny Thomson - one of our willing volunteers for the photo shoot

Our amazing team of yoga experts can tailor sessions for all abilities. Guaranteed to put a smile on your face!

S.U.P. Yoga





Windsurfing

When it blows Loch Insh is blessed with a clean wind whistling down the valley creating one of the best locations in the country to learn to windsurf.

A lesson is essential to give you the best start allowing plenty of time to get to grips with the basics. Known for having the best equipment and instruction you can progress quickly at our great location

More advanced courses run throughout the year from water-starting to freestyle & racing. Our coaches have huge experience & are eager to share it.

Islay Watson one of our home grown instructors is 2 times vice world champion in the new Olympic IQ-foil class



Wing foiling has arrived! This amazing new sport has a very short learning curve , meaning you can be up and going in just a few days from total beginner.

The loch the perfect place to learn so get booked in for 2023 Learn to wing surf two day course teaches you the wing basics

Introduction to wing foil two day course will get you up out of the water with the aim of sustained flights by the end of the course.

A two hour taster lesson is a good way to get a feel and can be done as a private or a group lesson to fit in when you can.

Wingfoil





Sailing

Sailing offers a wide range of possibilities, from relaxed family cruisers, to more challenging dinghies and catamarans, there really is something for everyone.

Weather permitting, we will encourage you to use our single handers so everyone has a boat to themselves. For more cautious students, our keel boats offer a stable platform for a more gentle introduction to magical world of water based wind power.

Group lessons are great value. Share your learning experience and have a blast doing so. Instructors have the flexibility to use all the boats at our disposal to pitch the lesson at appropriate level for everyone.

Private lessons are also available just give us a call.



Whether you're looking for the thrills of the Catamarans, or the challenge of mastering the single handers, there is all sorts at Loch Insh.

There is a lot to learn in a sailing boat, so before you can take one out yourself you are required to attend a two day level one course to learn the basics.

Weather permitting, students are taught in single handers, giving everyone hands on the tiller for speed in learning. When it's windier we will use larger boats all together with the instructor.

A further 2 days gets you RYA level 2 which is a recognised certificate of competence when hiring dinghy's worldwide

Courses





Bush Craft

We can also tailor sessions for bush-craft including shelter building, safe fire lighting as well as basic survival skills.

With our awesome woodland just a short walk away, you will work as a team, use problem solving skills to create a sturdy shelter, then prepare a hot drink to enjoy with the use of a Kelly kettle and flints

Our instructors will guide you as you forage for wood and learn the techniques of lighting fires and how to keep them under control

On sunny days we also can enjoy a spot of forest bathing! Some down time lying in the forest listening to the wind in the trees for some people is just what you need to get grounded and really feel back to nature.



New for 2023 we are using our awesome dark skies location to learn about the night sky.

We'll walk you through our local woods to our dark spot where we can get a great view of planets and constellations

We have lots to show you even if there is cloud cover so rest assured you'll have a great night whatever the weather and go home a some useful info and apps that you can use anywhere.

Bring a smart phone or camera and we can teach you some tricks on how to get the best out of you cameras in low light and even how to capture pictures of the night sky .

Star Gazing Nature Walks





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Raft Building

Join in one of our group sessions and play with other kids, design, build & try out your raft before taking a trip out on the loch, and finally challenge your friends to a race.

We can accommodate larger groups up to 35 kids at any one time all racing each other, give us a call to double check availability before you book.

Some things never change kids or adults, always love raft building and enjoying the carnage as it all falls to pieces.

Great for Birthdays or Team Building Exercise with larger groups Raft Building is a great way to end your day.



Team building is about building respect, communication, and accepting leadership or indeed stepping up to lead.

Our mix of activities stretch then consolidate groups to help one another achieve the goal.

The session is a mix of active challenges & slower, thinking games, creating a diverse environment where everyone can get an opportunity to shine on the tasks they feel most confident with.

We can tailor the challenges to your team requirements whether primary kids, teenagers or adult groups.



Team Building

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Archery

This skilful sport requires balance, poise, accuracy, timing and a good aim.

Target Archery results in a great sense of achievement, and is fun for all the family to enjoy. An hours lesson teaches you all you need & finishes with a little light hearted competition.

Instructors are on hand to ensure that whether you are an experienced archer or its your first time picking up a bow, every body has a great time.

We offer private lessons from 6 years old or our group lessons can be joined from 8 years old. Have a great introduction and leave with sense of achievement in your new found skills.



Our latest fun on the slope is Snow Tubing.

Great for a wee session to let the kids let off steam or as part of an activity day.

The kids must walk up the side of the slope before blasting back down on the tubes.

The fearless will enjoy bouncing over the jumps
The more chilled will just enjoy flying down together.

Guaranteed to tire out any participants and help them sleep.
Great for a first night activity.

Tubing





Skiing

Loch Insh has the perfect, entry level 60m dry slope right next to the bar. Great entertainment & the best place to learn the basics.

After 1 1/2 hour first lesson you should be able to descend our wee slope in some form of control. After a second lesson most will have mastered turning & be able to negotiate a basic slalom course.

For those wanting instruction in a mountain environment we hire instructors by the day through the winter & can use the near by resorts of The Lecht, Cairngorm & Nevis Range.

The best way to improve your skiing is to book on one of our two day ski courses between January & Easter.



Snowboarding is a little easier to learn on real snow. Working through the basics on the dry slope gives a solid foundation in preparation for the white stuff.

Snowboarding has a steeper learning curve than skiing. The first few days will test your resolve, prepare yourself for the odd face plant, inevitably coming your way.

Persevere & with our expert instruction you can break through the falls stage & become able to get down most terrain safely & start working towards linking & even starting to carve turns.

Make it to the end of the week and you'll be hooked.

Snowboarding





Autumn

Water sports close down at the end of October. We are still open through the Autumn and Winter for shore based activities including the dry ski slope.

November is an amazing month for peace & quiet, and as always stunning scenery, Check the website for the deals for a quick last minute break.

We welcome groups of artists at this time to enjoy the wonderful colours & use the quiet restaurant to do some painting.

Schools visits in the Autumn months focus more on dry activities of Skiing, Snowboarding Biking & Archery. With Open Canoeing (dry) water sport option.



The snow season really kicks off around Christmas. Cairngorm & the Lecht ski areas within an hours drive.

The dry ski slope is still the best place to learn the basics for an hour or so then off to the mountain to hit the slopes.

Loch Insh is one of the few places that have the flexibility to change our program to accommodate the weather.

Here the 50 years of experience really comes in handy as Scotland's unique weather puts up challenges each year.

Rest assured you'll be best off booking with us for a guaranteed great time whatever the weather.

Winter





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Getting Here

We are close to Aviemore and Kingussie train stations. Let us arrange a pickup for you 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. The Old Post Office art gallery is well worth a visit & the local pub 'The Suie' is open from 5pm.



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.



If you are arriving by coach or high vehicle, plan your route through Kingussie via the village of Insh or turning at Rothiemurchas through Feshiebridge.



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LOCH INSH
OUTDOOR CENTRE

Inspiring
generations
over 50 years

Loch Insh
welcomes you

