



Welcome

We hope you enjoy your stay
Let us know if we can make your
stay any more comfortable.

If you need assistance call
Office hours 01540 651 272
Out-with office hours 0753 833 4418

Site WIFI Password: Sk11ng16
Username: LochInshGuest



LOCH INSH
OUTDOOR CENTRE

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Introduction

In 1969 the Freshwaters launched 'Cairngorm Canoeing & Sailing School LTD' from a rented village hall and derelict boathouse.

We are now proud to introduce our now company mantra

Inspire - people to try new things

Nurture - an interest into ability

Master - an ability into a skill

We offer a **20% discount** to our guests on all equipment hire during your stay, If you are staying with us for 2 nights or more, make sure to come and try something new during your stay.

Summer season (April - Nov) We offer activity hire and instruction in canoeing, kayaking, paddle-boarding, sailing, windsurfing, archery and dry ski slope skiing and snowboarding. Wander down to the Boathouse and have a chat with a member of staff and see what's on this week.

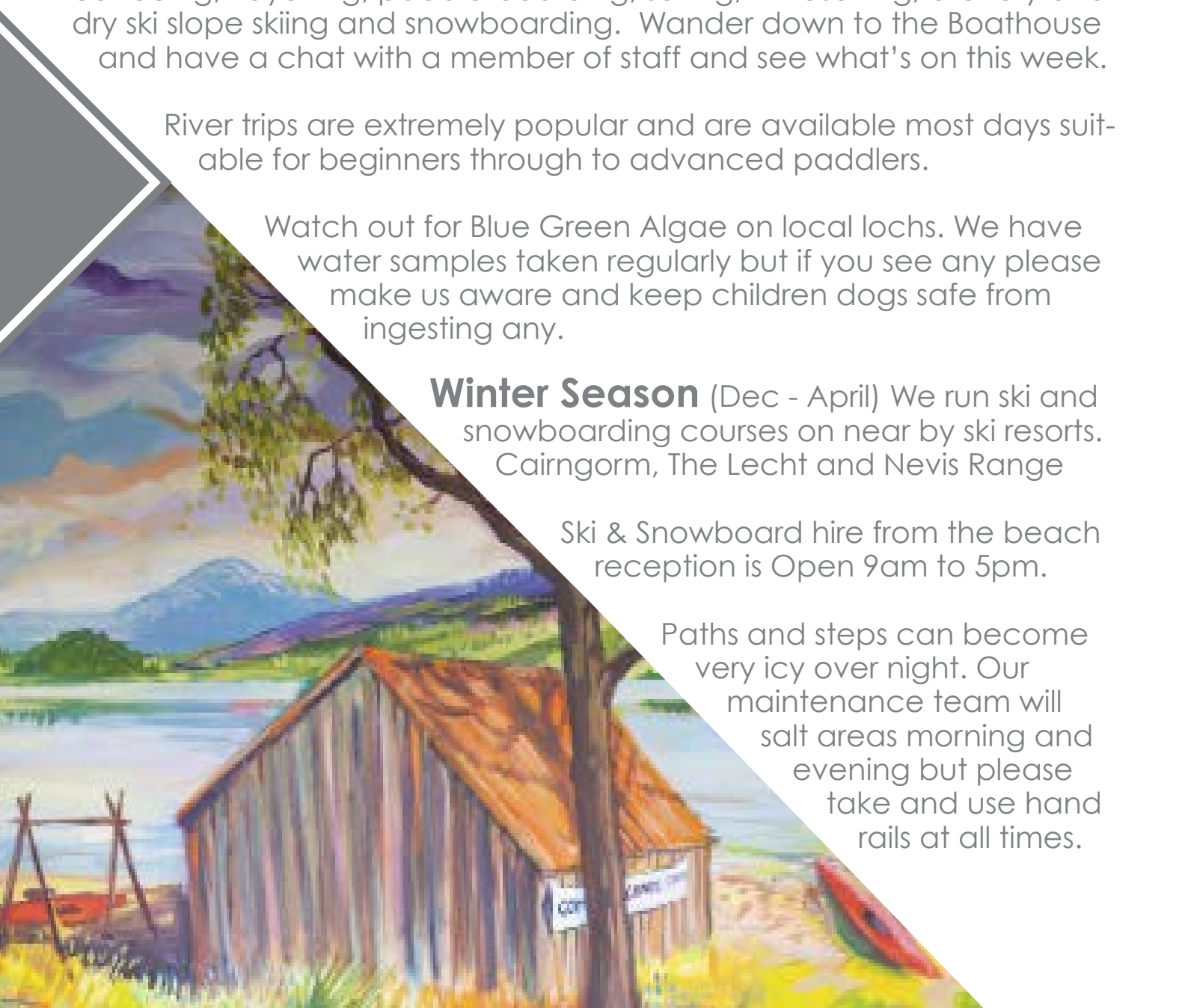
River trips are extremely popular and are available most days suitable for beginners through to advanced paddlers.

Watch out for Blue Green Algae on local lochs. We have water samples taken regularly but if you see any please make us aware and keep children dogs safe from ingesting any.

Winter Season (Dec - April) We run ski and snowboarding courses on near by ski resorts. Cairngorm, The Lecht and Nevis Range

Ski & Snowboard hire from the beach reception is Open 9am to 5pm.

Paths and steps can become very icy over night. Our maintenance team will salt areas morning and evening but please take and use hand rails at all times.



The Boathouse

Breakfast

is served in the Boathouse please book a table if your not on a breakfast package

Lunch menu is served from 12 noon

Please Book a table for dinner

See enclosed menu for more info and times.

Call The Boathouse on **01540 651 394.**

FAQ's

Check out is required before 10am on the day of departure. Late checkouts must be arranged prior to departure date and paid for at the office. Ask at reception for fee's.

We politely ask guests to please strip your beds and leave some of the windows open slightly. Please do your dishes, take your recycling to the recycling points and leave the property in good order.

Recycling points are located;

- Up at Insh Hall - at the entrance onto the main road
- Down at the Boathouse - at the entrance behind the restaurant

Laundry facilities can be arranged prior to use only. Ironing facilities available too. Book at the office.

TV's run on either Sky or Free-sat.

If you have a Sky box. Turn on the Sky box first then the TV Free-sat should automatically come on when you turn the TV on.

No picture? Try pressing this  **source** button Cycle through the sources until you find the right input.

Wifi user: **lochinsguest** Password: **Sk11ng16**



The Boathouse Restaurant

Kincraig

COCKTAILS

All served with 50ml spirits as standard. Please ask server about AF options

Martinis £8

French Martini

Loch Insh vanilla infused vodka, Chambourd, pineapple juice

Margarita

Gold tequila, triple sec, lime juice

Espresso Martini

Vodka, Khalua, coffee

SHORT £8

Bramble

Inshriach gin, raspberry liquor, lemon

Whisky Sour

bourbon, gomme, lemon, Angostura bitters & egg white

Lebowski

Loch insh vanilla infused vodka, Kahula, cream & milk

LONG £9

Mosco Mule

Vodka, mint, lime, bitters & fiery ginger beer

Raspberry Collins

Gin, gomme, raspberries, lemon & soda

Mojito

Havana especial, gomme, mint lime & soda

APERITIVES £9

Pimms & Lemonade

Aperol spritz



The Boathouse Restaurant

Kincraig

Lunch Menu 12 - 3 PM

Soup of the day & crusty bread £5.50 (VE option)

FILLED BAGUETTES £4.80

See your Server or the fridge for options

Tuna Mayo

Cheese & Ham

Cheese & Tomato

Falafel, Hummus & Roasted Pepper (Ve)

ACTIVITY PRICES
you can now book online!



BURGERS

All served with house Slaw & Fries

Boathouse burger £16.95

Double burger, bacon, cheese, lettuce, onion, tomato & house mayo

Chicken Mayo Burger £16.95

Two crispy chicken fillets, lettuce, onion, tomato & garlic mayo

Beetroot Burger £16.95

Our Vegan crispy Beetroot burger, Guacamole, Sauerkraut, lettuce, onion & tomato

HOUSE SPECIALS

Dirty Fries £7.95

Skin on fries, baked with cheese sauce, jalapenos & bacon

House Nachos £10.95

With Guacamole, Salsa & Sour Cream- Topped with melted Cheese.

Boathouse Mac n Cheese £10.95

House recipe with crispy bacon, crispy onions & garlic bread

SIDES

Skin on fries £4.50 - Add Cheese £1

House Chop salad £4.50

Homemade Slaw £3.50

Olives £5.50

TINY TUMS

Chicken goujons & Fries £7.95

Beef burger & Fries £7.95

Fish finger bap & fries £7.95

Carrot & Cucumber snack pot £5.50

Half Bowl of Soup & Bread £3.95



The Boathouse Restaurant

Kincraig

Evening Menu summer 2024 / ask about our daily specials

STARTERS

Black Pudding Fritters £8

Locally made black pudding, breadcrumb with apple chutney

Mac n Cheese Bites £7.5

Breadcrumb mac n cheese balls with spicy salsa

Mini Caesar Salad £7.5

Crisp gem lettuce, crispy bacon, anchovies, parmesan and caesar dressing.

MAINS

Steak Frite £18.5

6 oz sirloin minute steak, roasted tomato side salad, skin on fries & peppercorn sauce

Fish & Chips £18

Beer battered (GF) haddock fillet, chips, peas & tartar sauce

Venison Sausages & Mash £16.5

Speyside butchers venison sausages, creamy mash, rich onion gravy

Boathouse Mac n Cheese £14.5

Homemade cheddar cheese sauce, crispy onions, bacon, served with garlic bread

BURGERS

All burgers served with house slaw and Fries

Boathouse burger £16.95

Double patty, bacon, cheese, lettuce, onion, tomato & house mayo

Chicken Mayo Burger £16.95

Two crispy chicken fillets, lettuce, onion, tomato & garlic mayo

Beetroot Burger £16.95

Fried beetroot burger, guacamole, sauerkraut, lettuce, onion & tomato

SIDES

House slaw £3.5

Nacho chips, sour cream & salsa £5.5

Crusty bread & Butter £3.5

House Chop Salad £4.5

Skin on fries £4.5

ACTIVITY PRICES
you can now book online!



In the Event of an Emergency

During office hours, contact reception
9am to 5pm, Call Reception 01540 651 294.

If you need any help outside of office hours please contact our
Duty Instructor on 0753 833 4418

Aviemore Numbers

Doctors 01479 810 258
Chemist 01479 810 259
Police 01479 810 222
Taxi 01479 810 118

Kingussie Numbers

Doctors 01540 661 233
Dentist 01540 661 280

If you discover a fire at loch insh

Evacuate the building via the nearest fire exit point
Assemble at the relevant 'Fire Assembly Point,

Fire Assembly Points

- Insh Hall & upper chalets - Outside Reception
- Boathouse & lower chalets - Car park play park.

Call 999 as soon as possible

Inform a member of staff. Out-with office hours

Call the duty instructor 0753 833 4418

Please **do not re-enter the building** until told to do so
by a member of staff or the Fire Brigade and do not leave
the
assembly point until your name / group has been
checked against the guest list by a member of
staff.

Keep bedroom doors closed

to prevent the spread of the fire and
smoke.

If your chalet has a **log burner**
or **BBQ** Please read the safety
instructions and make sure you
clean it & **dispose of the**
ashes or coals in the cor-
rect manner at the
recycling points



Emergencies call 999

For non life threatening injury's call **NHS 24 on: 111**

Depending on wait times for the ambulance, a decision has to be made if you should wait for the Ambulance, or, if it is safe to do so or extremely urgent, we can drive the casualty to Aviemore in the Loch Insh Minibus.

Aviemore health centre

is open 9 – 5 Monday to Friday.

NHS24 will usually try and send you to Inverness A&E as a first choice. Aviemore health centre has an out of hours service, inform NHS 24 of this facility and ask if it's ok to use it.

Your location: Loch Insh Outdoor Centre
Kincraig, Kingussie, Inverness-shire, PH21 1NU

Explain the location to emergency crews:

The Boathouse car park for access to
Tamdhu, Knockando, Glenlivet, Drumguish, Tormore chalets

Insh Hall car park for the main accommodation B&B rooms,
Spey & Feshie apartments and access to Glentromie, Glenfarclas,
Cardhu, Macallan, Tamnavulin, Cragganmore, and Dalwhinnie chalets

Monitor pulse rate and inform emergency crews on arrival

Get someone to clear a path for parking emergency crews close to scene, wait outside with a torch to direct the emergency crews to the location of the casualty.

Defibrillators are located one at Insh Hall main entrance,
and another at the Boathouse driveway entrance opposite ski slope.



Log Burners and Site Rules

How to lay and light a log fire

Crumple 6 sheets of newspaper and lay on the base of the fire. Cover with 6 - 8 kindler's. Place one log on top. Light paper. Keep the air vent open (over to the right) to start with. When the fire is well lit, add a second log, shut the door and move the air vent to the left to regulate the oxygen fuelling the fire. Do not put more than 2 logs in the stove at one time.

Safety around the stove

Always keep the stove door closed when lit. Please keep children, animals and flammable items away from the stove when lit, including the log basket. Make sure to close the fire guard every time.

Cleaning out the stove

The wood burning stove needs to be cleaned out every 3 - 4 days. Make sure the ash is cold before cleaning out the stove. Put the ash into the ash bin by the front door. If the bin is close to full, please contact the office, so they can arrange for the housekeeping team to come and empty it.

BBQ's & Fires on the beach

Always ask permission to light a fire on the beach. Only use existing fire pits please. Never leave fires or BBQ's unattended and ensure they are completely out before leaving them. **Please clean your BBQ ready for the next customer**, otherwise there will be a cleaning fee. BBQ's are available at reception.

Please close your windows when you're out, it will keep your accommodation warm & valuables secure.

Smoking is prohibited within buildings

A £100 penalty will apply for additional cleaning if found to be non-compliant.

Toilets have bins for nappies and hygiene products.

In our remote location we do not have a mains drain. Our drainage system operates via a bio-digester and will fail if choked with anything other than toilet paper and human waste.



Hot Tubs

Here are a few important rules to understand in order to keep your hot tub working perfectly.

1. Controls are set to (STD)

the Standard setting.

If controls read ECO or SLP contact a member of staff immediately

2. You **MUST** put the floating chemical dispenser, back in immediately after use.

3. Shower before entering the hot tub

wash off all: Wearing oils, lotions, makeup or skin creams.

No Fake tan This will keep the water as clean as possible.

4. No Glass, plates or cutlery allowed

Only use plastic cups provided in the kitchen.

5. Pregnant or suffering ill health? Check with a doctor prior to use.

Hot tub might be dangerous for you or your baby

6. No children under 4 years.

Small children should only use the tub at a **maximum of 37°C**

7. Children under 16 must be supervised at all times.

8. Ensure suitable footwear is worn to and from hot tub.

Be careful of freezing water making the deck & floor areas slippery

Failing to follow guidelines will result in a full clean of the hot tub **charged at £180 and the tub will be out of action for 2 days** whilst it gets back up to temperature.

Please respect your neighbours by keeping the noise down after 10pm (turn the bubbles off will help lowering voices)

Please report any issues immediately to Reception or the Duty Instructor.



INSPIRE



Paddle Boards

1½ hour

Single SUP	£22
Group intro' per person	£40
Tandem	£35
Jumbo SUP 4 person	£66

Paddle Board Nature Tours

Sunrise S.U.P. 8:00am - 9:30am	£40
River Rapid Paddle Loch Insh to Aviemore Tues + Sat 2:00pm - 5:30pm	£77

Canoes & Kayaks

1½ hr

Single Kayak	£18
Group intro' per person	£40
Double Kayak	£36
2 Seat Canoe	£34
Group intro' per person	£40
3 Seat Canoe	£38
4 Seat Canoe	£45



Beaver Tails & Wildlife Trails

1 person Multiple

Canoe	£95	£45
SUP or Kayak	£95	£65
Guided day trip (minimum 4 people)	£55 per person	

Jungle Float Session times

10:30 - 1:30 - 3:30

£15 per person

Session time includes 30 minutes to get into wetsuits before a one hour session on the jungle float.

Wetsuits can be hired for £5

Jungle float is not included in the standard day ticket



Under 16 = Child | Students 10% off all prices



Windsurf & Wing

1½ hr

Beginner	£25
Tots Group intro' per person	£30
Group intro'	£40
Intermediate kit	£40
Wingfoil	£40
Group intro'	£40
One-2-One Instructor only, kit must be added	£95



Peddalos & Rowing

1 hour

2 - 6 Persons	£35
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Dinghy, Keel & Cat

1½ hr

Oppie	£15
Tots Oppie intro	£30
Funboat	£25
Fusion	£40
Fusion intro	£40
Hawk	£50
Hawk intro	£125 max 6pax
Cat 16	£50
Cat intro	£125 max 3 pax



Archery

1 hour

Group intro' per person	£20
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Day Tickets

Child	Adult	Family
£42	£49	£175
Jungle +	£54	£215



Wetsuits & Boots

1½ Hour	£5
½ Day	£15
Day	£30



Ski & Snowboard

	1 hr	2hr
Slope & tow	£15	£20
Kit Hire	£5	£5
Tots Group intro' per person	£30	
Group intro'	£40	

Mountain Bikes

	½ Day	Day
Child Bike	£18	£25
Adult Bike	£25	£35

*Bikes are not included in Day ticket



Residential Package

Residential packages are available if you are participating on any multi day activity courses.

Insh Hall Bunkhouse

No. Nights	B&B	Full Board
1	£75	£90
2	£150	£180
3	£215	£260
4	£280	£340
5	£345	£400

Winter Courses

Beginner to advanced Ski and Snowboard 2 - 5 day courses

An introduction to snowsports on local mountains from mid December to April.



Courses

Multi sport activity weeks for 5 - 16 year olds only

Sailing - Stage 1 Basics
Stage 2 Capsize
Stage 3 Improving Skills
Stage 4 Advanced Skills

Windsurfing - Stage 1 Basics
Stage 2 Harness
Stage 3 Footstraps
Stage 4 Waterstarts

Paddling Kayak, SUP, or Canoe
Kingussie to Loch Insh - Basics
Loch Insh to Aviemore -
Introduction to moving water

Spey descent - 5 days
from Loch Insh to the sea.
*Plus £100pp for Spey Descent

Taster Lessons

	Tots < 8	1½ hr
Group Tasters (Day ticketers)	£30 £15	£40 £20
Private Lessons (Max 2 persons)		£95

Course Prices

	Child	Adult
2 Days	£195	£215
5 Days*	£299	£399



Speyside Superstars

For local primary children after some after school fun!

Mon & Wed	3:30 PM - 5:00 PM
Fridays	1:00 PM - 5:00 PM DOUBLE SESSION 4HRS
In Service	10:00 AM - 5:00 PM TRIPPLE SESSION 7HRS



Master Clinics

Sailing, Windsurfing or Paddling our enthusiastic instructors are ready when you are for top tips and more

Keep an eye on the web site for weekends and week courses hapening throughout the year



Superstars Vouchers

Pick and choose the sessions online

6 session voucher	£110
12 session voucher	£210
30 session voucher	£510

30% Off for season ticket holders

MonstArs Kids Club

Participants must be competent and eager to take part for the duration of the lesson

Friday Slopestyle SKI & BOARD FREESTYLE TUITION	5 - 7 PM
Saturday Windsurfing	2 - 4 PM
Sunday Sailing	2 - 4 PM

£20 per session to pay as you go
Included with season ticket

Season Tickets

	Child	Adult
Single	£245	£345
Couple	£395	£595
Tripplets	£495	£695
Family (4)		£795

Children under 12 must be accompanied by a responsible adult at all times.



	Child	Adult
Master weekend	£195	£295
	1½ hr	3hr
One to One	£95	£170

Directions for Getting Here

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.

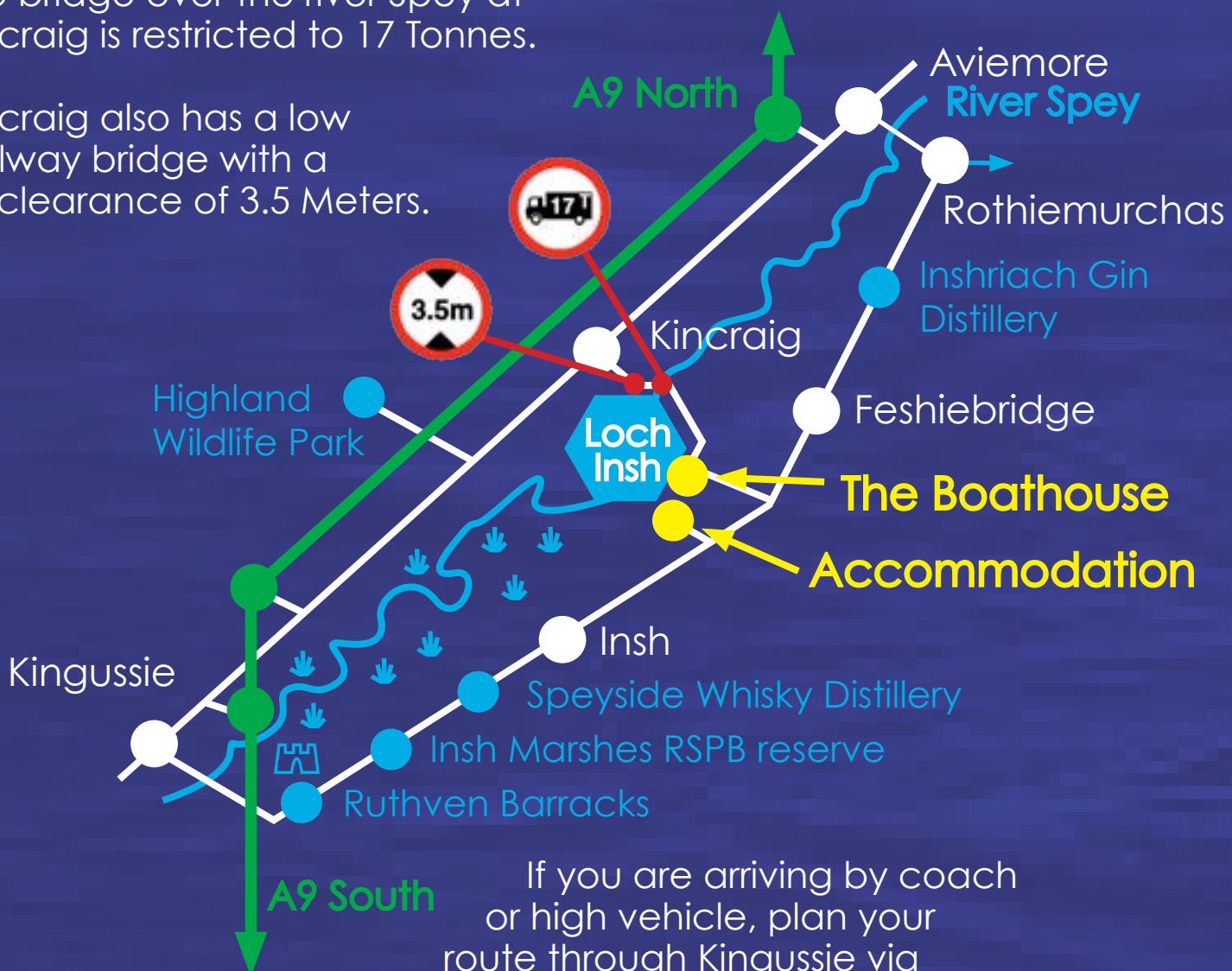
All the local amenities are 6 miles away in either of the two villages, The Boathouse has a small shop selling some essentials.

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.