



**Jungle Float**  
**Session times**  
 10:30 - 1:00 - 3:00  
**Private sessions available**

**£15 per person**

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

Wetsuits & boots can be hired for £7



**Paddle Boards**  
 1½ hour

Single SUP	£24
Tandem	£40
Jumbo SUP 4 person	£70

Group lesson £44 per person

**Paddle Board Nature Tours**

**Sunrise S.U.P.** £44  
 8:00am - 9:30am

**Aviemore River Trip** £77  
 Loch Insh to Old Bridge Inn  
 Tues + Sat 2:00pm - 5:30pm



**Day Tickets**

Child	Adult	Family
£42	£49	£175

Add jungle float session for £12pp



**Under 16 = Child | Students 10% off all prices**



**Wetsuits & Boots**

1½ Hour	£7
½ Day	£14
Day	£25

**Canoes & Kayaks**  
 1½ hr

Single Kayak	£20
Double Kayak	£40
2 Seat Canoe	£40
3 Seat Canoe	£40
4 Seat Canoe	£50

Group lesson £44 per person

**Windsurf & Wing**  
 1½ hr

Beginner	£25
Intermediate kit	£45
Wingsurf	£25
Wingfoil	£45
Tots Group intro'	£33 per person
Group intro'	£44 per person

**Dinghy, Keel & Cat**  
 1½ hr

Oppie	£20
Funboat	£25
Fusion	£45
Hawk	£65
Cat 16	£75
Tots Oppie intro	£33 per person
Fusion intro	£44 per person
Hawk intro	£155 max 6pax
Cat intro	£165 max 3 pax



**Ski & Snowboard**  
 1½ hr

Lift Ticket	£15
Kit Hire	£10
Tots Group intro'	£33 per person
Group intro'	£44 per person



**Kingussie to Loch Insh Beaver trail**

	1 Person	Multiple
Canoe	£95	£45
SUP or Kayak	£95	£65

Guided River trip £60 per person (minimum 4 people)

**Pedalo & Rowing**  
 1 - 6 Persons £40

**Fishing**

	½ Day	Day
Permit	£10	£15
Boat	£40	£50
Outboard	£20	£25



**Archery**  
 1½ hour

Group intro' per person £22

Minimum age 8 years old



**Mountain Bikes**

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

\*Bikes are not included in Day ticket





## Courses

**Multi sport activity weeks**  
for 5 - 12 year olds only

Stage 1 Start Sailing  
Stage 2 Capsize  
Stage 3 Improving Skills  
Stage 4 Advanced Skills

Stage 1 Start Windsurf  
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.  
Adult £577 Child £477



## Course Prices

	Child	Adult
<b>2 Days</b>	<b>£210</b>	<b>£237</b>
<b>5 Days</b>	<b>£377</b>	<b>£477</b>

Winter courses Jan - March  
Ski passes must be added

## Taster Lessons

	Under 8's	1½ hr
<b>Group Tasters</b> (Day tickers)	<b>£33</b> £15	<b>£44</b> £20
<b>Private Lessons</b> (Max 5 persons)		<b>£95</b>

## 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
<b>1</b>	£75	£90
<b>2</b>	£150	£180
<b>3</b>	£215	£260
<b>4</b>	£280	£340
<b>5</b>	£345	£400

## Winter Courses

Beginner to advanced Ski and Snowboard 2 - 5 day courses

Epic Snowsports packages on our local mountains from Christmas to Easter



## 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

**Snow days! 10:00 AM - 4:00 PM**  
TRIPPLE SESSION 6HRS



## 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 happening 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

**Thursday** snowboard 5 - 7 PM

**Saturday** Slopestyle 3 - 5 PM  
SKI & BOARD FREESTYLE SESSION

**Saturday** Windsurfing 2 - 4 PM

**Sunday** Sailing 2 - 4 PM

£20 per session to pay as you go

## Season Tickets

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

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



	Child	Adult
<b>Master weekend</b>	<b>£195</b>	<b>£295</b>
	<b>1½ hr</b>	<b>3hr</b>
<b>One to One</b>	<b>£95</b>	<b>£170</b>