



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.

Wetsuit & boots can be hired for £9



Day Tickets

	Child	Adult	Family
	£44	£54	£175
Add Sauna, Jungle or Arch	£12		
Add any group lesson for	£20		



Archery

1 hour

Group intro' per person £22

Minimum age 8 years old



Under 16 = Child | Students 10% off all prices



Wetsuits & Boots

	2hr	4hr	24hr
Bottom or Top	£3	£6	£12
Boots/gloves	£3	£6	£12
Full suit	£9	£18	£24



Ski & Snowboard

1 ½ hr

Lift Ticket £15

Kit Hire £10

Tots Group intro £33 per person

Group intro £44 per person

Paddle Boards

1 ½ hour

Single SUP	£20
Tandem	£40
Jumbo SUP 4 person	£70
Group lesson	£44 per person
Sunrise S.U.P.	£44
8:00am - 9:30am	

Pedalo & Rowing

1 - 6 Persons 1 hour £40

Sailing Boats

1 ½ 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	£155 max 3 pax

Canoes & Kayaks

1 ½ hr

Single Kayak	£20
Double Kayak	£40
2 Seat Canoe	£40
3 Seat Canoe	£45
4 Seat Canoe	£50
Group lesson	£44 per person

Mountain Bikes

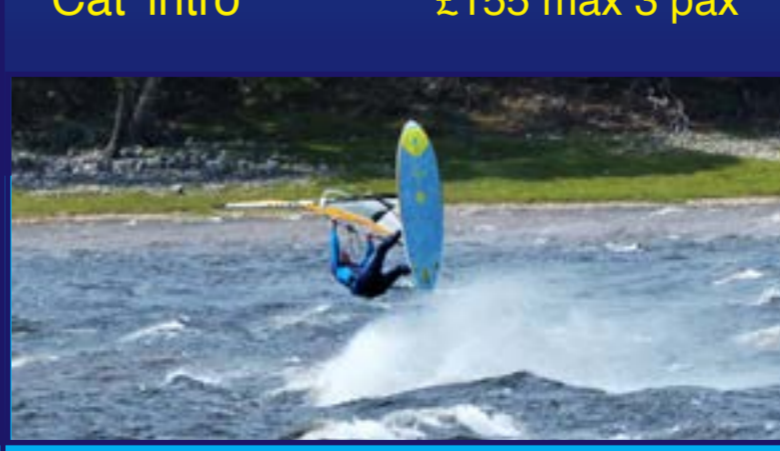
	½ Day	Day
Child Bike	£18	£25
Adult Bike	£25	£35

*Bikes are not included in Day ticket



Beaver Trail Rivertrip

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



Guided River Days

Kingussie to Loch Insh £65
 9:30am - 3:00pm

Loch Insh to Aviemore £77
 12:00pm - 5:30pm

*(minimum 4 people) Call to book

Fishing

	½ Day	Day
Permit	£10	£15
Boat	£40	£50
Outboard	£25	£30

Surf & Foil

	1 ½ hr	Day
Windsup	£25	
Goya	£45	
KT	£45	£65

*KT gear not included in Day ticket

Sauna

1hr

Communiual £15
 Maximum of 6 persons

Private group £90
 Maximum of 8 persons

*Sauna is not included in Day ticket
 - membership discounts or
 - resident discounts



Courses

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

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

Stage 1 Start Windsurf
 Stage 2 Harness
 Stage 3 Footstraps
 Stage 4 Waterstarts

Padding 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



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

Epic Snowsports packages on our local mountains from Christmas to Easter

Course Prices

	Child	Adult
2 Days	£177	£199
5 Days	£345	£445

*Winter courses Jan - March
 Ski passes must be added

Taster Lessons

	Under 8's	1½ hr
Group Tasters (Day ticketers)	£33 £15	£44 £20
Private Lessons (Max 5 persons)		£95



Speyside Superstars

For local primary children looking for 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
 TRIPLE 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 website for weekends and week courses happening throughout the year



Superstars Vouchers

Pick and choose the sessions online

4 Week block £70
 3:30 - 5:30 Mon & Wed

4 Week block £140
 12:30 - 5:00 Fridays

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 pay as you go

Season Tickets

	Child	Adult
Single	£195	£295
Couple	£375	£545
Family (3)	£450	£620
Family (4)		£695

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



	Child	Adult
Master weekend	£195	£295
	1½ hr	3hr
One to One	£95	£180