



20<sup>th</sup> – 22<sup>nd</sup> May 2026

Loch Norris  
Activity Adventure





# Introduction

Who we Are

Staff

What to Expect

Activities

Food

Accommodation

Insurance





# Let Your Adventure Begin!

## The Centre





Safe & Fun Activities

Excitement

Ethos

Decision Making

Team Work Skills

Resilience







The Staff



# What to Expect – Daily Routine

8:00 – 8:30	Breakfast- Cereal, Toast/Porridge, Boiled Eggs, Fruit, Squash
8:30 – 9:00	Free Time / Get Ready for Activities
9:00 – 12:00	Activities Session 1 / 2
12:00 – 13:00	Lunch – Home-made Soup Assorted Filled Roles Fruit and Juice
13:00 – 16:00	Activities Session 3 / 4
17:00 – 18:00	Evening Meal (as per menu plan)
18:00 – 19:30	Evening Activities
21:30	Quiet Period in Rooms
22:00	Lights Out!



# What to Expect – 4 Day Plan

MON			12:00	1300-1430	1430-1600	17:00	1800-1930
TEAM 1		Arrive Settle in /Safety Talks	LUNCH	Rafted Canoes	Mountain Biking	SUPPER	Evening Activity
TEAM 2			LUNCH	Mountain Biking	Rafted Canoes	SUPPER	
TEAM 3			LUNCH	Slide	Waterpark	SUPPER	
TEAM 4			LUNCH	Waterpark	Slide	SUPPER	
TUE	0900-1030	1030-1200	12:00	1300-1430	1430-1600	17:00	1800-1930
TEAM 1	Kayak	Paddleboarding	LUNCH	Climbing	LQ	SUPPER	Evening Activity
TEAM 2	Paddleboarding	Kayak	LUNCH	LQ	Climbing	SUPPER	
TEAM 3	Climbing	LQ	LUNCH	Kayak	Paddleboarding	SUPPER	
TEAM 4	LQ	Climbing	LUNCH	Paddleboarding	Kayak	SUPPER	
WED	0900-1030	1030-1200	12:00	1300-1430	1430-1600	17:00	1800-1930
TEAM 1	Windsurf	Sail	LUNCH	Swing	LOF /Crates	SUPPER	Evening Activity
TEAM 2	Sail	Windsurf	LUNCH	LOF /Crates	Swing	SUPPER	
TEAM 3	Rafted Canoes	Mountain Biking	LUNCH	Windsurf	Sail	SUPPER	
TEAM 4	Mountain Biking	Rafted Canoes	LUNCH	Sail	Windsurf	SUPPER	
THU	0900-1030	1030-1200	12:00	1300-1400	14:00		
TEAM 1	Waterpark	Slide	LUNCH	Schools Choice	DEPART		
TEAM 2	Slide	Waterpark	LUNCH	Schools Choice	DEPART		
TEAM 3	Swing	LOF /Crates	LUNCH	Schools Choice	DEPART		
TEAM 4	LOF /Crates	Swing	LUNCH	Schools Choice	DEPART		







# Paddle Sports







# Outdoor Laser Tag / Archery





# Climbing Tower / Swing





Sailing / Windsurfing



# Waterpark







# Food, Food, Food !

- Everything is home cooked
- All locally sourced
- Filling and tasty
- Dietary requirements
- Menu planned in advance
- Everyone will be hungry so there will be plenty!



# Bit More Food!



- Breakfast
- Cereal, toast, porridge, eggs, fruit, squash
- Lunch
- Home made soup, sandwiches, fruit, snacks
- Dinner
- Two course filling meal – meal plan arranged.
- Snacks are permitted if you wish to bring something along



# Accommodation





A group of children are participating in a canoeing activity on a calm lake. In the foreground, two red canoes are visible, each with two children inside. They are all wearing orange life jackets and holding green paddles. The children are smiling and looking towards the camera. In the background, there are more canoes with people on the water, and a shoreline with trees and some buildings under a clear blue sky.

Safe Environment = Learning Environment

Safety





# Insurance & Inspections

**HSE** Health and Safety Executive

**ADVENTURE ACTIVITIES  
AALA  
LICENSING AUTHORITY**

Adventure Activities Licensing Regulations 2004

Licence number: **L61431**  
Date of issue: **18/01/2022**  
Provider reference number: **R2685**

This licence is granted by the Health and Safety Executive (HSE), acting as the Adventure Activities Licensing Authority (AALA), to

**Loch Ken Adventures Ltd**  
2 Burn Court  
Dalry  
Castle Douglas  
DG7 3UZ

to provide adventure activities as specified in the Licence Conditions (Terms and Conditions) set out in the Adventure Activities Licensing Regulations 2004 and the Adventure Activities Licensing Regulations 1995 and the Adventure Activities Licensing Regulations 2004.

The facilities for adventure activities are:

Caving Category  
Climbing Category

**ACTIVITIES  
INDUSTRY  
MUTUAL**

**Certificate of Liability Cover**

Contract Number **Y136147QBE0121A**  
Member Number **LOCHK/445648NMP**  
Cover Number **AIM100991**

This Certificate is issued by Activities Industry Mutual Limited and confirms that the named Member is a Member of the Mutual and that the Mutual provides cover to the Member in respect of the Liabilities described below.

**Name of Member** **Loch Ken Adventures Ltd**  
**Trading as** **Galloway Activity Centre**  
**Member's representative** **Adam Hutchings**  
**Business description** **Outdoor activities providers**  
**Cover Period (from)** **01/01/2022**  
**Cover Period (to)** **31/12/2022**  
**Both dates included**

**LIABILITY COVER**

**Employers' Liability** - To indemnify the Member for legal liability in respect of bodily injury or death suffered by the Member's directors or employees arising out of and in the course of their employment by the Member caused during the Cover Period in connection with the Member's business, and Claimant's and Member's costs and expenses arising therefrom as more fully described in the Cover Wording  
Cover Limit - each and every occurrence up to **£10,000,000**  
Terrorism Sub Limit - each and every occurrence up to **£5,000,000**

**Public and Products Liability** - To indemnify the Member for legal liability for bodily injury or death and accidental loss of or damage to property as more fully described in the Cover Wording  
**Public Liability**  
Cover Limit - each and every occurrence up to **£5,000,000**  
**Products Liability**  
Cover Limit - any one occurrence and in the aggregate during the cover Period up to **£5,000,000**

**Professional Indemnity** - To indemnify the Member for legal liability in respect of alleged inadequate advice, services or designs provided by the Member causing financial loss. Only claims notified to the Mutual in the Period of Cover Period may be the subject of indemnity under this cover  
Cover Limit - any one occurrence and in the aggregate during the cover Period up to **£100,000**

**ACTIVITIES  
INDUSTRY  
MUTUAL** **QBE**

Signed by: *John H. H. H.*

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## Insurance

- **£10,000,000 Public Liability**
- **£10,000,000 Employees Liability**

## Inspections

- **AALA (annually)**
- **RYA (annually)**
- **Tourist board 4\* activity centre**



# Kit List

- Sleeping bag or duvet/linen
  - Towels
  - Swimming things
  - Waterproofs
  - Sensible outdoor shoes (trainers, walking boots, wellies)
  - Spare old trainers (for getting wet)
  - Lots of changes of clothes
  - Warm clothing
  - Pocket money for snacks (suggested £5)
  - Any medication required
  - Toothbrush / Toothpaste and wash items
  - Plastic bag for returning with wet clothes
- 
- Nothing special is required, Wellies, Joggers, Coat – it's not a fashion show you'll get muddy and dirty!





Thank You

