



20th – 22nd May 2026

Loch Norris
Activity Adventure





Introduction

Who we Are

Staff

What to Expect

Activities

Food

Accommodation

Insurance



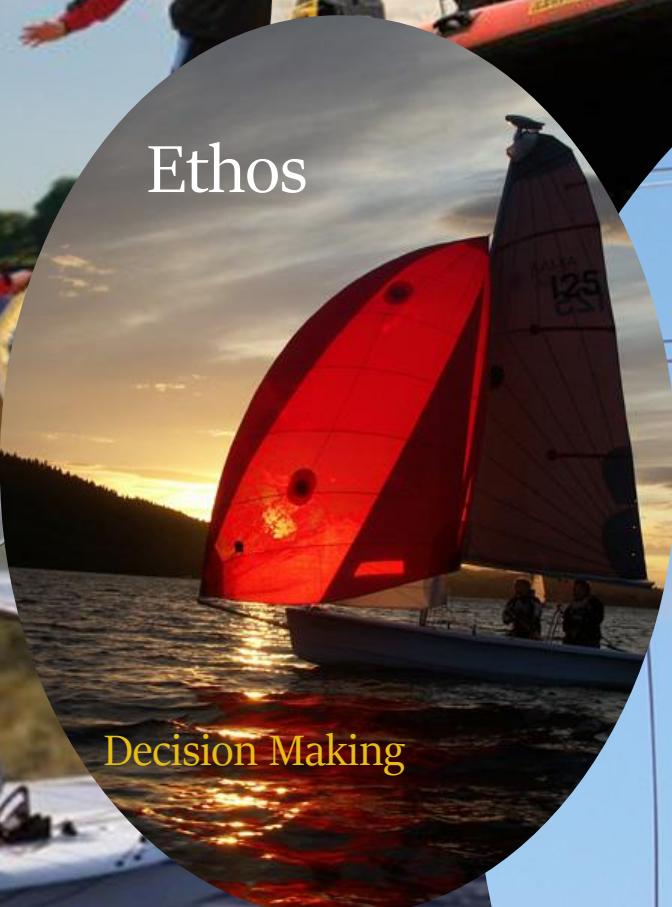
Let Your Adventure Begin!



The Centre



Safe & Fun Activities



Decision Making

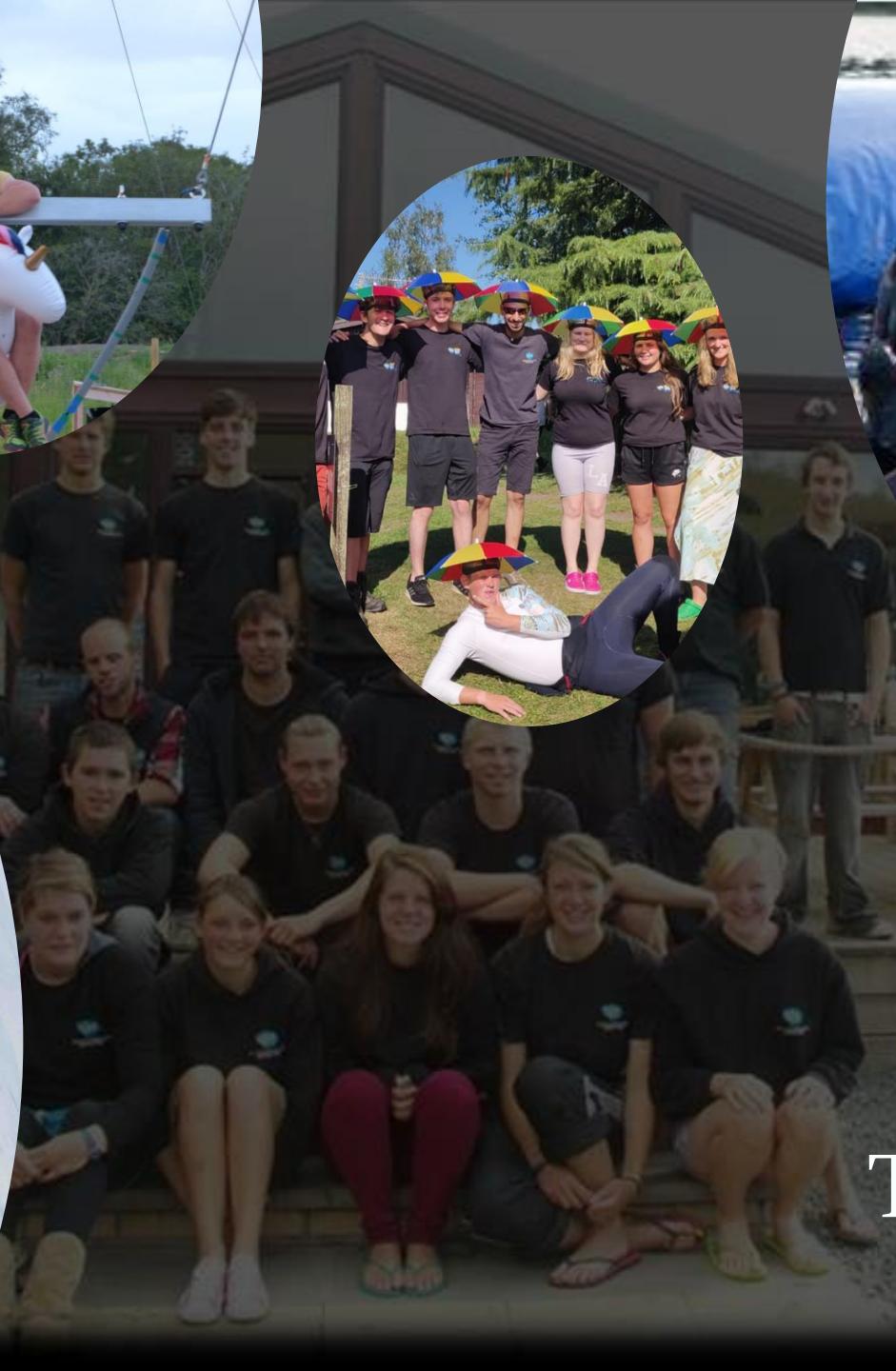


Excitement



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		



ADVENTURE ACTIVITIES
LICENSING AUTHORITY
AALA



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!



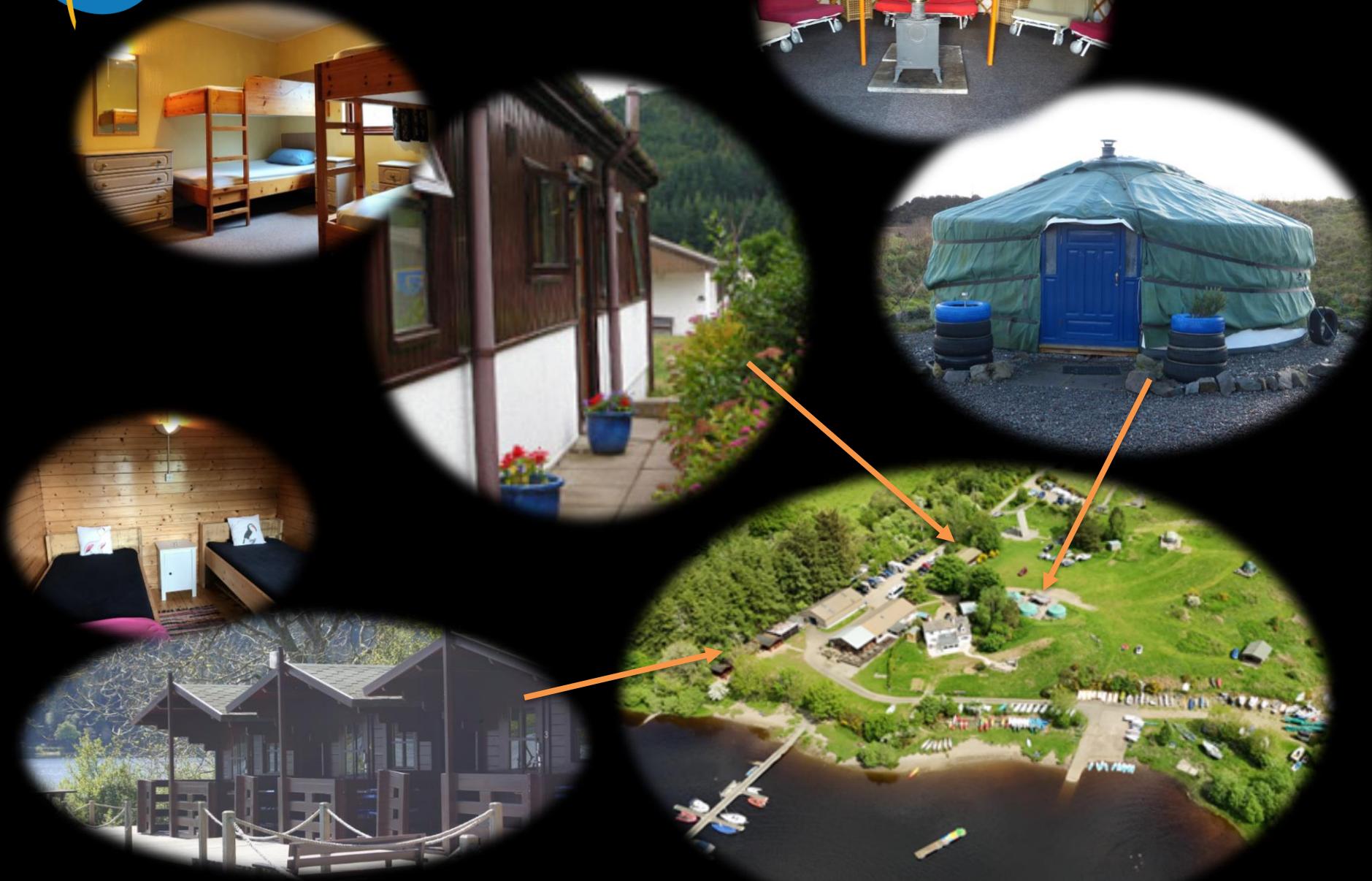
Bit More Food!



- 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



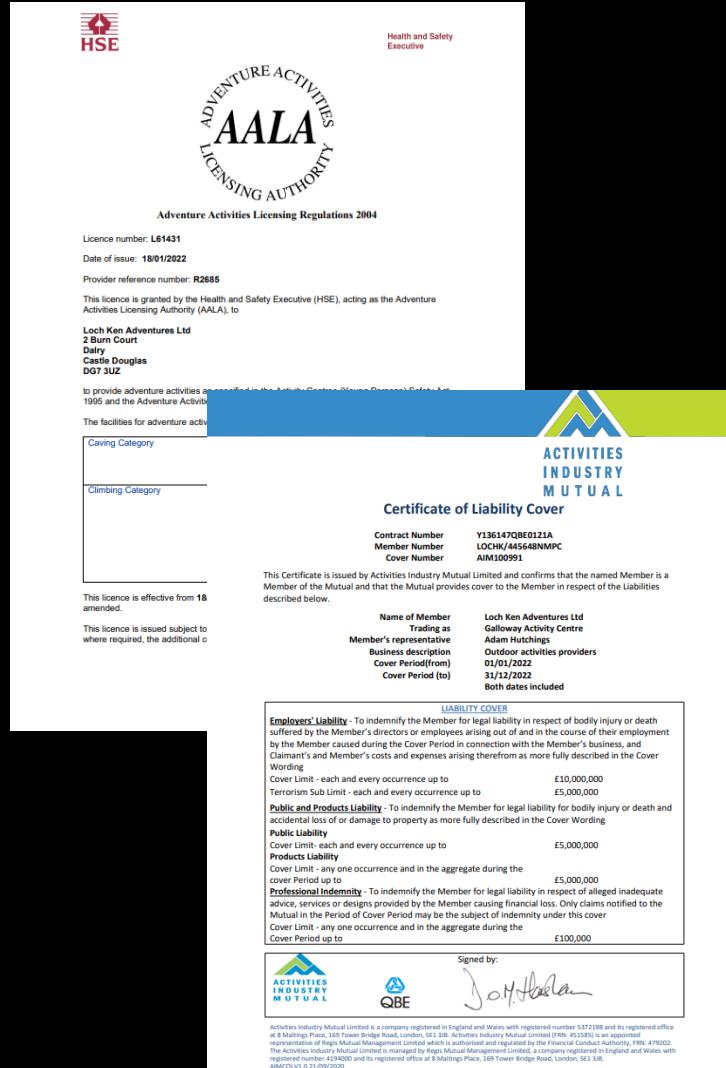


Safe Environment = Learning Environment

Safety



Insurance & Inspections



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

