

Xcite Linlithgow offers a wide range of single and multi-day courses during school holidays. We're passionate about getting children outdoors, no matter the weather, staying active and having fun! We have three types of activities available:

Intro Days & Multi Activity Courses (both 8-12yrs)

These courses are delivered in a way that allows young people to attend them more than once if they choose. Whilst they may visit the same venue and participate in the same or similar activities during the session they will still be in an environment where their confidence can grow, skills can be developed, new friendships can be made and above all have lots of fun. No previous experience is required for these sessions.

Adventure Days (10-14yrs)

These courses are aimed at slightly older children who have participated in the activity before and are looking to develop their skills and confidence in a new environment.

Here are the courses available this October half term!

Multi Activity 3 & 4 Day Courses (6h30) 8yrs+

Spend 3 or 4 days with our instructors and get to try all of the activities we currently offer – mountain biking*, canoeing, kayaking, archery and team building challenges.

* mountain biking is not available on our 3 day multi activity course.

Intro Mountain Biking (6h30) 8yrs+

This full-day course is for those who are relatively new to Mountain Biking and who would like to learn some more about how to get the most out of their bike, the trails and themselves. Participants must be able to ride a bike and be keen to develop skills. Bikes and helmets are provided.

Intro Open Canoeing (6h30) 8yrs+

Full day course. Participants will team up with a partner and develop canoeing skills on the Union Canal. No previous experience required, we just ask that participants are water-confident and happy splashing around on the water.



Archery (2h30) 8yrs+

Participants will spend the session learning how to use a bow and arrow with a big emphasis on having fun and developing your technique in a safe environment.

Mountain Biking Adventure (7h) 10yrs+

Aimed at riders who have already attended one of our intro mountain biking courses or have previous experience of riding blue grade MTB trails. This course will help you develop your skills and confidence on both natural and purpose built mountain bike trails. Likely venues for this course can include Callendar Estate Trail network, Beecraigs Country Park or one of the many Pump Tracks found in West Lothian. Bikes and helmets, along with all necessary transport, are provided.

All activities are led by qualified instructors. For full day courses please bring a packed lunch and a complete change of clothing, including footwear, and a towel, along with any medication that your child may need, i.e., asthma inhaler, EpiPen. All safety equipment is provided, i.e., helmets, buoyancy aid, waterproofs and mountain bikes.

Drop off time – 09:30 at Xcite Linlithgow - Outdoor studio

Pick up time – variable please see timetable below. All pickups from Xcite Linlithgow - Outdoor studio

Booking – Please book in person at Xcite Linlithgow or contact reception on 01506 237960. You will be asked to complete a booking form (or supply details for the form) and pay for your course in full at the time of booking.

Booking T&C's

- Please ensure you read the course description and that your child has the appropriate experience and ability to participate on the course. Please contact us if you are unsure or have any questions.
- Please drop off your child 10 mins prior to activity start time. We ask that you do not arrive earlier than this, as there may not be anyone available at the Xcite Outdoors studio to welcome you.
- We operate a no refund policy. We regret that we cannot offer refunds or transfers due to demand; if your child is unable to attend, we will not be able to offer a refund or compensation.
- Please be as punctual as you can be to collect your child at the end of their course. Late pick up maybe charged for.



XCITE LINLITHGOW

Date	Activity	Time	Age	Cost
Monday 14th October	4-day Multi-Activity Course - Day 1	Drop off 09:30 Pick up 16:00	8-12yrs	£148 (4 days)
	Intro Mountain Biking (full day)			£43
	Intro Canoeing (full day)			
Tuesday 15th October	4-day Multi-Activity Course - Day 2	Drop off 09:30 Pick up 16:00	8-12yrs	See Day 1
	3-day Multi-Activity Course - Day 1			£111 (3days)
Wednesday 16th October	4-day Multi-Activity Course - Day 3	Drop off 09:30 Pick up 16:00	8-12yrs	See Day 1
	3-day Multi-Activity Course - Day 2			See Day 1
	Archery (indoors)	09:30 - 12:00	8-12yrs	£25
Thursday 17th October	4-day Multi-Activity Course - Day 4	Drop off 09:30 Pick up 16:00	8-12yrs	See Day 1
	3-day Multi-Activity Course - Day 3			See Day 1
	Intro Canoeing (full day)			£43
Friday 18th October	Mountain Biking Adventure Day	Drop off 09:30 Pick up 16:00	10-14yrs	£43

