



## LOCHGOILHEAD

At Lochgoilhead we try to tailor your programme to the needs of your group. We understand that you will know your group and what activities will reach their personal challenge levels. All of our activities can be run in different ways to increase and reduce the levels of challenge accordingly but some activities can be challenging for younger participants. For younger participants we are able to run shorter 1.5 hour sessions, mixing them together to increase the range of activities, while making them more appropriate to the group's concentration levels.

ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
Abseiling / Climbing	Come and experience abseiling and climbing on a real rock environment with spectacular views over the stunning Argyll mountains and sea lochs. Abseiling and climbing are a great personal development activity, requiring you to challenge yourself and get up and down the crag as gracefully as possible. You will learn about the local environment and how land is used in a national park. Don't worry, your instructor will guide you all the way down!	3 hours
Archery	Requires precision, control and a steady hand. Learn and develop the techniques required to hit your targets, just like Robin Hood.	1.5 hours or 3 hours
Bell Boats	A cross between dragon boating and canoeing, with up to 12 people in each boat. A great way to get moving on the water and develop teamwork, coordination and leadership.	3 hours
Burn Run/Ghyll Scrambling	A half day, high adrenaline activity involving scrambling up a Scottish burn. Just a short walk from the centre. Experience climbing through, up and over waterfalls as part of a team learning about the power of water and its ability to shape and from the landscape around us.	3 hours (April To October only)
Bushcraft	Learn more about our environment and how to use it sustainably for survival. You'll learn a range of woodland skills including plant and tree identification, animal tracking, natural shelter building, fire lighting and environmental awareness.	3 hours

ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
Canoeing	These large open boats can carry two or three people. You will explore the beautiful surroundings out on the water whilst developing your paddling skills.	3 hours
Drascome Sailing	As a team learn to sail a larger boat. Your team will have specific rolls to complete in order to make the boat sail efficiently. Race against another Drascombe to enhance your skills. Our experienced instructor will be on the boat with you but the team will sail the boat.	3 hours
High All Aboard	Working together as a team of two, you will all aim to climb to the top of the pole and fit on a small platform high in the air – requires bravery and teamwork to succeed. Do you have the courage to lean out together?	1.5 hours or 3 hours
Hillwalking	Our trained and experienced staff will lead you on an adventure through the hills and mountains surrounding the centre. There are routes to suit all abilities from half to full days, or maybe even overnight.	3 hours
Jacob's Ladder	The only way to succeed in this challenge is to work together. How high can your team get off the ground? This activity tests teamwork and agility as the beams get further apart the higher you go.	1.5 or 3 hours
Kayaking	Once you've mastered the basic paddle strokes on land, take to the water in your own personal kayak. Using a variety of games, your instructor will help you develop your skill and precision moving through the water. Can be offered self-instructed at Gilwell Park also.	3 hours
Mountain Biking	Explore the forest on four wheels. Hire our fleet of mountain bikes. Includes all the safety equipment you need to get going.	3 hours (Age 10 and over)
Orienteering	A great opportunity for young people to experience decision making in a team situation. Learn navigation skills as you find the various markers around the course.	1.5 or 3 hours
Power Boating	Experience the coastal environment from the water. Learn about the local area and how the water has shaped the development of the area. Have the opportunity to meet some of the local inhabitants from diving gannets to seals and porpoise the area has so much diver's wildlife to learn about.	1.5 or 3 hours
Raft Building	Your team builds a raft to carry them across the water – hopefully without sinking or falling in! Develop communication, teamwork and logistical skills. Instructors will provide support and ideas, but ultimately it's planning and cooperation that are vital to success.	3 hours
Sailing	Learn the basic skills to helm a small dinghy. Supported by our experienced centre instructors, you'll be out exploring on the water in no time.	3 hours
Team Building	A number of problem-solving exercises to get your group really working together. The tasks will vary depending on the group, but all are designed to be challenging and fun. Each task is reviewed to ensure that your group develop communication and logical thinking skills throughout the activity.	1.5 or 3 hours

Three Stack	Can you reach your target? Climb as high as you can to achieve your goal while your team-mates control the ropes to support you.	1.5 or 3 hours
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**NOTE:**

**The roped activities at this centre are not offered for under 8 year olds.**

**Instructed:** Standard activity sessions are 3 hrs in length. Activity Session times: AM: 9:30 - 12:30. PM: 1:30 - 4:30. Eve: 18:30 - 20:15.

All activity sessions are run by our team of instructors and can accommodate a max number of 16 persons (inclusive of Leaders). All sessions will include time for a briefing and debriefing so the group will gain the maximum benefits from the session and can reflect on areas of learning that may need to be identified by the instructor. Any requests for specific badge programmes or activities must be made at the time of booking to insure availability of resources. Some of our activities are not suitable for younger group members while others activities only run between the months of April- October. Some sessions can be adjusted to run as 1.5 hr sessions and mixed to create a full session, these work well with younger groups to increase the range of activities offered.

**Self - Instructed:** Self-instructed and self-led activities are available at our standard session times and should be booked in advance. All supervision is carried out by the leader. Where permits are requested for self-instruct sessions the permit should be recorded on compass for staff to check before the session can begin. Activities in a box are available on request at any time during reception opening hours but are subject to availability. Boxes should be booked in advance whenever possible.