

Summer Outdoor Activities – 3 Hour Adventure Challenges at Ardroy What you need to know...

<p><u>Kayaking on Lochgoil - min age 8</u> Learn the basic techniques in a fun environment, while you admire the stunning scenery and the seals from close quarters.</p> <p><u>Equipment provided</u> Wet suits, buoyancy aid, waterproof jacket, kayak, etc.</p> <p><u>What you need to wear</u> Bathing costume, comfortable clothes, light footwear (trainers) and you don't mind getting wet!</p> <p><u>What you need to bring</u> A complete change of clothes including footwear, a towel, drinking water, sun cream.</p>	<p><u>Abseil 4 – 20 Metres – min age 10</u> High adrenaline activity! Enjoy the challenge - feel the buzz. Gets the heart pumping when you descend a rock face backwards with only a rope to support you.</p> <p><u>Equipment provided</u> Helmet, harness, rope, belay device, etc</p> <p><u>What you need to wear</u> Loose fitting clothes, comfortable trainers or boots, waterproofs.</p> <p><u>What you need to bring</u> Midge repellent, a snack, drinking water, sun cream.</p>
<p><u>Open Canoeing on Lochgoil - min age 5</u> Take a journey across the loch whilst sharing your canoe with 2 or 3 people. Ideal for families or small groups who are looking for a more relaxing adventure.</p> <p><u>Equipment provided</u> Buoyancy aid, waterproof jacket, canoe, etc.</p> <p><u>What you need to wear</u> Bathing costume, comfortable clothes, light footwear (trainers) and you don't mind getting wet!</p> <p><u>What you need to bring</u> A complete change of clothes including footwear, a towel, drinking water, sun cream.</p>	<p><u>“The Splosh”-Wet Gorge/River Experience min age 10 or dependant on child</u> Wearing wet suits etc. you will explore a local river course, scrambling up small waterfalls and jumping into plunge pools. Or alternatively take a gentle stroll, avoiding the high adrenaline adventure.</p> <p><u>Equipment provided</u> Wet suit, buoyancy aid, waterproof jacket, helmet.</p> <p><u>What you need to wear</u> Bathing costume, comfortable clothes, light footwear (trainers) and you don't mind getting wet!</p> <p><u>What you need to bring</u> A complete change of clothes, a towel, drinking water, midge cream.</p>
<p><u>Archery – Indoors - min age 8</u> Take a step back in time and learn the finer techniques of this medieval sport for a fun introduction to archery. Perfect for that midge day.</p> <p><u>Equipment provided</u> Bow, arrows, tabs etc.</p> <p><u>What you need to wear</u> Comfortable clothes which don't restrict movement.</p> <p><u>What you need to bring</u> A drink if required.</p>	<p><u>Indoor Climbing Wall - min age 8 or dependant on child</u> An introduction fun session teaching the basic techniques of rock climbing in a safe environment on our purpose built climbing wall.</p> <p><u>Equipment provided</u> Rock shoes</p> <p><u>What you need to wear</u> Comfortable loose fitting clothing.</p> <p><u>What you need to bring</u> A snack, drinking water.</p>

More info is available on our website – go to the Open/Public Courses page

Please note:

Occasionally the weather prevents us from delivering the programme we want – when this happens we will offer an alternative activity.

We recommend you both give us a contact number when making a booking, and also call us before setting out if the weather appears questionable.

How to find us

The best way to get to Ardroy if coming from the central belt is to head for Balloch, at the SW corner of Loch Lomond. Once there please follow the map below. If coming from Fife we recommend you head for Stirling by your preferred route and take the A811 to Balloch



- 5
- Once approaching Lochgoilhead turn RIGHT following signs for Carrick Castle just before a stone bridge. (Don't go over the bridge, it goes into the village)
 - Follow the road along the head of the loch, then watch out for a 'School' sign.
 - Ardroy is on the LEFT just after this sign.



Ardroy OEC, Lochgoilhead, Argyll PA24 8AE.
 T - 01301 703353/ 703391 E info@outdooreducation.co.uk