

# Low Port Centre

## Easter Holidays Courses



**MONDAY 8 - FRIDAY 19 APRIL 2019**

**Archery // Climbing // Mountain Biking**

**Bushcraft // Canoeing // Rafting**

**Kayaking // Sailing**

***west lothian leisure***

West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.

# what's on

## **Bike Ride - Loch Katrine**

Come along on an amazing day out cycling to Loch Katrine then boarding the Steamship Sir Walter Scott along the Loch to Stronachlachar. Ride along the stunning northern shore, soaking up the views and wildlife along the way. This is a truly memorable day out for young people with a sense of adventure and fun! You must be able to ride a bike competently. **£42.00**

## **Bike Ride - Millport**

Join us on a fun day out exploring the tiny island of Great Cumbrae, better known as Millport. The day will involve a short ferry trip followed by a relaxed bike ride around the island. Your school may have trained you in Bike-ability Level 1 or 2 which is a good level of skill and experience for this trip. **£37.00**

## **White Water Rafting - River Tay**

Splash around at White Water Rafting on the mighty River Tay! Be quick and sign up to avoid disappointment, it sells out every summer! Please note, confidence in the water is essential and the activity will fit the weather conditions on the day. **£34.00**

## **National Indoor Climbing Award Scheme**

National Indoor Climbing Award Scheme (NICAS) Introductory course is for those who are new or who wish to develop their climbing skills. Get to grips with climbing and develop your technical skills and tactical knowledge. Each participant will receive a log book and depending on aptitude and ability, each young person will progress towards NICAS Level 1 or Level 2. Based at Low Port and Ratho. **£76.00**

## **Intro to Archery/Climbing**

Why just limit your day to one activity? Come along and try two at once and double the fun at the Low Port! Discover the ancient skill of Archery combined with an introduction to indoor rock climbing – no previous experience required. **£28.00**

## **Intro to Canoeing**

Participants will develop canoeing skills using local venues such as Linlithgow Loch and the Union Canal. No previous experience required, we just ask that participants are water-confident. **£28.00**

## **Intro to Mountain Biking (MTB)**

An introduction to the fast moving and rapidly growing sport of Mountain Biking on local trails at Beecraigs and Callendar Estate. No previous experience required although you must be able to ride a bike. **£28.00**

## **Mountain Bike (MTB) Trips**

For those with previous experience in Mountain Biking and wishing to develop their skills in new locations, we have a selection of day trips for you. Glentress and Comrie Croft are all in the mix. Previous experience required on blue and red graded trails. **£32.00**

## **Intro Bushcraft**

Release your inner Bear Grylls on this stimulating day exploring a woodland area and developing skills for outdoor survival. Take part in activities such as building shelters, camp fires, hot drink making and perhaps some cooking too! No previous experience required. **£28.00**

## **Intro to Kayaking**

Participants will develop kayaking skills using local venues such as Linlithgow Loch and the Union Canal. No previous experience required, we just ask that participants are water-confident. **£28.00**

## **Bushcraft Further Skills**

Build on the skills you learned during an Intro Bushcraft course including creative outdoor shelter building, arts and crafts in the woods and making fish rods! No previous experience required although a Bushcraft intro course will have given you some basic skills. **£28.00**

## **Intro to Sailing**

Learn the basics to get you started on your sailing journey. This one day course doesn't require any previous experience however comfort in and around the water is essential. **£28.00**

## **In Depth Archery**

A day to really get to grips with Archery. You will initially cover all basic skills required followed by learning how to select equipment to suit you and how to fine tune it with help from a coach! **£28.00**

# LAND

## activities

Week 1 : 8-12 April  
Week 2 : 15-19 April

Week	Day	Time	Activity	Age
1	Monday	09.30-16.00	Intro to Archery & Climbing	8-12yrs
1	Monday	09.30-16.30	MTB Glentress	9-14yrs
1	Tuesday	09.30-16.00	Intro to Bushcraft	8-14yrs
1	Tuesday	08.00-16.00	Loch Katrine Adventure	9-15yrs
1	Wednesday	09.30-16.00	Bushcraft - further skills	8-14yrs
1	Thursday	08.00-16.00	Great Cumbrae Adventure	9-15yrs
1	Friday	09.30-16.00	In-depth Archery	8-11yrs
1	Friday	09.30-16.00	MTB Comrie Croft	10-15yrs
2	Tuesday	09.30-16.00	Intro to Mountain Biking	8-12yrs
2	Tuesday	09.30-16.00	Intro to Bushcraft	8-14yrs
2	Tues & Wed	09.30-16.00	NICAS Course	8-12yrs
2	Wednesday	09.30-16.00	MTB Natural Trails	10-15yrs
2	Wednesday	09.30-16.00	Bushcraft - further skills	8-14yrs
2	Thursday	09.30-16.00	Intro to Archery & Climbing	8-12yrs

# WATER

## activities

Week	Day	Time	Activity	Age
1	Wednesday	09.30-16.00	Intro to Canoeing	8-12yrs
1	Wednesday	09.30-16.30	White Water Rafting	12-15yrs
1	Thursday	09.30-16.00	Intro to Kayaking	8-12yrs
1	Thursday	09.30-16.00	Intro to Canoeing	8-12yrs
1	Friday	09.30-16.00	Intro to Sailing	8-12yrs
2	Monday	09.30-16.00	Intro to Sailing	8-12yrs
2	Monday	09.30-16.00	Intro to Kayaking	8-12yrs
2	Monday	09.30-16.00	Intro to Canoeing	8-12yrs
2	Friday	09.30-16.00	Intro to Kayaking	8-12yrs

## Opening Hours

Mon - Fri 09.00 - 22.00

Sat - Sun 09.00 - 17.00

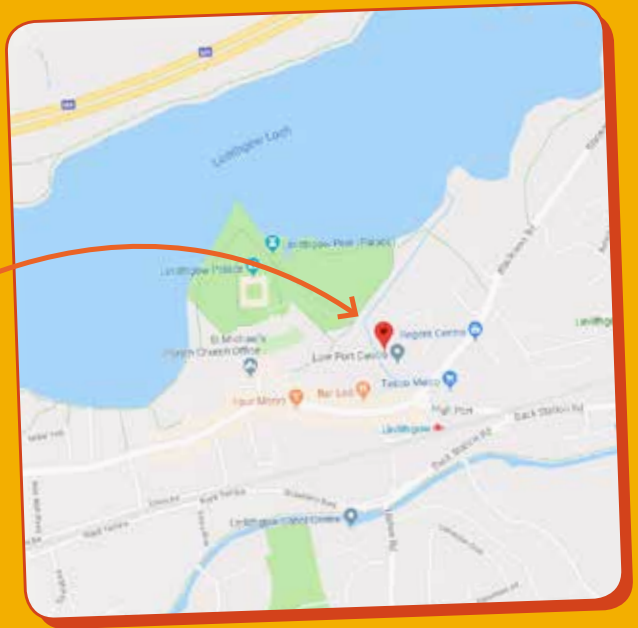
## Contact Us

Reception

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[www.westlothianleisure.com/venues/the-low-port-outdoor-activity-centre](http://www.westlothianleisure.com/venues/the-low-port-outdoor-activity-centre)

## how to book

You can book one of our Easter Holiday Courses by completing our booking form and info sheet available at reception or on our website. A booking form must be completed in full and payment made to secure your booking. Please note the booking form includes important info, restrictions for each course, and what to bring along on the day. If you have any further queries please contact reception.