



# Adventure Speyside Outdoor Centre



**Adventure Speyside is our residential centre based in the heart of the Cairngorms, near Grantown on Spey.**

Sleeping up to 42 people, the centre boasts a comfortable and spacious offering within close proximity to a variety of picturesque landscapes, making it the perfect setting for outdoor adventures.

We can tailor bespoke packages so that you can get the most out of your adventure and stay!



# THE CENTRE



where are we located?

You'll find us in Cromdale, a small village within the Cairngorms.

2hrs drive from Aberdeen



Our facility at Adventure Speyside consists of the following:

- **6 Childrens Dorms**  
Sleeps 36
- **2 Teacher/Adult Rooms**  
Sleeps 6
- **Kitchen & Dining Area**
- **Outdoor Decking**
- **Lounge Area**
- **Toilet & Shower Facilities**

# ACTIVITIES

We have a range of different adventurous activities to offer.  
*Click on any of the below to find out more!*

## **GORGE WALKING**

Slide down natural flumes and rapids, jump into crystal clear pools, climb steep rocky sections and swim behind waterfalls.

## **HILLWALKING**

Enjoy instructor-led walks around hilly and mountainous routes and experience the beautiful scenery on offer throughout the Cairngorms.

## **CANOEING & KAYAKING**

Travel down lochs, rivers and exciting fast-paced rapids whilst using a paddle in a canoe or kayak, enjoying the scenery along the way.

## **MOUNTAIN BIKING**

Explore different routes whilst riding mountain bikes off-road through the trees and along the river banks.

## **ROCK CLIMBING & ABSEILING**

Climb up and across rocks and enjoy the thrill of abseiling back down again using a rope with an instructor in a safe and controlled environment.

# Example WEEK ITINERARY

The table below shows an example of a week-long itinerary, this can be tailored to each group and their needs.

	Group 1	Group 2	Group 3	Group 4
<b>Monday</b>	am	Arrive	Arrive	Arrive
	pm	Highland Games	Highland Games	Highland Games
	eve	Night Walk	Night Walk	Night Walk
<b>Tuesday</b>	am	Gorge Walking	Wilderness Skills	Biking
	pm	Wilderness Skills	Gorge Walking	Canoeing
	eve	Night Line	Night Line	Night Line
<b>Wednesday</b>	am	Hill Walk	Hill Walk	Hill Walk
	eve	Team Games	Team Games	Team Games
<b>Thursday</b>	am	Canoeing	Biking	Wilderness Skills
	pm	Biking	Canoeing	Gorge Walking
	eve	Scavenger Hunt	Scavenger Hunt	Scavenger Hunt
<b>Friday</b>	am	Independent Adventure	Independent Adventure	Independent Adventure
	pm	Head Home	Head Home	Head Home

# WHAT YOU'LL EAT

Young people will get to enjoy three meals per day including an afternoon snack, with plenty of healthy choices available. Example Day Menu.

## Example Day Menu

### Breakfast

Toast, Cereal & Fruit

### Lunch

Filled Rolls,  
Crisps,  
Fruit,  
Chocolate Bar

### Afternoon Snack

Flapjack

### Dinner

Pasta Bake,  
Mince & Tatties with Vegetables,  
Salad Bar,  
Ice Cream





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Adventure Speyside is a place where children meet the outdoors and grow in so many ways.

They take responsibility for themselves in a way they haven't done before which enables them to develop their skills in co-operation, communication and organisation.

They are completely responsible for the first time for managing their environment and ensuring it is clean and safe while still managing to have fun.

Adventure Speyside helps to develop essential skills in a setting with the most amazing staff, food and scenery. We are going back again this year and look forward to seeing the children learn to be responsible, resilient and reliable.

- Lisa Walker, Head Teacher



# Ready for your next adventure?

If you have anymore questions please contact [aaspeyside@sportaberdeen.co.uk](mailto:aaspeyside@sportaberdeen.co.uk) or call 01224 270990 and we will be happy to answer any of your queries.

← See what else we get up to!

