



We have a number of activities available for guests & visitors to Loch Tay Highland Lodges, throughout the year. All our activities on-site are family-friendly & most can be booked online in advance (recommended, especially in busy holiday periods).



### Archery

Are you a budding Robin Hood, Merida or Katniss Everdeen? Why not come & try the ancient & noble pastime of target archery in this spectacular setting on the shores of Loch Tay. This skilful sport requires balance, poise, accuracy, timing & vision. It also gives you a great sense of satisfaction, especially when you hit the bull's-eye! Minimum age, 8 years old. Book online in advance.



### Axe-throwing

Our axe-throwing experience will have you throwing tomahawks at some nice big targets, and the sensation of landing your axe in the target is a very satisfying feeling indeed! Minimum age, 10 years old. Book online in advance.



### Off-road Segway Trek

Try your hand at these funky two-wheeled, all terrain machines in the company of a qualified instructor. It really is impossible to describe the rush when riding a Segway. Take in lovely scenery as you go - a must when visiting Loch Tay Highland Lodges that will leave you craving more. Minimum height 140cm / Minimum weight 45kg. Book online in advance.



### Canoeing on Loch Tay

Experience Loch Tay from a different perspective – from the water. After a quick safety briefing, join our instructor on an idyllic paddle around the shores of Loch Tay. Learn basic paddling skills, take in some amazing scenery and enjoy some fun games out on the water! Full on fun! Minimum age, 5 years old. Book online in advance.



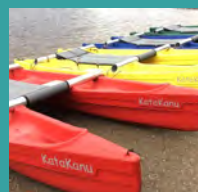
### Gorge Walking

How about jumping into a tumbling stream & following it up hill as it cascades down rocky slabs, over small waterfalls & through bubbling pools? This is a fantastic introduction to the joys of gorge walking & is suitable for all the family. Our gorge walking session will get you laughing & wet in no time at all. Minimum age, 6 years old. More challenging gorge venues available at Brig o Turk, Callander. Book online in advance.



### Guided Stand-up Paddleboarding

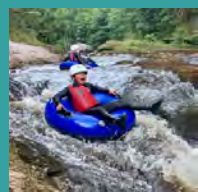
**Guided Standup Paddleboarding** - these flat water sessions take place on the picturesque Loch Tay, a lovely loch in the Central Highlands of Scotland. Our introductory sessions (minimum age 12) cover the basic paddling skills whilst enjoying some fun games. For those with a bit of experience, our improver sessions (minimum age 16) will take you further afield and teach you some more advanced skills. Book online in advance.



### Paddlesports Equipment Hire

6-seater, twin-hulled katanus are available to hire and can be booked online, in advance.

Open canoes and stand-up paddleboards are also available to hire by the hour during the busier peak season, but cannot be booked in advance. Please just visit the IYE office to check for availability on the day.



### River Tubing

Our river tubing sessions near Killin are the ideal introduction to this white water activity. While floating down the river you'll pass through white water rapids and take in the awesome, lush, green scenery as you go! Get your heart rate pulsing with some tube races and fun games on the water. Great fun and wonderful memories guaranteed! Minimum age 10 (must be able to swim 10 metres). Book online in advance.

## We want to see you having fun!

We love seeing photos of our customers having fun, so please feel free to share photos of you & your friends or family having a laugh on Facebook, Instagram or on Trip Adviser. Please tag your photos with **#iyescot & #lochtayhighlandlodges**

## How to book

All of our scheduled activities sessions and Katanus (6-seater for hire) can be booked online at **[www.iye.scot/loch-tay](http://www.iye.scot/loch-tay)**. We recommend that you do this as soon as you can, to avoid disappointment. Bookings can also be made by calling 0333 700 7004.

## What if you have some questions?

You can call the In Your Element office on 0333 700 7004 or speak to the team at the In Your Element office on-site at Loch Tay.

## Can you do other activities?

In Your Element offers a number of other activities at nearby locations, for example the ever popular, adrenaline fuelled **Brig o Turk gorge walk**. These include both scheduled activities & tailor-made group activities. You can find out more on our website ([www.iye.scot/loch-lomond](http://www.iye.scot/loch-lomond)) or call the office on 0333 700 7004.

If there are any of the activities above that you would like to do, but there isn't a scheduled time to suit, please call us to see if we can help arrange something for you (subject to a minimum of 5 people booking). Tailor-made group activities like Highland Games or Treasure Hunts on-site are subject to a minimum number of 8 people booking. Must be booked in advance & subject to availability.

## About In Your Element

In Your Element is an adventurous outdoor activity company with bases in Inverness, Aviemore & at Loch Lomond, offering a range of activities to individuals & groups across Scotland. The company was established in 2003 & prides itself on being able to offer amazing, safe outdoor experiences to groups of friends, families, charities, work colleagues & adventure event organisers.