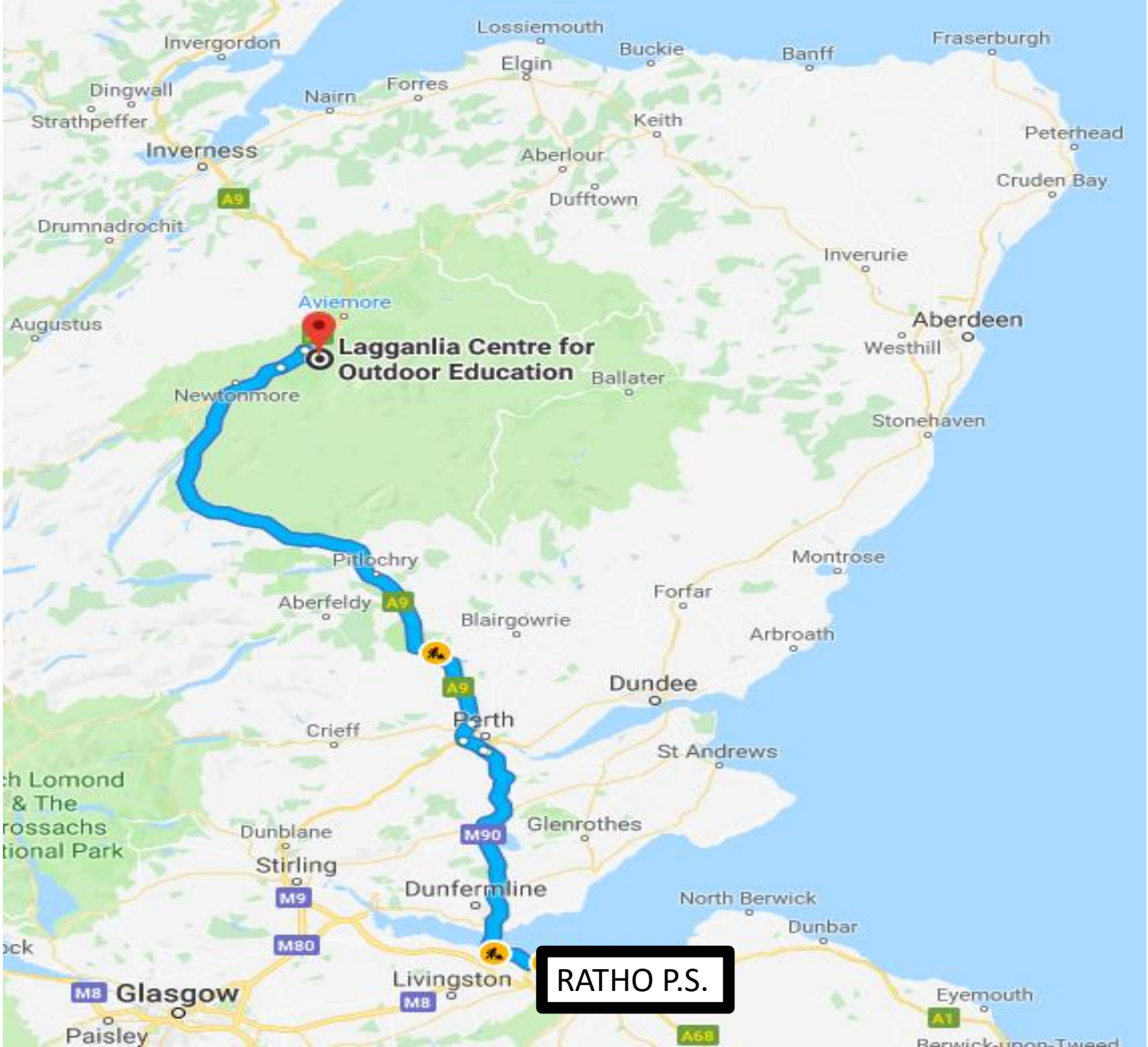
Lagganlia Centre for Outdoor Learning

Ratho P.S.

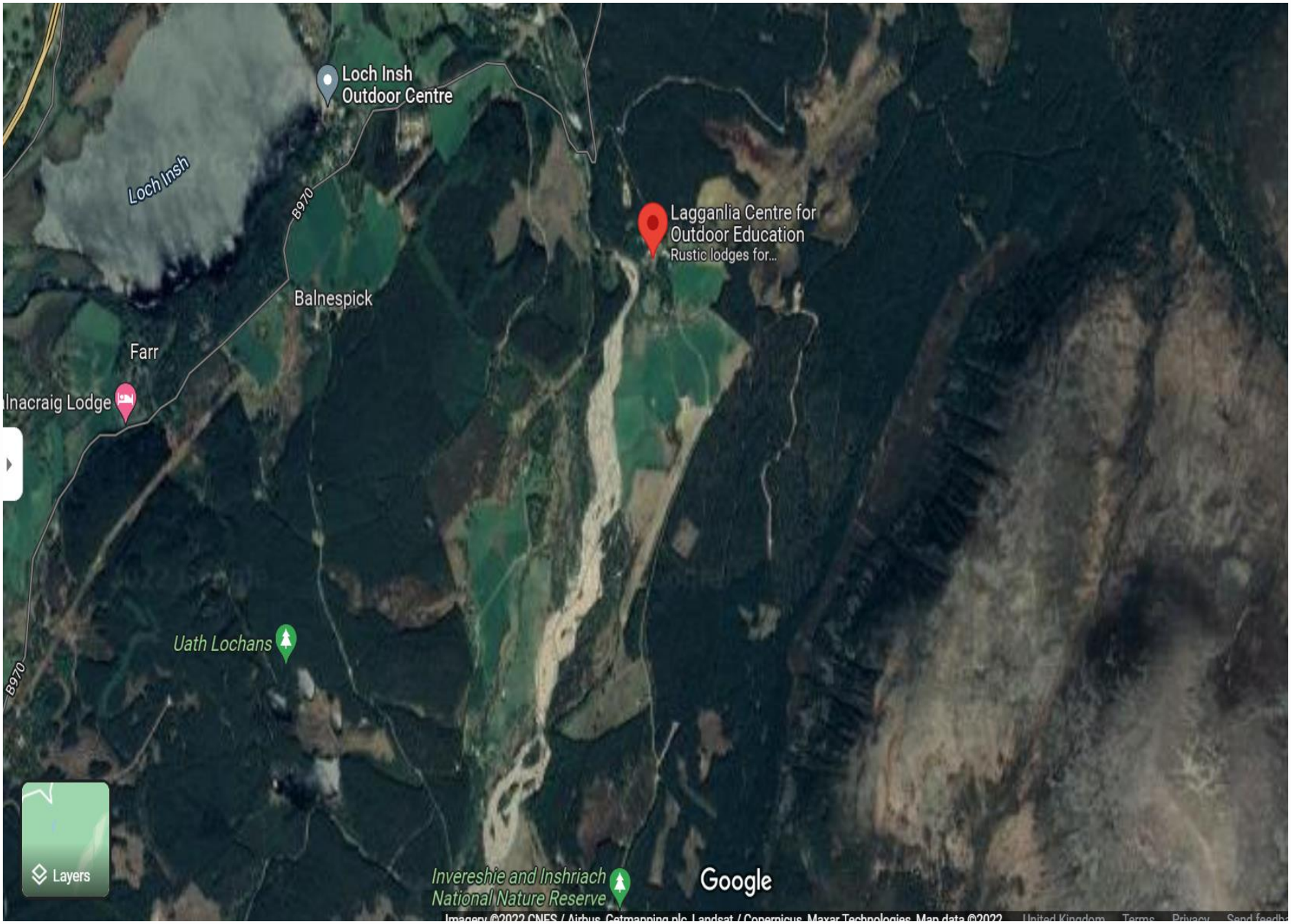
P7 Residential Camp

28th September – 2nd October 2026


Lossiemouth
Invergordon
Buckie
Banff
Fraserburgh
Elgin
Dingwall
Nairn
Forres
Strathpeffer
Keith
Peterhead
Inverness
Aberlour
Cruden Bay
A9
Dufftown
Drumnadrochit
Inverurie
Aviemore
Augustus
Aberdeen
Lagganlia Centre for Outdoor Education
Westhill
Ballater
Newtonmore
Stonehaven
Pitlochry
Montrose
Forfar
Aberfeldy
A9
Blairgowrie
Arbroath
Dundee
A9
Perth
Crieff
St Andrews
Glenrothes
M90
Dunblane
Stirling
M9
Dunfermline
North Berwick
Dunbar
M80
Livingston
RATHO P.S.
M8
Glasgow
M8
Eyemouth
A1
Paisley
A68

Coach journey

- 2 hours, 30mins.
- 120 miles
- Stop in Dunkeld.


Loch Insh
Outdoor Centre
Loch Insh
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Lagganlia Centre for
Outdoor Education
Rustic lodges for...
Balnespick
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B970
Layers
Invereshie and Inshriach
National Nature Reserve
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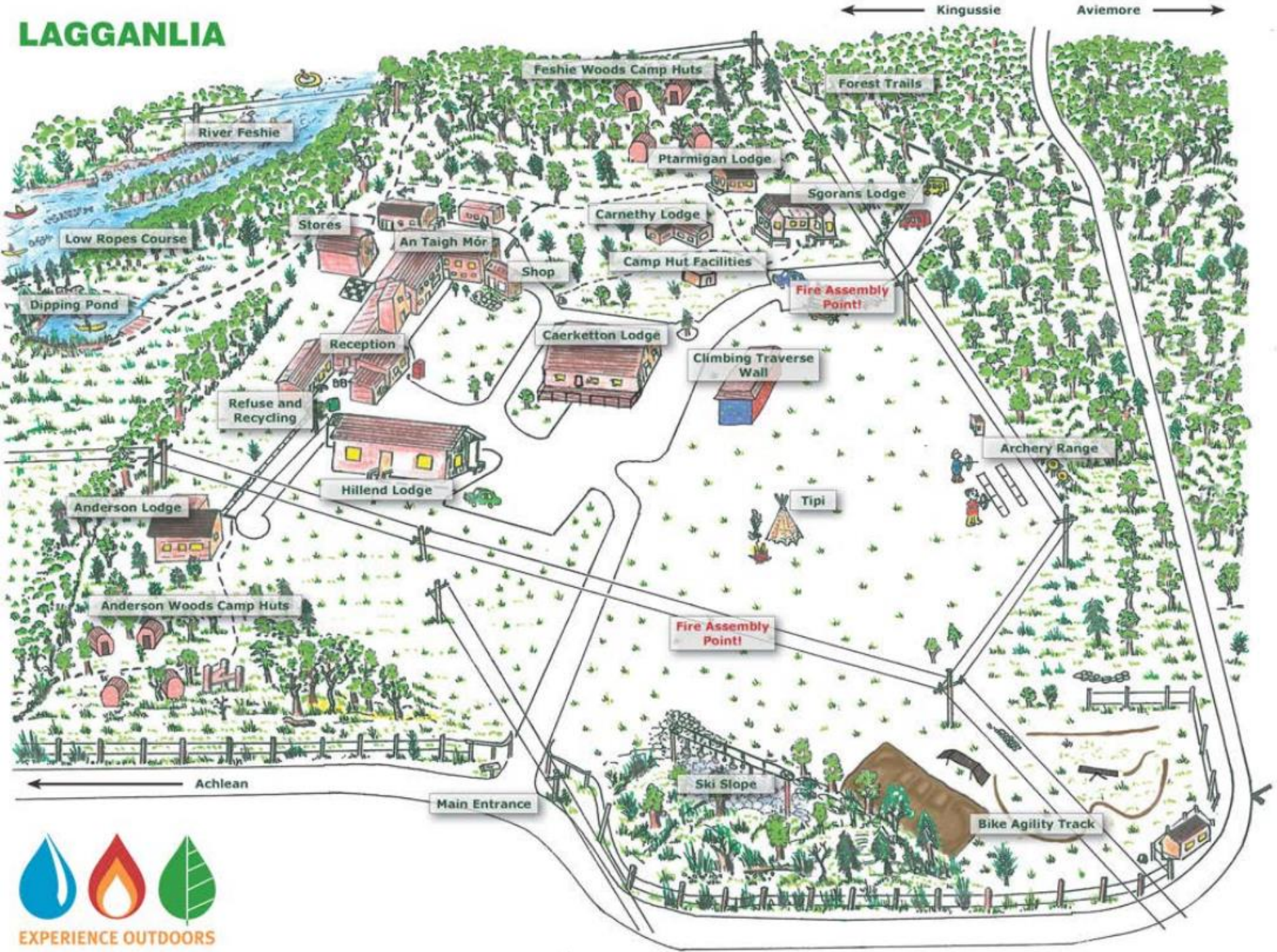
LAGGANLIA



EXPERIENCE OUTDOORS

Arrival Day

- Depart School Morning
- Arrive Lagganlia 12:30
- Lunch ***PLEASE SEND A PACKED LUNCH***
- Framing the Week 13:30
- Fire Drill 13:45
- Meet Instructors 14:00
- Visiting Staff/Lagganlia Staff Meeting 14:00
- Instructors Site Orientation With Group 14:15
- Make Beds/Unpack 16:30
- Lagganlia Staff Meeting 16:30
- Evening Meal 17:30
- Evening Activity 18:45
- Diary Time 20:45
- Bed 21:00

A 'Typical Day'

- Wake Up 07:15
- Breakfast 08:00
- Lagganlia Staff Meeting 08:45
- Visiting Staff and Lagganlia Staff Meeting 09:00
- Room Inspections 09:00
- Meeting With Instructor 09:15
- Morning Activities 09:15 – 12:30
- Lunch 12:30
- Afternoon Activities 13:30 – 16:30
- Review of Day 16:30 – 17:00
- Free Time 17:00 – 17:30
- Dinner 17:15
- Evening Activities 18:45
- Diary Time 20:45
- Bed 21:00

Staffing

- Mrs Smith – Depute Head Teacher
- Mr Dunning – P7 Teacher
- Mr Riley-Morrison – Pupil Support Officer

- Lagganlia Staff

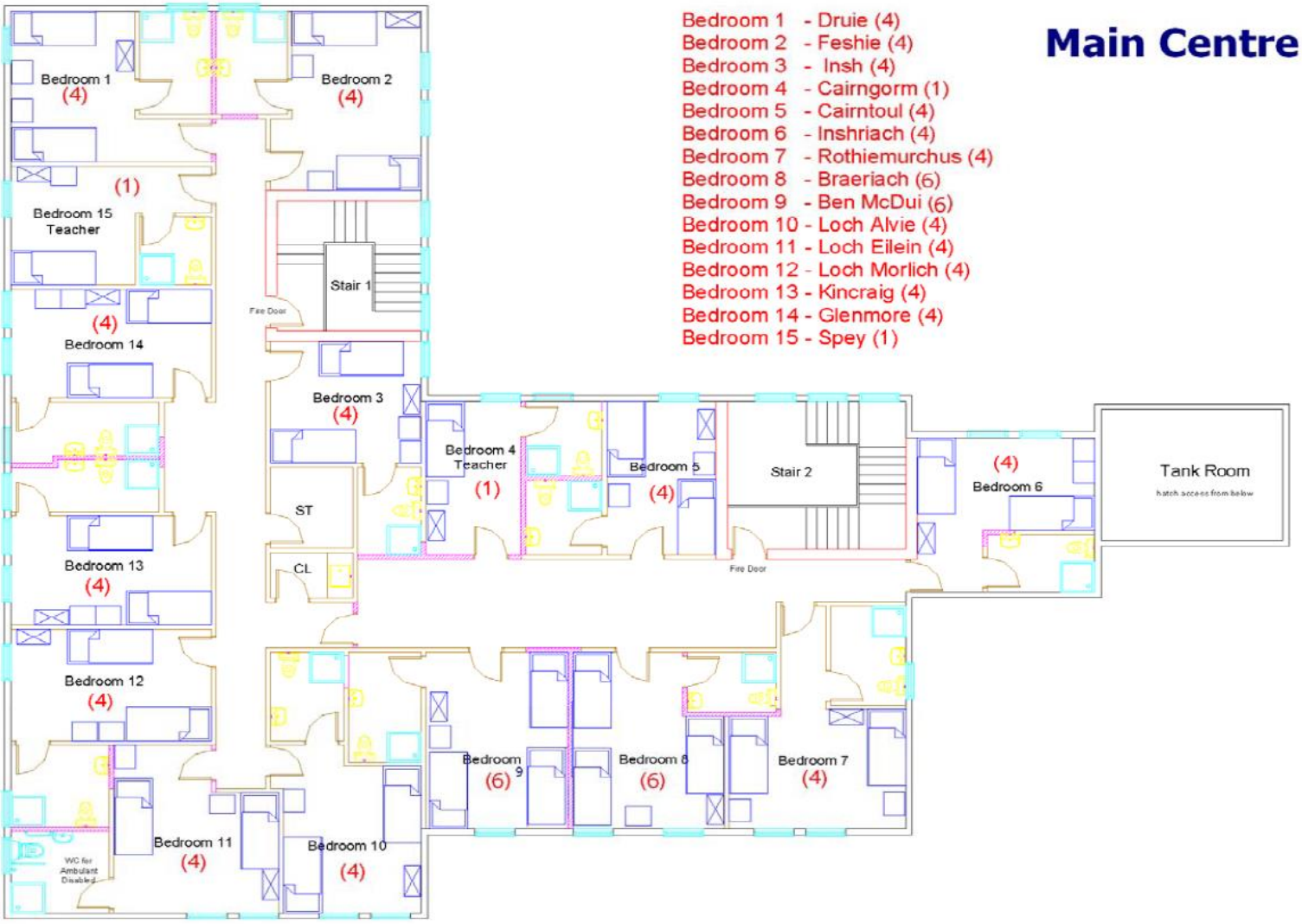
What's it all about?

Lagganlia Outdoor Centre

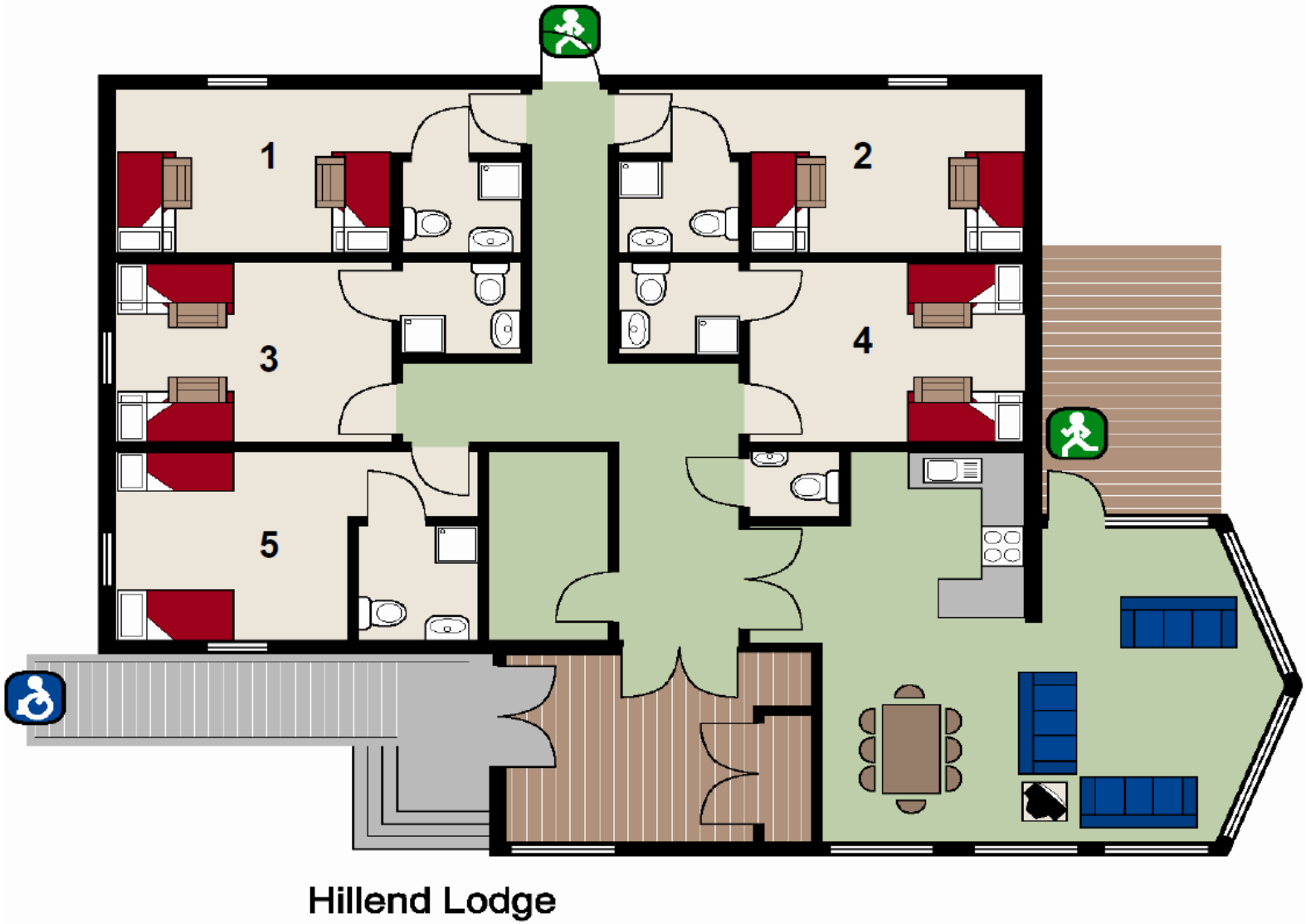
Activities

- Archery
- Mountain Biking
- Climbing
- Abseiling
- Hillwalking
- Skiing
- Snowboarding
- Ropework / Tree Climbing
- Bushcraft
- Gorge Walking
- Canoeing / Rafting

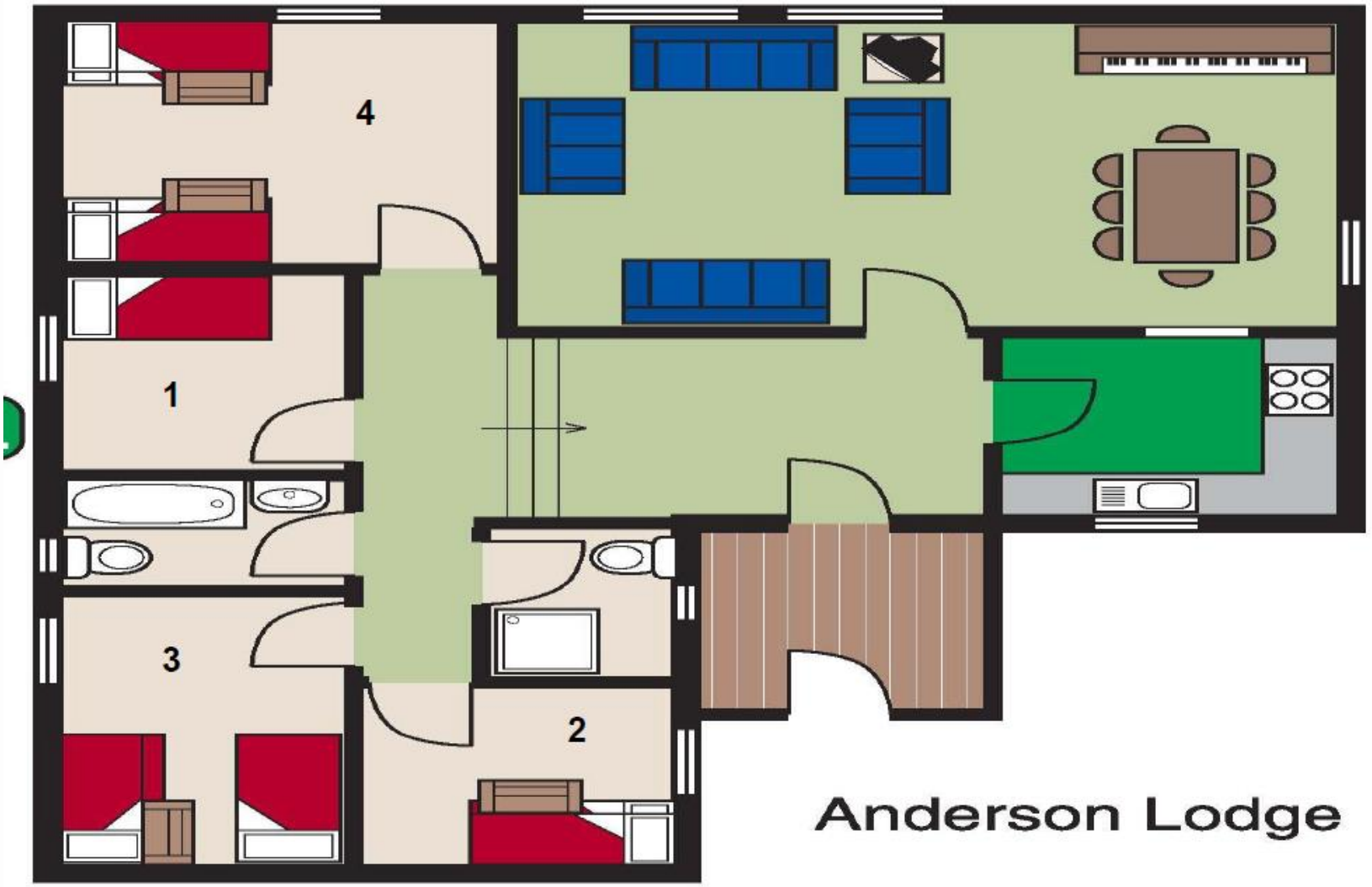
Main Building



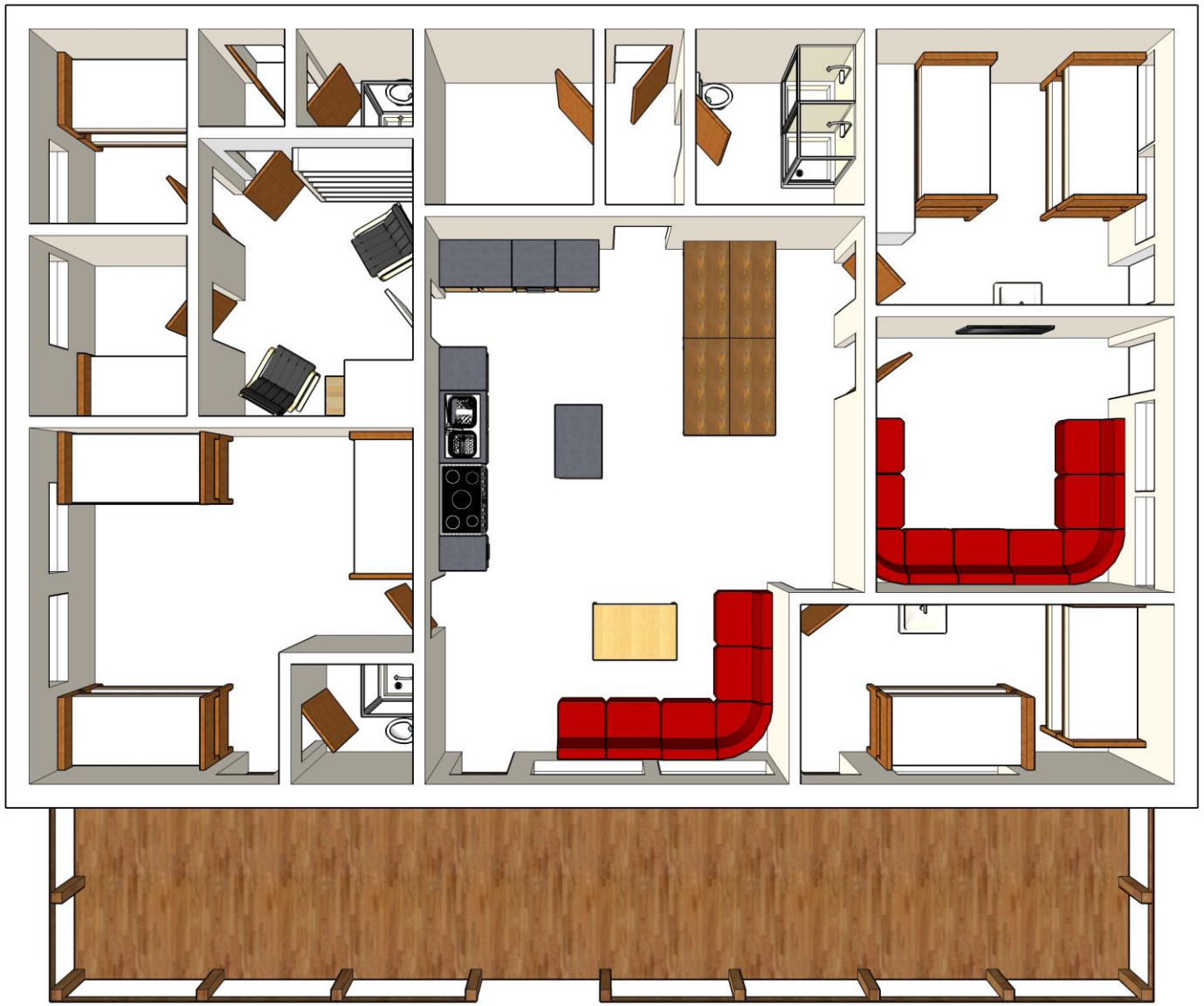
Hillend



Anderson



Caerketton



Main Centre Room Allocation List

Please complete and send a copy to Lagganlia 2 weeks prior to arrival.

Bedroom 1: Druie

1
2
3
4

Bedroom 2: Feshie

1
2
3
4

Bedroom 3: Insh

1
2
3
4

Bedroom 5: Cairntoul

1
2
3
4

Bedroom 6: Inshriach

1
2
3
4

Bedroom 7: Rothiemurchus

1
2
3
4

Bedroom 8: Braeriach

1
2
3
4
5
6

Bedroom 9: Ben Macdui

1
2
3
4
5
6

Bedroom 10: Loch Alvie

1
2
3
4

Bedroom 11: Loch an Eilein

1
2
3
4

Bedroom 12: Loch Morlich

1
2
3
4

Bedroom 13: Kincraig

1
2
3
4

Bedroom 14: Glenmore

1
2
3
4

Bedroom 4: Caringorm (staff)

1

Bedroom 15: Spey (staff)

1

Lagganlia Centre for Outdoor Learning

Suggested Clothing and Personal Items

This is what we recommend you bring for a 5 day course. Please bear in mind that a Lagganlia Experience can (and probably will!) be a wet and muddy one at times. Don't pack your best, smartest and newest gear!

OUTDOOR LEARNING
BANGHOLM ◆ BENMORE ◆ LAGGANLIA

What To Bring...

- SOCKS (including at least 3 thick pairs)
- At least three warm 'tops' (fleeces or woollen jumpers)
- At least three pairs of loose-fitting warm trousers (track suit or jogging bottoms but not jeans)
- Casual clothing for evening use
- Underwear
- Shorts (summer)
- Training shoes (2 pairs, the grubbier the better)
- Slippers or something to wear inside the Centre
- Gloves & hat (we provide these but another set is always useful)
- Pair of wellies (not essential)
- Pyjamas
- Swimming costume
- **Water bottle or flask**
- **Lunch box to fit in rucksack (essential)**
- Soap, towel, toothbrush
- Sun Cream & Insect repellent & lip balm
- Plastic bag for taking home any clothes that are still wet

Please liaise with your school if you need support.

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THE CITY OF EDINBURGH COUNCIL

The Kit List for Lagganlia.

This is what we recommend you bring for a 5-day course.
Please bear in mind that a Lagganlia Experience can (and probably will) be a wet and muddy one at times.
Don't pack your best, smartest and newest gear! **Only pack old clothes that you don't mind getting dirty and muddy.**

Essential (Green)	Tick list
• Socks: 5 pairs minimum + a mix of thin and thick (**NO trainer socks, please**)	
• Underwear	
• 3-4 long-sleeved warm tops: fleece/hoodie/jumper	
• 3-4 T-shirts / long sleeve thin tops	
• 3-4 trousers: joggers or leggings **(NO jeans, please)**	
• Casual clothes for wearing in the evening	
• Indoor footwear/slippers (No open toes, please)	
• 2 pairs of trainers: 1 for normal use + 1 old pair for wet activities (the older the better!)	
• Pyjamas	
• Towel and toiletries (hair bobbles if you have long hair)	
• Plastic bag for taking home any clothes that are still wet	
• Lunch box	
• Water bottle	

Seasonal /or useful (Amber)	Tick list
Summer	
• Shorts	
• Swimming shorts/costume	
• Sun Cream & Insect repellent (midge season is June to September)	
Winter	
• Vacuum flask	
• Gloves and hat	
• Torch	
• Thermal long-sleeved top and trousers	

Nice to take if you already have it, but DO NOT buy (Red)	Tick List
• Waterproofs	
• Walking boots	
• Wellies	
• Lip salve	

Lagganlia has wellies, walking boots, waterproofs, hats, gloves, wetsuits and **ALL** the technical outdoor equipment.

Please DO NOT go and buy special kit for your week. WE HAVE IT ALL!

If you are in any doubt, or if you are struggling to collect together the **Essentials**, please contact either the school or Lagganlia to discuss the kit list.

Sample Menu...

Day	Option 1	Option 2	Dessert	Drinks
Monday dinner	Jacket potatoes with selection of toppings (tuna mayo, grated cheese or baked beans) + salad bar		Selection of seasonal fresh chopped fruits	water
Monday supper	Bread with Jam and biscuits	Fruit		Hot chocolate or orange or blackcurrant squash
Tuesday breakfast	Choice of cereals (Cornflakes or rice crispies), fresh fruits and 50/50 toast with flora or Jam	Additionally can order pork sausages and bakes beans		Semi skimmed milk, water or fresh orange juice
Tuesday packed lunch	Brown roll with selection of fillings (tuna mayo, chicken, cheese, vegan cheese or plain)		Cheese and crackers, crisps, vegetable sticks and fruit	Orange or blackcurrant squash or water
Tuesday tray bake	Crispy date cake			
Tuesday dinner	Chicken curry with brown and white rice, brocolli + salad bar	Macaroni cheese, brocolli + salad bar	Frozen Yoghurt	water
Tuesday supper	Bread with Jam and biscuits	Fruit		Hot chocolate or orange or blackcurrant squash

Wednesday breakfast	Choice of cereals, fresh fruits and toast	Additionally can order hash browns and bakes beans		Semi skimmed milk, water or fresh orange juice
Wednesday packed lunch	Brown roll with selection of fillings (tuna mayo, chicken, cheese, vegan cheese or plain)		Cheese and crackers, crisps, vegetable sticks and fruit	Orange or blackcurrant squash or water
Wednesday tray bake	Apricot flapjack			
Wednesday dinner	Pasta penne beef bolognaise, garlic bread and cooked carrots + salad bar	Tomato and sneaky veg pasta, cooked carrots + salad bar	Carrot cake with butter icing plus a selection of fresh fruit	water
Wednesday supper	Bread with Jam and biscuits	Fruit		Hot chocolate or orange or blackcurrant squash
Thursday breakfast	Choice of cereals, fresh fruits and toast	Additionally can order pork sausages and bakes beans		Semi skimmed milk, water or fresh orange juice
Thursday packed lunch	Brown roll with selection of fillings (tuna mayo, chicken, cheese, vegan cheese or plain)		Cheese and crackers, crisps, vegetable sticks and fruit	Orange or blackcurrant squash or water
Thursday tray bake	Dried fruits rocky road			
Thursday dinner	Fish (breaded cod), chips, corn on the cob and peas + salad bar	Beef or Veggie burger, chips, corn on the cob and peas + salad bar	Chocolate and beetroot brownie	water

Thursday supper	Bread with Jam and biscuits	Fruit		Hot chocolate or orange or blackcurrant squash
Friday breakfast	Choice of cereals, fresh fruits and toast	Additionally can order hash browns and bakes beans		Semi skimmed milk, water or fresh orange juice

Salad bar options each night include -

lettuce, tomatoes, cucumber, sweetcorn, carrots, coleslaw, mixed peppers, sweetcorn and mayo pasta, sweet chill pasta and beetroot.

OUR MEAT IS NOT HALAL

Please note that specific dietary requirements will be catered for which may differ from the above options.

Each night there are plain options for those who cannot eat any option listed.

Menu is subject to change at any point.

Example Experiences & Outcomes

- SOC 2-07a I can describe the major characteristic features of Scotland's landscape and explain how these were formed.

- MTH 2-18a I can use my knowledge of the co-ordinate system to plot and describe the location of a point on a grid.

- HWB 2-05a I know that friendship, caring, sharing, fairness, equality, and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.

I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Please check…

- Forms distributed…
- Key Information & Consent form (KIC)
- Medication
- Sweets! Handed in for Thursday night party!
- Code of Conduct
  - No mobile phones
  - No electronics
  - Money

LAGGANLIA

Lagganlia Mug	£4.50
Lagganlia Chester Bear Keyring	£4.00
Lagganlia Dynamo Torch	£4.00
Lagganlia 500ml Water Bottle	£3.50
Lagganlia Yo-yo	£3.00
Nature Buddies Wildlife	£2.50
Lagganlia Lanyard	£2.00
Lagganlia Wristband	£1.50
Neck Warmer	£1.00
Rainbow Eraser	£0.50
Over £5.00....	
Highland Cow	£6.00
Red Squirrel	£6.00

Thank you for supporting our shop 😊

*Products and pricing subject to change.

Other things to consider:

- £430
- Medications the week prior at the latest please (Anytime in September is fine)
- Monday - snack and packed lunch **in a small backpack**
- Travel sickness medication and return journey!
- Dorm inspections (including bed making!)
- Updates on Whole School Padlet
- Ratho Primary School - Whole School Information
- Dorm arrangements
- Activity Groups
- Illness advice

Other things to consider:

Ticks and Lyme disease in Scotland

NHS SCOTLAND

What are ticks?

Ticks are small, spider-like creatures which feed on the blood of birds and mammals, including humans. Their size varies between 1mm to 1cm long and they have either six or eight legs.

They can be found anywhere there is wildlife, usually in woodland and moorland areas, and are particularly common between March and October.

The most common tick in Scotland is the sheep or deer tick. They do not fly or jump but climb on to animals or humans as they brush past.

Tick bites are not painful. If ticks are not removed, however, they will feed for several days before dropping off.

What diseases do ticks carry?

What We Do

Lyme Resource Centre supports both patients with tick-borne illnesses and their doctors. We support a call from Scotland's Chief Medical Officer to increase awareness and early diagnosis of Lyme disease. Our goal is to provide education for the public, outdoor organisations and healthcare workers, including educational materials, web resources and training.

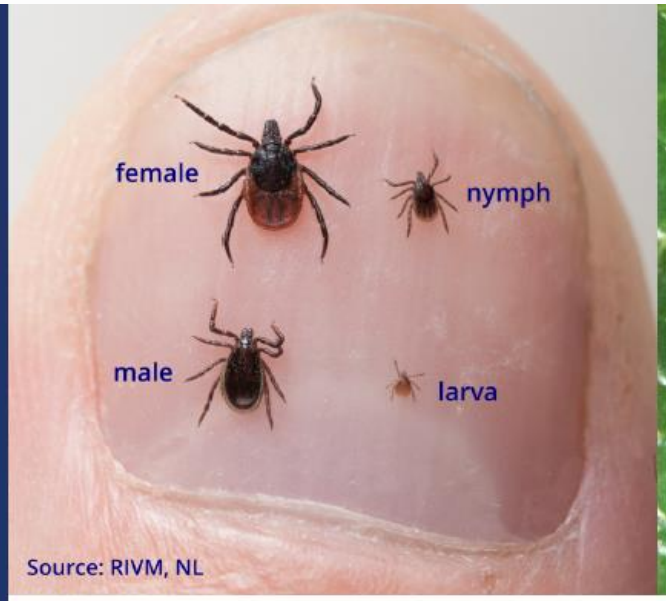
We also run conferences to further knowledge of tick-borne diseases. Our aim is to understand the impact within Scotland of all tick-borne infections and the fact that many do not see a tick bite or rash.

Who We Are

Lyme Resource Centre is a Scottish charity with a team including a medical consultant, pharmacist, herbalist, patients, and carers.

Our lead trustee is Prof. John Lambert, a Professor in Medicine and Infectious Diseases at Mater Misericordiae University Hospital and UCD School of Medicine, Dublin, and was director of the National Isolation Unit for Highly Infectious Diseases at the Mater Misericordiae University Hospital (2010-2018).

We are committed to working with scientists and clinicians in Scotland and around the world to advance awareness and knowledge of tick-borne diseases and improve patient outcomes.



Source: RIVM, NL

Support us by fundraising or donating for Scottish awareness, research or treatment:

www.lymeresourcecentre.com/donate

LRC
LYME RESOURCE CENTRE

Lyme Resource Centre
Tron House
Quarrywood Court
Livingston
EH54 6AX

OSCR
Scottish Charity Regulator
www.oscr.org.uk
Registered SCIO
SC049151

Resources on tick-borne illnesses for the public, patients and doctors

Order awareness materials for training events at www.lymeresourcecentre.com/awareness

www.lymeresourcecentre.com

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Dear Parent,

Whilst on the school residential trip to Lagganlia Centre for Outdoor Education, your son/daughter has been bitten by a tick. The tick has been removed appropriately and no further action should be required.

However, a tiny percentage of ticks can be infected with Lyme's disease. If, in the very unlikely event that over the next two weeks your son/daughter develops any of the following symptoms; flu like symptoms including headaches, aching joints and fatigue, and what could be described as a bull's eye rash/ inflammation round the bite site, you should visit a doctor and inform them that your child has been bitten by a tick.

More Information can be found here:
https://www.lymeresourcecentre.com/_files/ugd/f8e714_1865f1989c6a45a0a62f0a057f4960d9.pdf

Yours sincerely,

Nick March
Head of Centre

How to prepare…

AT HOME:

-Make a bed

-Have a sleepover away from home

-Fold clothes

-Set and clear the table

-Make own lunch

-Clean room

-Apply sun cream

-Pack a bag

-Try something new!

Have a great time at
Lagganlia!

- Any questions?