



Accredited by the  
**BRITISH  
COUNCIL**  
for the teaching  
of English in the UK

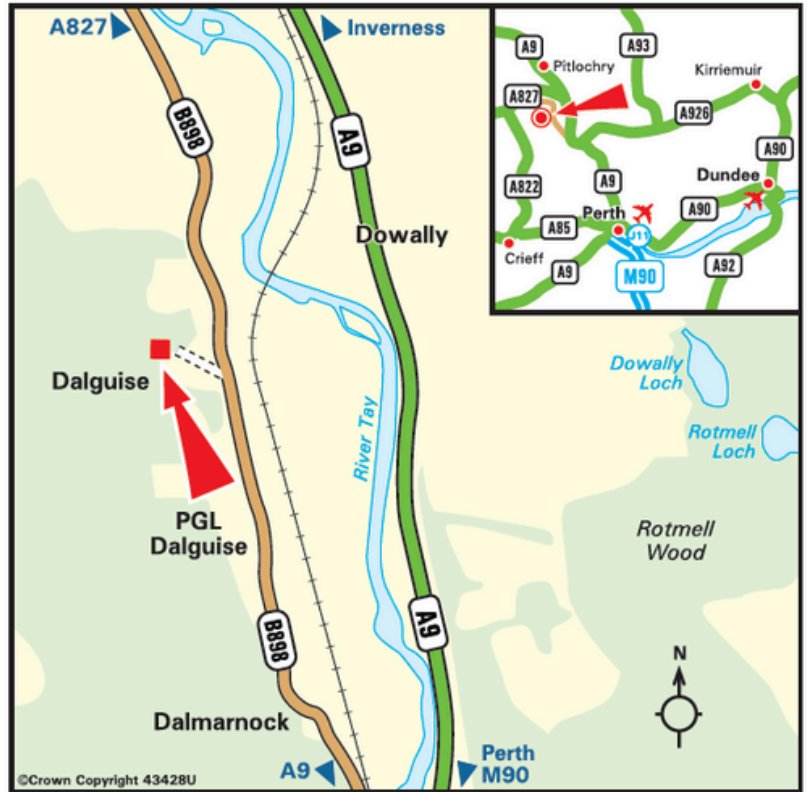


# Dalguise

## Perthshire, Scotland



# LOCATION MAP



## Location

PGL Dalguise,  
Dunkeld,  
Perthshire,  
PH8 0JX

## Website

[www.pgl.co.uk/intcaythorpe](http://www.pgl.co.uk/intcaythorpe)

## Airport Transfer Times

- ✈ Edinburgh - 1hr 20mins
- ✈ Glasgow - 2hrs

## Eurostar Terminal Transfer Times

- 🚆 London - 11hr 45mins

## Ferry Terminal Transfer Times

- ⚓ Portsmouth - 10hrs 45mins
- ⚓ Dover - 12hrs 15mins



# CLIMB CANOE

PGL #BESTADVENTUREEVER!

# Dalguise

## Perthshire, Scotland

### Highlights

- ✓ Close to the cities of Edinburgh and Stirling
- ✓ 23 on-site adventure activities
- ✓ 50 acres of grounds
- ✓ 18th century mansion house
- ✓ Formally the holiday home of Beatrix Potter, world famous children's author
- ✓ Purpose-built sports' dome

### Centre Capacity

430

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# ACCOMMODATION & FACILITIES

Accommodation

## THE LODGES

### Students

En suite rooms  
sleep up to 6

### Leaders

Twin en suite rooms

## THE STABLES

### Students

En suite rooms  
sleeps up to 6

### Leaders

Single or twin en suite  
rooms

Facilities

✓ Classroom ✓ Campfire ✓ WiFi ✓ Indoor  
Activity zone ✓ Leaders' lounge ✓ Shop  
✓ Sports Dome



## Activities

- Abseiling
- Aeroball
- Archery
- Archery Tag
- Axe Throwing
- Burn Walk
- Canoeing
- Challenge Course
- Climbing
- Fencing
- Giant Stand Up Paddleboard
- Giant Swing
- Jacobs Ladder
- Laser Tag
- Orienteering
- Problem Solving
- Raft Building
- Sensory Trail
- Stand Up Paddleboard
- Survivor
- Trapeze
- Tree Climb
- Vertical Challenge
- Zip Wire

## Evening Activity Programme

✓ Ambush ✓ Archery Tag ✓ Balloon Splash ✓ Campfire ✓ Creation Station ✓ Cluedo ✓ Disco ✓ Laser Tag ✓ Passport to the World ✓ PGL Tournament ✓ Quiz ✓ Silent Disco ✓ Highland Games ✓ Movie Night



# IMPORTANT INFORMATION

## Lost Property

All personal items should be clearly named. We strongly recommend that all valuables are left at home.

## Laundry

A laundry service is provided for all stays longer than 8 nights. Full details will be provided on arrival at the centre. Bed linen is provided for all guests and is changed weekly. Guests will need to bring their own towels. We recommend one towel for showering and another towel for wet/dirty activities.

## Cleaning

Bins are emptied every day and rooms are cleaned thoroughly once a week.

## Guest Behaviour

Please refer to our online Code of Practice document for our Code of Conduct for visiting groups.  
[www.pgl.co.uk/cop](http://www.pgl.co.uk/cop)

## First Aid

All our Activity Team Members hold an Emergency First Aid Certificate and a number of Senior Staff hold a First Aid at Work Certificate. This allows the immediate application of any first aid treatment required. Cold storage for any medication can be arranged if required.

## Insurance

We are able to arrange insurance cover for visiting groups through our existing provider. Please contact us for details.

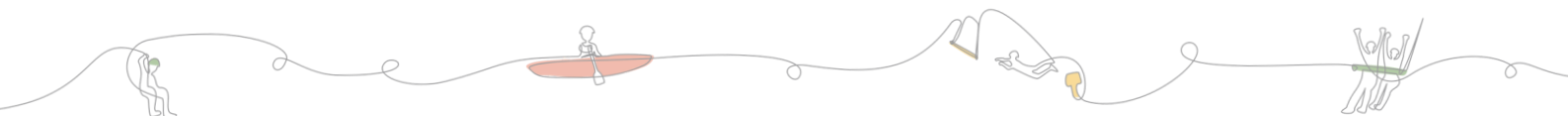
## Safety

We are proud of our excellent safety record which is due to the diligence and care of our Team Members. For your peace of mind, a summary of our safety management systems is available in our online Code of Practice document.

All our centres are inspected and accredited by BAPA, the British Activity Providers Association, an industry body which sets the standards for quality and safety. Where required, our activities are inspected and approved by the Adventure Activities Licensing Authority (AALA). Annually updated risk assessments are also available for all our activity centres and we comply with the latest government guidelines on the health and safety of pupils on educational visits.

[www.pgl.co.uk/safety](http://www.pgl.co.uk/safety)

For useful resources to help parents and tour leaders prepare for a PGL trip please see our guides at [www.pgl.co.uk/intresources](http://www.pgl.co.uk/intresources)



## English as a Foreign Language

Bring learning to life with this unique programme for juniors. Offering a mix of English language classes, excursions and adventure activities.

Accredited by the British Council for the Teaching of English in the UK, and led by CELTA, or equivalent, qualified EFL teachers using specially designed learning materials.

- 15hrs of lessons, 15hrs of activities, 1 full day excursion & 1 half day per week
- Based on 7-night duration but can increase if needed
- Available year-round
- Minimum group size of 15

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Travel	Testing & induction, English Lessons	Sensory Trail & Vertical Challenge	Full day excursion to the city of Edinburgh	Trapeze & Survivor	English Lessons	Abseiling & Laser Tag
AFTERNOON	Arrival & settling in	Giant Swing & Jacob's Ladder	English Lessons		English Lessons	Excursion to Blair Castle	English Lessons
EVENING	Passport to the World	PGL Tournament	Quiz	Movie Night	Balloon Splash	Highland Games	Disco

## English as a Foreign Language



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Accredited by the British Council for the Teaching of English in the UK, and led by CELTA, or equivalent, qualified EFL teachers using specially designed learning materials.

- 15hrs of lessons, 15hrs of activities, 1 full day excursion & 1 half day per week
- Available year-round
- Minimum group size of 15

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Travel	Testing & induction, English Lessons	Sensory Trail & Vertical Challenge	Full day excursion to the city of Stirling	Problem Solving & Survivor	English Lessons	Abseiling & Orienteering
AFTERNOON	Arrival & settling in	Giant Swing & Jacob's Ladder	English Lessons		English Lessons	Excursion to Blair Castle	English Lessons
EVENING	Passport to the World	PGL Tournament	Quiz	Movie Night	Balloon Splash	Highland Games	Disco

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MORNING	Challenge Course & Zip Wire	English Lessons	Archery & Climbing	Full day excursion to the city of Edinburgh	English Lessons	Excursion to the town of Pitlochry	English Lessons
AFTERNOON	Canoeing	Fencing & Sensory Trail	English Lessons		Tree Climb & Aeroball	English Lessons	Raft Building
EVENING	PGL Tournament	Cluedo	Laser Tag	Movie Night	Creation Station	Campfire	Silent Disco



## Tailor-Made English Experience

A Tailor-Made English Experience programme for groups of 15 or more young people is an excellent choice that allows the flexibility to craft a trip that precisely aligns with the group's interests, learning objectives, and preferences.

**Flexible Duration:** Choose the duration of the programme that best suits the group's schedule. Whether it's an add-on to one of our English as a Foreign Language programmes or a more extended cultural stay, the programme can be customised to suit your needs.

**Customised Itinerary:** Fully Tailored to cater to the specific interests and preferences of the group. Whether it's cultural excursions, adventure activities, or focused Blue Badge guided excursions, the itinerary is designed around the group's needs.

- Fully-tailored Programme
- Start with the base of full board and accommodation
- Customised itinerary
- Available year-round
- Can be multi-centre
- Any duration

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Travel	Full day excursion to Edinburgh	Canoeing	Full day excursion to the city of Glasgow	Giant Swing & Climbing	Full day excursion to Loch Ness	Excursion to Edinburgh Zoo
AFTERNOON	Arrival & settling in		Rifle Shooting & Trapeze		Raft Building		Aeroball & Abseiling
EVENING	Passport to the World	Disc Golf	PGL Tournament	Archery Tag	Ambush	Movie Night	Silent Disco



## Kids' Adventure Camp Immersion

The perfect opportunity for children from around the world to socialise with English-speaking children and to learn and improve their conversational English.

Our Kids' Adventure Camps provide challenges, excitement and fun - all day, every day. They are the ideal opportunity for students to make friends with English-speaking children in a fun and friendly environment.

- Integration with UK Kids' Camp guests
- Can be booked as an add-on to an EFL programme - opportunity to practice their learning
- Multi-Activity or Specialised Products
- Groups (travelling with tour leaders) or individuals (solo travelers)
- Only available during UK school holidays

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Arrival & settling in	Archery & Orienteering	Canoeing	Aeroball & Fencing	Abseiling & Problem Solving	Challenge Course	Axe Throwing & Tree Climb
AFTERNOON		Zip Wire & Jacob's Ladder	Climbing & Trapeze	Raft Building	Zip Wire & Giant Swing	Rifle Shooting & Survivor	Sensory Trail & Fencing
EVENING	Passport to the World	Ambush	PGL Tournament	Archery Tag	Balloon Splash	Highland Games	Silent Disco



# SAMPLE MENU

Please see below our sample menu which is delivered at all our PGL centres. All menus are designed with **health and nutrition** in mind and based on a traditional British menu. All guests have **unlimited access to the salad bar and fruit** during meal times. *Please be aware that menus are a sample only and are subject to change.*

REFUEL

WITH OUR

DELICIOUS MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Bacon Vegetable Sausages (ve)	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Sausages Vegetable Sausages (ve)	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Bacon Vegetable Sausages (ve)	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Sausages Vegetable Sausages (ve)	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Bacon Vegetable Sausages (ve)	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Sausages Vegetable Sausages (ve)	Baked Beans (ve) Hash Browns (ve) Fresh Mushrooms (ve) Sausages Vegetable Sausages (ve)
	Available every day: Porridge with toppers*, a selection of cereals, assorted yoghurts (v) and toast & spreads						
LUNCH	Pepperoni Pizza Margherita Pizza (v) Plant-based Mushroom Pizzas (ve) <small>Served with: Skinny Fries (ve)</small>	Cheese Burger Chicken and Cheese Burger Meatless Farm™ Plant Based Burger (ve) <small>Served with: Ziggy Fries (ve) Garden Peas (ve) Sliced Mild Cheddar (v)</small>	Homemade Beef Bolognese Homemade Bacon Carbonara Homemade Vegetable Ratatouille (ve) <small>Served with: Penne Pasta (ve) , Garlic Bread (v) , Grated Hard Cheese (v)</small>	Battered Chicken Chunks Chicken & Tomato Fried Rice Vegetable Nuggets (ve) <small>Served with: Sweet Chilli Sauce (ve) Potato Puffs (ve) , Garden Peas (ve) , Sweetcorn (ve)</small>	Harry Ramsden™ Battered Fish Jumbo Pork Sausages Quorn™ Fishless Fingers (ve) <small>Served with: Skinny Fries (ve) , Mushy Peas (ve) Chip Shop Curry Sauce (ve)</small>	Jacket Potato (ve) <small>Served with your choice of: Grated Mild Cheddar (v) , Baked Beans (ve) or Tuna Mayo</small> Homemade Beef Chilli Con Carne Homemade Chilli Non Carne (ve) <small>Served with: White Rice (ve)</small>	Roasted Chicken Breast Meatless Farm™ Plant-based Chicken Breast (ve) <small>Served with: Roast Potatoes (ve) , Yorkshire Pudding (v) , fresh Broccoli (ve) , Fresh Baton Carrots (v) , Gravy (ve)</small>
	Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with petit pain available each day						
DINNER	Fish Fingers Turkey Meatballs in Tomato Sauce Vegetable Chow Mein (ve) <small>Sides: Penne Pasta (ve) , Potato Puffs (ve) , Sweetcorn (ve) , Green Beans (ve)</small>	Chicken Katsu Curry Homemade Mac n Cheese (v) Vegetable Fingers (ve) <small>Sides: White Rice (ve) , Garlic Wedges (ve) , Garden Peas (ve) , Fresh Broccoli (ve) , Fresh Baton Carrots (ve)</small>	Chicken Tikka Masala Pork Sausage Roll Vegetable Korma (ve) <small>Sides: White Rice (ve) , Potato Puffs (ve) , Garden Peas (ve) , Fresh Baton Carrots (ve)</small>	Breaded Garlic Chicken** Homemade Beef Lasagne Homemade Vegetable Lasagne (ve) <small>Sides: Garlic Bread (v) , Garlic Wedges (ve) , Roasted Baby Potatoes (ve) , Fresh Broccoli (ve) , Carrot &amp; Swede Mash (ve)</small>	Hunters Chicken Turkey Hot Dogs Meatless Farm™ Plant Based Meatballs in Tomato Sauce (ve) <small>Sides: Penne Pasta (ve) , Ziggy Fries (ve) , Sweetcorn (ve) , Cream Cabbage (ve)</small>	Battered Chicken Chunks Homemade Mac n Cheese (v) Vegetable Chow Mein (ve) <small>Sides: Potato Puffs (ve) , Sweet &amp; Sour Sauce (ve) , Fresh Broccoli (ve) , Fresh Baton Carrots (ve)</small>	Homemade Beef Lasagne Pork Sausage Roll Vegetable Fingers (ve) <small>Sides: Potato Wedges (ve) , Garlic Bread (v) , Garden Peas (ve) , Carrot &amp; Swede Mash (ve)</small>
	Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated hard cheese (v) available each day						

**Available daily**  
Unlimited salad bar:  
A combination of plain salad items, alongside a wide variety of composite vegan, vegetarian and meat salads are available at lunch and dinner.

**Fresh fruit:**  
A variety of fresh fruit is available at all meals.

**Allergy information**  
If you or a member of your group has a food allergy, please let us know pre-arrival.

**ASK ABOUT ALLERGENS**  
WE ARE HAPPY TO HELP

Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask, ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

**About our food**  
All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

At our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, sausages, turkey and chicken dishes & salads, some shell pieces may remain in our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water.

\* Small children can choke on seeds

\*\* Chopped and shaped chicken.

We aim to make our food enjoyable for as many people as possible, so we have a great range of vegetarian (v), vegan (ve) and dietary-specific dishes.

We aim to make our food enjoyable for as many people as possible, so we have a great range of vegetarian (v), vegan \vegetarian (ve) and dietary-specific dishes. Calorie values referenced are based on an adults portion - Adults need around 2000 kcal a day.



Please ensure that all items are named.

## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

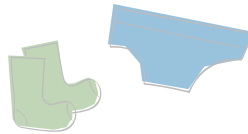
- Tops & jackets**
    - T-shirts
    - Long sleeved shirt/T-shirts
    - Waterproof jacket
    - Fleeces/jumpers
- Your arms will need to be covered to do some activities.*



- Trousers or leggings**  
but not jeans as they get heavy and cold when wet



- Underwear & socks**  
*Your socks will need to cover your ankles to do some activities.*
- 1 or 2 sets of **clothes for the evening**



- Suitable **nightwear**

**Please note:** Bedding (a duvet and pillow) are provided for all international guests.

## TRAVELLING IN THE...

### ...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

### ...WINTER?

- Warm coat
- Hat and gloves
- Torch

## Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your group leader who will contact PGL. Postage will be charged for returning lost items.

## FOOTWEAR

- 2 pairs of trainers**
  - 1 for activities
  - 1 old pair for watersports
- 1 pair of dry shoes**  
for evening activities



## OTHER ITEMS

- 2 towels**
  - 1 for showering
  - 1 old one for activities

- Reusable **drinks bottle**



- Small **rucksack/bag**

- Labelled **bin bag**  
for wet and dirty clothing

- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

- Hair ties** for long hair

## PLEASE DO NOT BRING

- ✗ **Electrical devices**
- ✗ **Computer games**
- ✗ **Jewellery/valuables**
- ✗ **Food items that contain nuts**
- ✗ **Aerosols**

If you bring your **mobile phone**, please note, it is not covered by our insurance.



