## Visiting Day Information

We recommend and welcome any individuals who are interested in the course to come and visit our main base in Newtonmore.

We do not run specific open days, instead we tailor when you visit around what works for you.

When you come and visit us you will get the opportunity to speak with either the course Director or one of our Management team who will give you a full run down of the course and answer any questions that you might have.

You will be able to see our base and where we are situated. We will give you a tour of the centre and you can see first hand where you will be staying for the duration of your course. You may stay for free during your visit here.

We offer you the opportunity to join in on any activities which we have running on the day you come and visit to gain an experience of the Active lifestyle.

Once you book on the course you may join any activities we have running (pending availability) up until the start of your course free of charge.

Trains to Newtonmore run regularly and pick-up from Newtonmore train station can be arranged – alternatively it is only a 10 minute walk to our centre should you prefer the fresh air.



Get in touch to find out more or come and visit us and join an activity day to find out for yourself!

