



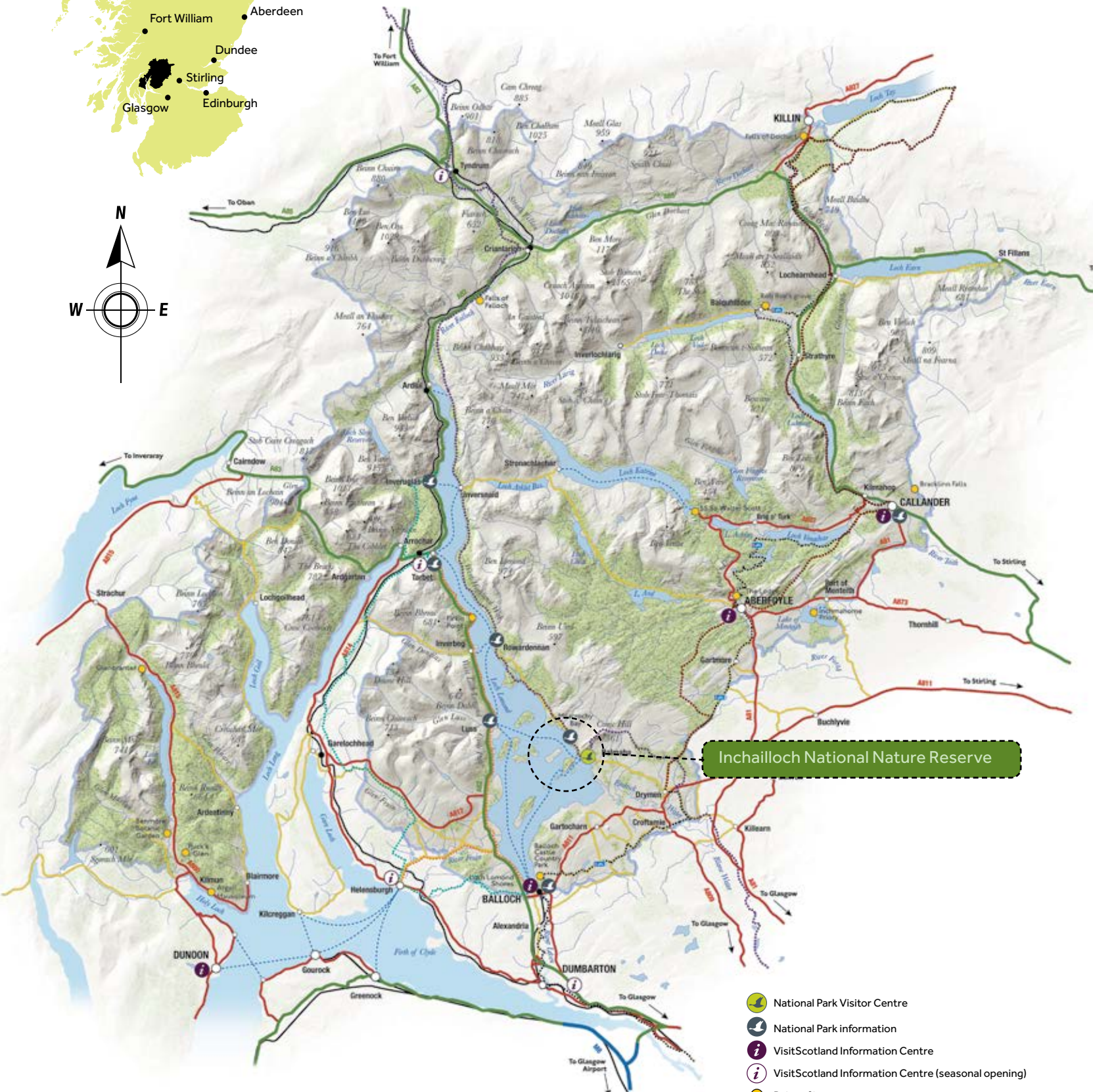
EDUCATION PACK

INCHCAILLOCH

NATIONAL NATURE RESERVE



Scotland's
National Nature
Reserves



Inchailloch National Nature Reserve

- National Park Visitor Centre
- National Park information
- VisitScotland Information Centre
- VisitScotland Information Centre (seasonal opening)
- Point of interest
- Loch Lomond & The Trossachs National Park boundary
- M8 Motorway
- A85 Trunk road
- A873 Major road
- Minor road
- Railway/station
- Ferry, cruise or water bus (some operate only in summer)
- National Cycle Route 7
- West Loch Lomond Cycle path
- West Highland Way Long Distance Route
- Rob Roy Way
- Three Lochs Way

Contents

Introduction 5

The National Park 7
Key facts..... 7

National Nature Reserves (NNR) 8
About Loch Lomond NNR 8

Visiting Inchcailloch..... 11
When to Visit..... 11
Need to know..... 11
Facilities 11
Getting there 12
Publications..... 12

General guidelines for visits 13
Curriculum for Excellence through outdoor learning 13
Organising the visit..... 14
Booking..... 14
Planning your visit 15
Our Rangers 15

Preparing for the outdoor classroom..... 16
Initial visit..... 16
Health & Safety..... 16
Potential hazards 16
First aid 16
In an emergency 17
Further information 17
Scottish Outdoor Access Code 17
Contacts 17
Appendix; General risk assessment for day visits 18





Introduction

This pack provides information and support for visiting Inchcailloch, one of the islands that form part of the Loch Lomond National Nature Reserve in Loch Lomond & The Trossachs National Park.



It is aimed at teachers and group leaders wishing to visit the island for Curriculum for Excellence through Outdoor Learning as well as natural exploring activities.

The guide contains background information on the island, tips for planning your visit, useful contacts and everything you may need to make your visit to Inchcailloch one to remember.

Ranger led and self led activities can be used for children and young people from Early Years to S3 and beyond, as well as for non-school groups.

In Scotland, National Parks are extensive areas of the very highest value to the nation for their scenery, wildlife, and cultural heritage.

They provide an integrated approach to management and sustainable development to safeguard the special qualities of these areas for the long-term.

They also provide opportunities for the public to enjoy the special natural and cultural heritage. Scotland has two National Parks – Loch Lomond & The Trossachs and Cairngorms. For more information visit the websites:

Loch Lomond & The Trossachs National Park:
www.lochlomond-trossachs.org

Cairngorms National Park:
www.cairngorms.co.uk



The National Park

The National Park encompasses around 720 sq miles (1,865 sq km) of some of the finest scenery in Scotland.

It is a place of contrasts from rolling lowland landscapes in the south to high mountains in the north, and has many lochs and rivers, forests and woodlands. It is also a living, working landscape which has been influenced by people for generations and is visited and enjoyed by many for its recreational value.

Loch Lomond & The Trossachs National Park became fully operational on 19 July 2002 and was officially opened by Princess Anne on 24 July 2002.



Key Facts

- The Park is 1,865 sq km (720 sq miles) and has a boundary length of 350km (220miles).
- 50% of Scotland's population lives within an hour's drive of the National Park.
- There are 21 Munros (mountains above 3,000ft) in the Park and the highest is Ben More at 1,174m.
- There are 19 Corbetts (mountains between 2,500ft and 3,000ft).
- There are 22 larger lochs, with numerous smaller lochs and lochans.
- About 50 rivers and large burns.
- 15,600 people live in the National Park (2001 census).
- There are two Forest Parks – Queen Elizabeth in the Trossachs and Argyll in Cowal

For more information
on the National Park visit:
www.lochlomond-trossachs.org

National Nature Reserves

NNRs are magical places where you can experience the incredible sights and sounds of Scotland’s natural world. These Reserves help protect an amazing range of wildlife and landscapes, including many rare species and habitats of international importance. Located throughout Scotland, NNRs are open to everyone to visit and enjoy.

About Loch Lomond NNR

Inchcailloch forms part of the Loch Lomond National Nature Reserve which encompasses four other islands and the mainland around the mouth of the river Endrick on the eastern shores of Loch Lomond.

Inchcailloch is a small wooded island with a rich biodiversity and a long and colourful human history. The island is an ideal place to experience remoteness and wildness in a safe and easily accessible location.

Most visitors come to cherish the tranquillity and peace as well as the beauty and scenery the island has to offer. Some have even claimed the view from the summit is the best in Scotland.

Inchcailloch is a great place to bring groups and we have developed this guide to make planning a visit as easy as possible so that you can spend most of your time enjoying the island with your group. The Ranger Service will help you to put together a programme that will meet the interest and needs of your group, be it a curriculum based activity or self led activities. We cater for groups of all ages and there are opportunities for groups with limited mobility and other special needs to visit a part of the island.

For more information
on NNRs visit:
www.nnr-scotland.org.uk







Visiting Inchcailloch

Inchcailloch is owned by Scottish Natural Heritage (SNH) and managed by Loch Lomond & The Trossachs National Park.

The National Park website has a dedicated page for Inchcailloch where you can discover more about this special place, helping to plan your visit.
<http://tiny.cc/welcometoinchcailloch>



When to visit

Inchcailloch is usually accessible between March and November, during the winter months the loch levels rise which can restrict access to the island. Please contact the National Park education service for up to date information on accessibility.

What you discover on the island changes with the seasons. In the spring the island is carpeted in bluebells that create a magical backdrop for the wildlife you may spot through the trees. In summer the island flourishes and becomes a rich habitat for birds, flowers and plant life. Throughout the autumn and into spring migrating wildfowl set up home around the island, especially at the Endrick mouth.

Need to know

The island has a well maintained path network and offers a safe environment for groups to visit.

On your arrival to the island there are three paths to choose from once you have left the North Jetty. Before your visit plan out a route based on the requirements of your group. Each path from the North Jetty to Port Bawn takes about 30-45 minutes to walk. The island does not have any running water, electricity or shelter.

Facilities

Balmaha is a small village beside Loch Lomond at the foot of Conic Hill. The National Park Visitor Centre is situated in the large car park. There is plenty of space to accommodate buses and coaches.

These facilities at the centre can be available to your group:

- Toilets
- Interpretive exhibition and interactive displays
- Outdoor covered teaching space for activities, group discussion and lunches
- Natural playground



The ferry drop off is at the North Jetty. From there, facilities such as toilets and picnic benches are about 30 - 45 minutes walk away on the other side of the island at Port Bawn (see map above).

Port Bawn is accessible for groups with limited mobility and a ferry drop off at the Port Bawn Jetty can be arranged with the ferry operator for an additional charge.

The facilities on the island:

- Two composting toilets
- Small number of picnic benches
- Well maintained path network
- Camp site limited to a maximum of 12 people per night, including children. Individual group sizes are limited to 6 people per night, including children.

Getting there

The grid reference for Inchcailloch is NS410905. The island can be found on Ordnance Survey map 347, Loch Lomond South, 1:25000. The ferry service to Inchcailloch leaves from Balmaha on the eastern shores of Loch Lomond. Please find advice how to get to Balmaha below.

Why not go green and wherever possible, use public transport and travel by bus or train?

By Train

The nearest train station is Balloch. For current train times and fares visit: www.scotrail.co.uk or call 08457 484 950.

By Bus

Bus services run to Balmaha from Glasgow, Stirling (via Balfron) and Balloch.

A connecting bus (No. 309/509) runs from Balloch bus stance to Balmaha Car Park. To plan your journey visit: www.travelinescotland.com or call 0871 200 22 33.

By Car

From Glasgow/Dumbarton follow the A811 towards Stirling, turn left when sign posted for Drymen. In the centre of Drymen turn left onto the B837 towards Balmaha. Follow the road for 4 miles to the Balmaha car park on the right.

From Stirling follow the A811 towards Glasgow/Balloch, and then turn right when sign posted for Drymen. In the centre of Drymen turn right onto the B837 towards Balmaha. Follow the road for 4 miles to the Balmaha car park on the right.



Ferry

From Balmaha car park it takes only a few minutes to walk to the boatyard, owned and managed by the Macfarlane family. Your island adventure begins with a short boat journey. The ferry will drop you off at the pier on the east side of the island, known as the North Jetty.

Arrangements should be made with Balmaha Boat Yard for larger groups of 12 or more. Be sure to make your travel arrangements well in advance.

For timetables, fares and boat hire call 01360 870214, or www.balmahaboatyard.co.uk/

Please allow approx. 25 minutes for boarding and landing, MacFarlane's will provide all passenger safety information required.



Publications

Inchcailloch Walking Guide

There is a free walking guide for Inchcailloch which can be downloaded from the National Park website:

<http://tiny.cc/walkingguide>

This leaflet can also be picked up at the Balmaha Visitor Centre.

The Story of Loch Lomond National Nature Reserve

This story has more information about Loch Lomond NNR and its history.

A copy can be downloaded from here:

<http://tiny.cc/thestoryoflochlomondnnr>

The Management Plan for Inchcailloch 2009 – 2015

The plan provides the foundation for managing the site. It is recommended reading for those wishing to understand more about the management of this very special place. A copy can be downloaded from here:

<http://tiny.cc/managementplan>

Loch Lomondside by John Mitchell

After three decades of working on Loch Lomond National Nature Reserve, John Mitchell is the author to this highly recommended book which gives an in-depth overview of Loch Lomond. Harper Collins, 2001 ISBN-10: 0002201461

General Guidelines for visits

Loch Lomond & The Trossachs National Park is an ideal outdoor classroom that offers fantastic opportunities for learning, first hand experiences and most importantly...fun. Inchcailloch is a magical island, steeped in history and a haven for wildlife.

Curriculum for Excellence through Outdoor Learning

The landscapes, habitats and communities of Scotland's National Parks create the ideal outdoor classroom providing real-world learning experiences. They are a national asset, and offer opportunities to acquire a range of skills by learning experiences in, through and about the outdoors.

Outdoor learning enables an awareness of and connection to the natural world. Additionally, being immersed in nature can improve the physical, mental and emotional wellbeing of children and young people.

The activities which can be delivered on Inchcailloch have been developed alongside Curriculum for Excellence and offer learning experiences at a whole range of levels, allowing progression.



Interdisciplinary learning, cross cutting themes, and skills for learning, life and work

- By considering their behaviour and how it could impact on the wildlife and habitats of the National Park and other Nature Reserve users, learners may become passionate advocates and develop informed opinions as responsible citizens.
- Effective communication and co-operation, through working together outdoors with other pupils and adult leaders in challenging and enjoyable situations, provides opportunities to become effective contributors.
- The unique qualities and characteristics of Inchcailloch island invites exploration, prompting pupils to ask questions and apply their knowledge in a novel context, thus supporting them in their journey to become successful learners and confident individuals.
- Through hands on experience, creative activity and personal connection with a special place such as an NNR, pupils are given the opportunity to engage with and develop informed attitudes towards global issues by learning through local examples, around issues such as sustainability, community, conflict, conservation and development.
- The suggested pre-visit and follow up activities make links with a wide range of curricular areas including: Numeracy, Literacy, Health & Wellbeing, Expressive Arts, Technologies, Science and Social Science, and any combination may be supported through an Interdisciplinary approach, for example looking at journeys.

Challenge and Assessment

Activities in the outdoors can also be used for assessment. Skills and knowledge learned in the classroom can be applied in many ways outdoors and evidence can be collected in film, photos, observation notes or active self assessment techniques.

Evaluation

Review, reflection and evaluation are important elements of any learning process. Allow time for individuals to reflect on their experience or for smaller groups to share their review of the day.

- What were the best bits?
- What did you learn to do better?
- What did the group find most enjoyable?
- What would you like to do next time?

Education Scotland's Outdoor Learning web pages have an evaluation resource that can help you evaluate your work in more detail:
<http://tiny.cc/selfevaluation>



Organising the visit

We recommend you look at *Getting into Scotland's National Parks and National Nature Reserves*, produced by Loch Lomond & The Trossachs National Park in partnership with Cairngorms National Park Authority and Scottish Natural Heritage.

It has practical information to help plan and organise your trip and overcome any barriers to enabling regular and frequent outdoor learning to happen in your setting. Visit our website for more information and top tips to overcoming barriers: <http://tiny.cc/overcomingbarriers>

Booking

The National Park is right on the doorstep for many young people; as a result we experience a high level of demand for Ranger support. Unfortunately we are unable to accommodate all requests and actively prioritise support to those needing it most. There are however many other options for engaging with Outdoor Learning in the National Park. Resources and information for delivering self led activities are available and a member of the education team is happy to support you in developing a suitable itinerary to make sure you make the most of your visit.

Please note we require four weeks notice prior to accommodating any Ranger led visits. Agree a provisional date as early as possible.

To request an Outdoor Learning visit supported by National Park Rangers please follow these steps:

- Contact the National Park Education and Inclusion Adviser to discuss your visit, the website has more information: <http://tiny.cc/teachersgroupsleaders>
- Complete and return the group booking form (available from the National Park website, by e-mail or post)
- National Park staff will contact you to confirm the booking, finalise the programme and to let you know who will work with you on the day of your visit.
- Contact MacFarlane's Boatyard in Balmaha to book the ferry for the day of your visit.
- Phone: 01360 870214, or visit their website: www.balmahaboatyard.co.uk

Cancellation: If you are unable to make your visit please let us know as soon as possible so that alternative arrangements can be made.



Planning your visit

Effective, safe and enjoyable outdoor activities usually have the following:

- Well defined objectives for the visit
- Planning and preparation beforehand
- Risk assessment
- Emergency and contingency planning
- Clearly defined roles and responsibilities
- Good communication
- Adequate supervision
- Evaluation

Consider the main reason for your visit, educational aims and learning objectives.

How will you use Inchcailloch and what is the best time of year for your visit?

Please note the National Park Ranger Service requires four weeks notice prior to offering support if capacity is available.

CHECKLIST 1

Teachers and group leaders need to ensure that all pupils or members of their group attend with:

- ☒ Appropriate foot wear, which means boots/shoes with grip soles and ankle support or wellies
- ☒ Protective clothing for wet, windy and cold conditions or hot and sunny conditions
- ☒ Packed lunch
- ☒ Sufficient water and liquids for the duration of the visit (Remember there is no drinking water on the island)
- ☒ First Aid Kit (Rangers are first aid trained and will carry a first aid kit themselves)

CHECKLIST 2

Additionally teachers and group leaders might want to bring the following along:

- ☒ Midge repellent or midge nets
- ☒ Sun cream
- ☒ Anti bacterial wipes or gel
- ☒ Tick remover or sharp tweezers
- ☒ Mobile phone
- ☒ Litter bags (to carry any litter away as there are no bins on the island)
- ☒ Group shelter
- ☒ Camera



Our Rangers

The Ranger service has access to a variety of field work equipment but it may be necessary for you to bring some additional resources. This will be discussed between you and the education team prior to your visit.

There is no shelter on the island other than the tree canopy; the Ranger will let you know on the day, if possible prior to your departure from School, if the weather is not suitable to visit the island. Alternative activities may be arranged around National Park Visitor Centre, Balmaha and Conic hill.

Preparing for the outdoor classroom

Visiting the National Park or NNR before your trip is useful for risk assessments, running through timings and activities and checking facilities. If this is not possible, phone the Education and Inclusion Adviser to talk through your visit (see contacts section).

Health & Safety

Learning to deal with risk is part of growing up. Promoting a common-sense approach to real risks allows young people to develop the skills they need now and later in life.

Outdoor Learning provides teachers and pupils with an opportunity to identify hazards that may arise on a visit and make plans to avoid, reduce or manage them. There are some clearly defined curricular links to learning about risks through the Health and Wellbeing experiences and outcomes in Curriculum for Excellence.

There is a legal requirement for a risk assessment to be completed in most outdoor learning situations.

Guidance and further information is detailed in "Going Out There" - Scottish Framework for Safe Practice in off-site visits. www.goingoutthere.co.uk

Local Authority requirements should also be checked and guidance followed.

The potential hazards listed here are generic and should be viewed as a starting point for carrying out risk benefit analysis of specific activities. Ideally this should be carried out on site by teachers and groups leaders prior to the actual visit.

Rangers prepare a risk assessment specific for the activity they will deliver with your group and will be happy to provide you with a copy. Rangers work with groups on a ratio of 1:15.

Please see the appendix on page 18 for a generic Risk Assessment. If you are participating in a self led activity on the island, use this as a guide only to identify the potential risks and measures that should be put in place and recorded on your Risk Assessment. Refer to your Local Authority or school for guidelines.



Potential hazards for Inchcailloch NNR

- Crossing the car park at the National Park Visitor Centre, Balmaha and crossing the road to access the Boatyard.
- Ferry crossing to Inchcailloch.
- Uneven surfaces on paths and slippery surfaces.
- Check for ticks after a visit – risk of Lyme disease. As with all of the surrounding area and many rural areas throughout Scotland there are ticks on the island. For this reason the children are advised to wear long sleeves and long trousers (tucked into boots). Parents can also be advised to check their children for ticks following the visit, visit the website for more information:
<http://tiny.cc/lyme-disease>
- Be aware of fire risk in dry weather.
- Weather – bring suitable clothing and footwear e.g. waterproofs, hats etc (see suggested kit list)
- Please be aware that mobile reception on the island is patchy.

First Aid

We recommend a minimum of one teacher or group leader who is a qualified first aider. Please ensure that all adults in the group are aware of how to contact the emergency services.

For Ranger led activities, Rangers will carry a first aid kit and be responsible first aiders for the sessions they deliver.

In an emergency

In the event of an emergency whilst on the island, dial 999 and ask for the Police. Tell the operator you are on Inchcailloch Island, Loch Lomond and require the Loch Lomond Rescue Boat to be launched.

Further information

Further guidance on Health and Safety in Outdoor Learning can be found from the following website:
www.educationscotland.gov.uk

Scottish Outdoor Access Code

Inchcailloch is a National Nature Reserve. Please respect its special qualities and observe the following:

- Be considerate of other visitors - all facilities on the island are shared
- Only take your memories and photos home with you
- Do not put any inorganic material down the toilets
- Take all your litter home. There are recycling facilities and bins in the Balmaha car park
- Keep to the paths

Further information and guidance for outdoor learning visits in a countryside context can be read at the Scottish Outdoor Access website: www.outdooraccess-scotland.com

Contacts

Loch Lomond & The Trossachs National Park Authority
Carrochan
Carrochan Road
Balloch
G83 8EG
Tel: 01389 722 125
Email: education@lochlomond-trossachs.org
www.lochlomond-trossachs.org/learning/

Education Scotland: www.educationscotland.gov.uk
National Nature Reserves: www.nnr-scotland.org.uk



Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- **take responsibility for your own actions**
- **respect the interests of other people**
- **care for the environment.**

Visit outdooraccess-scotland.com or contact your local Scottish Natural Heritage office.



**KNOW THE CODE
BEFORE YOU GO**
outdooraccess-scotland.com



Scotland's
National Nature
Reserves



Scottish Natural Heritage
Dualchas Nàdair na h-Alba
All of nature for all of Scotland
Nàdar air fad airson Alba air fad

APPENDIX 1: Generic risk assessment for day visits

This is a generic risk assessment identifying typical hazards and control measures. The establishment should ensure a specific risk assessment is carried out for each Day Visit.

DESCRIPTION OF TASK/ ACTIVITY

.....

LOCATION

Item	What are the hazards? <i>(list specific hazards)</i>	Who might be harmed? And how?	What are you already doing, i.e. what Control Measures are already in place? <i>(list specific control measures)</i>	Do you need to do anything else to manage this risk?	Action by whom?	Action by when?	Done
1	Transporting group members by vehicle	Group members	<ul style="list-style-type: none">• Adequate staff ratio• Set clear procedures for behaviour on transport• Monitor driving standards				
2	Walking to venue	Group members	<ul style="list-style-type: none">• Adequate staff ratio• Ensure staff are familiar with the route• Set clear procedures for walking as a group• Identify and manage crossing roads				
3	At the venue	Group members	<ul style="list-style-type: none">• Adequate staff ratio• Have prior knowledge of the venue if possible• Carry out a dynamic risk assessment• Identify suitable supervision techniques• Have a Plan B available				
4	Adverse weather	Group members	<ul style="list-style-type: none">• Obtain weather forecast if necessary• Issue clothing advice and check before visit• Carry spare clothing when necessary• Have a Plan B available				
5	External provider	Group members	<ul style="list-style-type: none">• Qualified to carry out the activity• Insured to carry out the activity• Has provided detailed and suitable programme				
6	Emergencies	Group members	<ul style="list-style-type: none">• List of participants left at establishment• List of participants carried by all staff• Medical details and medicines carried• Mobile phone carried				

PREPARED BY: DATE:

DATE FOR REVIEW:

CHECKED AND APPROVED BY: DATE:





Loch Lomond & The Trossachs
National Park Authority
Carrochan
Carrochan Road
Balloch G83 8EG

t: 01389 722600
e: info@lochlomond-trossachs.org
w: lochlomond-trossachs.org

Find us on Facebook, follow us on Twitter



facebook.com/lomondtrossachs



twitter.com/lomondtrossachs