

Winter mountaineering

The courses are designed for the summer walker/climber who wants to extend their season and sample the delights of some Scottish winter conditions or the winter walker/climber who wants to improve their winter skills. Last year we had some great days with so much unconsolidated snow that snowshoeing was the only way to travel. The 4 day programme will have the two options for the second day as individual days. Some of the programme is dependent on ground and weather conditions, to take best advantage of the prevailing conditions the programme may vary.

The maximum student to instructor ratio will be 4:1 (2:1 on the climbing days). The staff will be suitably qualified for the activity they instruct (MIC for the climbing and Winter ML for the winter mountaineering skills)



Winter Courses 2010

Based in the Cairngorms, our courses will guide and instruct you in the essential technical skills for basic winter mountaineering, covering ~

Snowcraft.

Use of ice axe and crampons.

Movement on steep ground and ropework techniques.

Winter navigation.

Weather.

Avalanche assessment.

Course Dates

Weekends

The 3 day weekend courses will start on Thursday night and finish on Sunday afternoon

17th- 20th Feb

3rd - 6th March

17th - 20th March

Midweek

The 4 day midweek courses will start on Sunday evening and finish on Thursday Afternoon

13th - 17th Feb

27th Feb. - 3rd March

20th - 24th March

Proposed programme:

Day of arrival, meet at 19.00 to discuss, kit, programme and basic snow skills

Day 1 Movement on steep ground. Ropework.

Evening Talk on weather /avalanche assessment

Day 2 Full mountain day, Gully Climb and navigation
OR Climb, Avalanche Assessment, Snow Shelters
Intermediate ropework

Day 3 Short Climbing day, or winter walking day
Snow skills improvement (You decide)



Costs ~ 3 day (weekend) courses ~ £235.00

4 day (midweek) courses ~ £286.00

Costs **do not** include food, transport and accommodation. Transport and self catering accommodation can be provided at cost if needed