

# Winter Mountain Skills

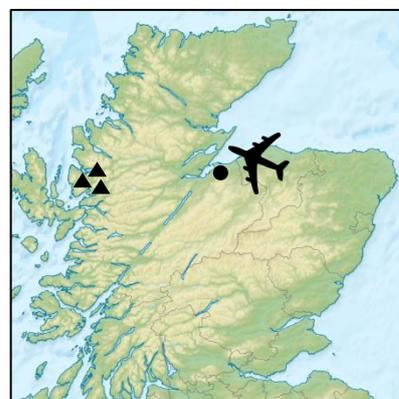
## ~ Torridon, Scotland ~

Sunday the 16<sup>th</sup> to Sunday the 23<sup>rd</sup> of February 2020

During this time of year the Scottish hills are dressed in snow and ice and this, together with the unique Scottish climate gives rise to a dramatic winter landscape. This winter mountain skills course gives you the opportunity for 6 challenging and exciting days packed with training and ascents of the highest mountains within Scotland's magnificent Torridon region by the west coast.

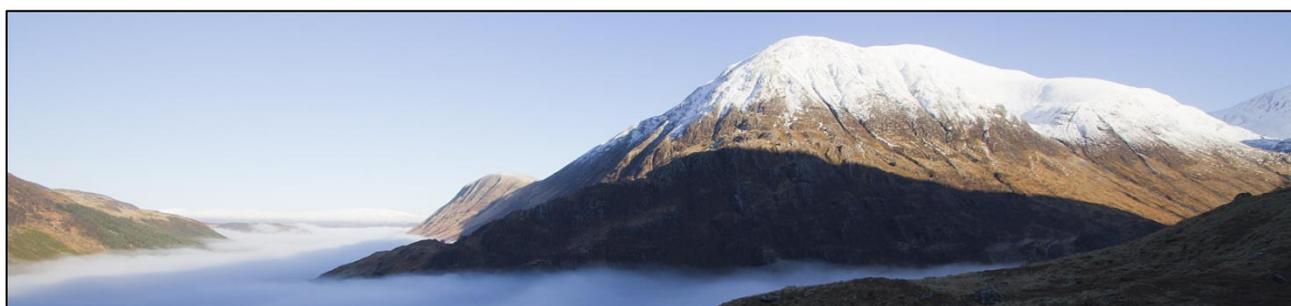
Throughout the week, we will focus on introducing and training new and/or refreshing the following winter mountain knowledge:

- clothing and equipment
- use of ice axe and crampons
- geology, flora & fauna
- avalanche awareness
- navigation
- winter weather
- route planning
- avalanche transceivers



The teaching of skills will be at a ratio of 1:3 and as an integral part of mountain journeys with ascents of some of the many Munros (mountains over 3000ft/914m), which are within easy reach of our comfortable base in the village of Kinlochewe. A typical day will follow the routine below:

- Breakfast at 7.30 am and preparing of packed lunches.
- We pack our sacks and drive to the day's starting point.
- A day trip of between 10 and 18 km with 800 to 1200 metres of ascent over 6 to 9 hours.
- Return to base for a shower and change of clothes.
- Dinner, where we help each other with cooking, or we eat out at a local pub.
- Relaxation and a chat about the next days' objectives, maybe over a local whisky.



Participants on the trip must have a reasonable level of fitness and be experienced summer hill walkers. The necessary clothing and equipment is shown on the attached list. It is possible to borrow the technical gear indicated and I can also give advice if you are planning to buy kit.



The course costs £830 / €900 per person. The price covers all expenses after meeting up at Inverness airport (or at our base in Kinlochlewe, if you choose to do so) including; in-course transport, accommodation in a self-catering house or chalet with modern facilities in single or twin rooms, all food and drink and guiding/instruction. It is normal that we eat out at a local pub on one or two evenings and this is also included. It is expected that the meeting time at Inverness airport will be around 2 pm on the 9<sup>th</sup> and participants will be back at the airport by 11:30 am on the 16<sup>th</sup>. These timings fit with KLM flights via Amsterdam, however the precise times will be arranged with the group once individual transport options are known.

To book a place please return the booking form attached. Upon receipt of your form, information will be sent to you regarding payment of a deposit of £180 / €195. Once your deposit is received then your place on the trip is secured. See the attached terms and conditions. The remaining balance is due 8 weeks prior to departure. If you would like to hear more about the course, or would like to book a place, then contact me via e-mail [guide@mountain-environment.com](mailto:guide@mountain-environment.com) or call me on +45 20 61 29 24 (please leave a message if I don't pick up).

# Clothing & Equipment List

## Clothing

- Walking socks (preferably 2-3 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- Thermal underwear (preferably wicking)
- Fleece top or similar
- Warm fibre or down jacket
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Hat
- Gloves (minimum 2 pairs, windproof and preferably one waterproof pair)
- Neck gaiter and/or balaclava
- Walking boots (minimum B1 - ideally  $\frac{3}{4}$  stiff, e.g. Scarpa Manta B2)
- Ordinary underwear, clothing and shoes for travel and evenings



## Equipment

- Rucksack (with plastic bag liner, ~45 litre)
- Walking poles (optional)
- Head torch and spare batteries
- Ski goggles
- Sunglasses
- Water bottle ( $\geq 0.75$  litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit including lip balm, sun cream, Compeed, painkillers etc.
- Compass
- GPS and/or altimeter (optional)
- ✕ Helmet
- ✕ Crampons (in protective bag)
- ✕ Walkers ice axe
- ✕ Avalanche transceiver, probe and shovel



## Other

- Passport (for international travellers)
- Travel tickets
- Travel insurance documentation
- Cash (GBP)
- Credit card
- Watch
- Camera, mobile and chargers
- UK mains adaptor
- Toiletries
- A book

## Other notes

- Waterproof map excerpts of the areas we will visit are provided free of charge.
- Technical equipment marked ✕ can be borrowed free of charge. Let me know your needs on the booking form.
- The Scottish winter weather can be Arctic in nature and therefore the correct clothing/equipment is essential.

# Terms, Conditions & Privacy

## What is the guide/instructor responsible for?

1. The guide is responsible for coordinating and executing the trip, booking of tickets or transport and accommodation if applicable. Third party companies are responsible for any flights/ferry transport, hire cars and accommodation. Accommodation type is specified in the trip dossier and is standard for the location and trip type and is typically in tents or rooms for between 2 and 8 people or dormitories.
2. The guide plans routes and activities day for day, ensures client safety and guiding/instruction on courses/trips as described in the trip dossier and is the connection to the local people, assisting instructors/guides and porters where applicable.

## What is the client responsible for?

3. The client must ensure they have the clothing and equipment listed.
4. The client is responsible for obtaining visas and getting vaccinations where applicable.
5. The client should prepare themselves physically for the nature of the course or trip to be undertaken and make known any illness or injury.
6. The client must respect the conditions of travel when flying etc. (rules, baggage allowances, times etc.). Late check-in is at the clients' expense.
7. The client must ensure that they are covered by suitable cancellation, travel and accident insurance for the activities involved. Clients without suitable insurance cover will be refused participation.
8. Clients should be aware that mountain walking, abseiling, glacier travel, climbing and mountaineering are activities with a danger of personal injury or death. Clients should accept these risks and be responsible for their own actions and influence on their surroundings.

## General

9. The instruction or guiding ratio follows normal best practice for the activities involved and is typically 2 to 8 clients per instructor or guide.
10. Mountain Environment or the guide cannot be held responsible for changes resulting from involved third party companies, such as an airline.
11. If you choose to let the guide coordinate booking of flights/ferry tickets, to ensure that we travel together at the most appropriate times, then standard economy tickets will be chosen. These are often limited in terms of cancellation and refund or change. Any request for other ticket types must be made in writing. Ticket conditions can be seen in full on the relevant airline or travel company website.
12. A deposit is payable upon booking. The full balance is due 8 weeks before the date of departure. Clients will be informed immediately prior to this 8-week deadline, should there be insufficient client numbers for the trip or course to proceed. Clients are therefore advised to check the trip or course status before buying travel tickets. The client must cover all bank charges, if applied, when making bank transfers.
13. Upon cancellation by the client latest 8 weeks before the trip or course start, the deposit plus any cancellation charges on travel tickets plus non-refundable permits or park fees will be retained. Upon cancellation by the client latest 4 weeks before the trip or course start, 50% of the paid amount plus any cancellation charges on travel tickets plus non-refundable permits or park fees will be retained. Upon cancellation within 4 weeks of the trip or course start, the paid amount will be retained in full. Cancellation must be made in writing.
14. Should the original guide be hindered due to unforeseen circumstances that the guide could not influence or predict, then a suitably qualified and experienced replacement guide will be provided.
15. The course or trip can be cancelled due to unforeseen circumstances that could not have been predicted. In such circumstances the paid amount will be refunded in full and clients cannot claim further compensation.
16. Possible court action against the guide must be processed through a Danish court of law. Any correspondence must be Danish or English.
17. Courses and trips are in support of Vestjysk Climbing Club (*Vestjysk Klatreklub*), a member of the Danish Climbing Association (*Dansk Klatreforbund*) and the Danish Gymnastics & Sports Association (*DGI*) and clients receive a single season guest membership for the club.
18. Activities are subject to appropriate weather and conditions underfoot. The guides' judgement is final should activities be changed or cancelled.
19. Should a client decide to abort, or suffer slight injury or have aches and pains that make the client want to abort a hut to hut or trekking trip, then the client is responsible for making arrangements to get to a suitable point of rendez-vous or pick-up. Expenses arising from this alternative route and transport are at the client's expense. The guide will be of assistance regarding alternative local routes and transport. Once a client has chosen to leave the group and make alternative arrangements, then they are no longer the responsibility of the guide.
20. The guide can choose to remove a client from guided activities if the client does not follow the guides' safety advice or instruction, or continually spoils the course or trip for other clients. The client in question does not have the possibility to claim compensation in this case.
21. Eventual complaints about any aspect of a trip or course must be made in writing within 28 days after a trip or course ends.
22. By signing up, the client gives permission for Mountain Environment to register the client's information for internal use. Furthermore, permission is given for information required for booking of tickets and accommodation be passed on to these providers where applicable. In this case, the 3<sup>rd</sup> party provider privacy policies apply. The right is reserved to use pictures taken during courses and trips in future Mountain Environment material or on the Mountain Environment website. Should a client not wish to have pictures including themselves used, then this request must be made in writing before the start of the course or trip.

## Booking form

Trip/course title: **Winter Mountain Skills ~ Torridon, Scotland ~**

Dates: **16<sup>th</sup> - 23<sup>rd</sup> of February 2020**

Please fill out the form with block capitals.

Full name (as stated in passport):	Date of birth (dd/mm/yy):
Address:	
E-mail:	Telephone home (with international code):
Special dietary requirements:	Telephone mobile (with international code):
Handicap, illness or use of any prescribed medicine:	
Next of kin (name, address, telephone number & relation):	
Travel insurance details (company name, policy number & emergency contact telephone number):	
I have read, understood and accept the terms & conditions (signature):	Date (dd/mm/yy):

The following information is for the purpose of allocating the appropriate sized technical kit should this be required. If you answer NO in the right hand column, then fill out any required client information (such as boot size etc.).

Equipment	Information required	Client information	I will bring my own (circle your answer)
Crampons	Boot size (state which country sizing system)		No      Yes
	Boot-crampon compatibility (B1/B2/B3)		
Ice axe	Distance floor to mid-palm when standing upright with arms by side	cm	No      Yes
Helmet	Head size around forehead	cm	No      Yes

This page should be filled out then scanned or photographed with a mobile phone and returned by e-mail.