

Winter Adventure & Skills

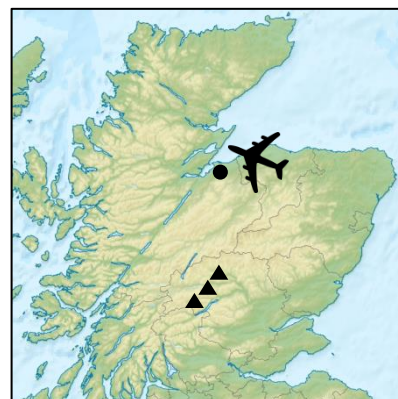
~ Ben Lawers, Scotland ~

Sunday the 14th to Friday the 19th of February 2021

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 4 challenging and exciting days packed with training and ascents of the highest mountains in central Scotland's magnificent Ben Lawers region.

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 Aberfeldy. 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 16 km with 800 to 1100 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 £650 / €700 / \$810 per person. The price covers all expenses after meeting up at Inverness airport (or at our base in Aberfeldy, 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 14th and participants will be back at the airport by 11:30 am on the 19th. 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 / \$225. Once your deposit is received then your place on the trip is secured. See the terms and conditions on the website. 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 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 (≥ 0.75 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit including lip balm, sun cream, Compeed and painkillers
- ✕ Compass
- GPS and/or altimeter (optional)
- ✕ Helmet
- ✕ Crampons (in protective bag)
- ✕ Walkers ice axe
- ✕ Avalanche transceiver, probe and snow 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.

Booking form

Trip/course title: **Winter Adventure & Skills ~ Ben Lawers, Scotland ~**

Dates: **14th - 19th of February 2021**

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, telephone & relation - by giving this information you agree that you have made the person aware of and have their accept for stating them as a contact person here):	
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.