

Scottish Winter Skills & Munro Ascents

Demanding

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 skills course gives you the opportunity for 6 challenging and exciting days packed with training in the mountains of Scotland's west coast - in the magnificent Lochaber and Glencoe regions.

On the course you will have the opportunity to learn new skills or refresh your knowledge of the following areas:

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

The teaching of skills will occur as an integrated part of daily mountain journeys and we will also ascend some of the many Munros in the Lochaber and Glencoe areas, which are within reach of our base. Of note, is the beautiful nature of this region due to its closeness to the dark waters of Loch Linhe. This proximity of Great Britain's highest mountains, in their white winter dress, to sea level and its blackness far below is quite unique.



A typical day follows the following routine:

- Breakfast at 7 a.m. and the preparing of packed lunches and flasks.
- We pack our sacks and drive between 10 and 30 km to the day's starting point.
- A day trip of between 8 and 20 km with 700 to 1400 metres of ascent over 5 to 10 hours.
- Opportunity for shopping on several days in, for example, Fort William.
- Return to base for a shower and change of clothes.
- Dinner, where we help each other with cooking, often with local produce.
- Relaxation and a chat about the next days' objectives, maybe over a local whisky.

Participants on the trip must have a reasonable fitness level and experience of summer hill walking. The necessary clothing and equipment is shown on the attached list. I can be of assistance regarding technical equipment or advice if you are planning to buy equipment for the course.



The course price is TBA per person. The price covers in-course transport after meeting up at the airport or our base, accommodation in a chalet with modern facilities in single or twin rooms, all food and drink, and instruction. It is normal that we eat out on one or two evenings and food and drink here is also included. Technical equipment can be hired for a small additional fee. Upon booking, the booking form should be returned and the specified deposit paid. See the detailed terms and conditions. The full balance is due 8 weeks prior to the start of the course. If you would like to hear more about the course, then please contact me via e-mail or telephone.

For participants travelling from outside the UK, then there are many possibilities for flights to Edinburgh airport, which is my usual meeting point. Precise flight times and the meeting point and time are available upon request.



Clothing & equipment list

Clothing

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

Equipment

- Rucksack (with plastic bag liner, approximately 45 litre)
- Walking poles (recommended)
- Head torch and spare batteries
- Ski goggles
- Sunglasses
- Water bottle (0.75 - 1 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit (including lip balm, suncream, Compeed, painkillers etc.)
- Plastic survival bag
- Compass
- Helmet
- Crampons (in protective bag)
- Ice axe (for walking, typically around 60cm)

Other

- Passport (for international travel)
- Travel tickets
- Travel insurance
- Cash
- Credit card
- Watch
- Camera
- Toiletries
- A book and diary

Other notes

Waterproof map excerpts and avalanche equipment including transceivers are provided for the course. Technical equipment marked can be hired. Let me know your requirements in good time. There are plenty of places to buy gear in and around Fort William and time will be made available for this. The Scottish winter weather can be Arctic in nature and therefore suitable clothing is essential.