



# Scottish Winter Climbing

**Location** – Aviemore

**Price** – £360

**Ratio** – 1:2

**Length** – 3 Days

**Dates** – 26<sup>th</sup> – 28<sup>th</sup> Jan 2012 + 14<sup>th</sup> – 16<sup>th</sup> March 2012

## Who is the course suitable for?

This course is for people who have already done some winter mountaineering and rock climbing and now want to tackle some harder graded climbs. The aim over the 3 days is to tackle some of the best routes between grade II and IV dependant on conditions.



## What does the course cover?

- Three full days of instruction
- Equipment choice and use
- The use of two axes and movement skills on steep ground.
- Winter belaying including fixed equipment and pegs
- Avalanche assessment
- Efficient winter ropework
- Route finding and guide book descriptions
- Descents from routes and crags

## Sample Programme (always subject to the weather)

Day 1 – Kit check and avalanche awareness discussion. Aim to get a route done as well as refresh basic axe and crampon skills.

Day 2&3 – We will climb grade II to IV winter routes. If the weather and conditions allow we will climb both gully and ridge routes. Over the 2 days we will look at ropework, gear placements, belay building, decision making and movement skills on this terrain. **NB. This is not a leading course, your instructor will be leading all the routes with you seconding.**



## **General Information**

### **Where is the course held?**

Aviemore is the base for this course. This allows us to use the ski centre car park to gain height and thus access the snow quicker, 'more time learning less walking'!

### **What about accommodation?**

Aviemore has a range of accommodation options from Bunkhouses all the way through to hotels. Please see my links page of more information.

### **Travel**

Aviemore is just off the A9 so easily accessed by car as well as public bus routes, it also has a train station. If you wish to fly then the most convenient airport is Inverness (Although Edinburgh and Aberdeen can also be used) which is about 1.5 hours from Aviemore by public transport (via Inverness)

### **Previous Experience and Fitness**

To get the most out of this course you should have done around 15 days walking in crampons already as well as having done some rock climbing (this only needs to be seconding).

All winter courses are strenuous and you have to be physically fit to get the most out of the course. Some time spent preparing either running, cycling or swimming will make the course more enjoyable.

### **What is included?**

The course fee includes all instruction and the use of any specialist equipment. There is a downloadable winter kit list on the booking page on the website or I can e-mail you one. We have limited range of ice axes and crampons that can be borrowed (free of charge) on a first come first served basis.