



Winter Mountaineering

Location – Aviemore

Price – £240

Ratio – 1:3

Length – 3 Days

Dates – 23rd – 25th Jan 2012 + 11th – 13th Mar 2012

Who is the course suitable for?

This course is for people who have already done some winter walking and are keen to move onto more challenging terrain and graded climbs. Over the 3 days you will develop from being a winter walker to a winter mountaineer capable of climbing technical terrain.



What does the course cover?

- Three full days of instruction
- Equipment choice and use
- Winter movement skills on steep ground
- Avalanche assessment
- Ropework for steep sections of terrain in ascent and descent (snow and rock)
- A chance to second some grade I/II ground, whilst developing route finding skills and understanding guide book descriptions

Sample Programme (always subject to the weather)

Day 1 – Kit check and discussion. Refresh skills and develop into steeper terrain.

Day 2 – Avalanche discussion. A journey into steeper terrain looking at the use of the rope and anchor construction. Bucket seats, buried axes, snow bollards and abseiling.

Day 3 – A guided day on graded terrain, looking at ropework, guide book descriptions and route finding.



www.sandypaterson.co.uk

info@sandypaterson.co.uk

Mob - 07789173840

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 10 days walking in crampons already, however you do not have to have done any rock climbing.

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.