



Winter Skills Weekend

Location – Aviemore

Price – £150

Ratio – 1:6

Length – 2 Days

Dates – 21st – 22nd Jan 2012 + 17th – 18th Mar 2012

Who is the course suitable for?

This course is run as an introduction to winter walking. It is suitable to anyone who wishes to experience the winter mountains and who has done some summer walking. More experienced winter walkers might also be interested in it as a refresher.



What does the course cover?

- Two full days of instruction in the mountains
- Equipment choice and use
- Winter movement skills
- Use of an ice axe and crampons
- Emergency procedures including snow shelters
- A mountain journey to put all these new skills into practice

Sample Programme (always subject to the weather)

Day 1 – Kit check and discussion, Movement skills (Kicking and cutting steps, Crampons and Ice Axe use) and emergency shelters.

Day 2 – A journey putting the above skills into practice as covering: avalanche awareness, self arrests, mountain weather, snow conditions and route planning.



General Information

www.sandypaterson.co.uk

info@sandypaterson.co.uk

Mob - 07789173840

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 to hotels are all available. Please see my links page for more information.

Travel

Aviemore is just off the A9 so there is easy access 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

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 of 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.