



## Scottish Winter Skills & Munros Scottish Winter Walking & Munros

- **Two courses aimed at walkers**
- **Introductory course providing essential skills for winter conditions**
- **Challenging winter walking for those with existing skills**



### Winter Skills

This course is ideal for the keen summer hill walker who wishes to learn the essential skills to travel in snow covered mountains in Scotland or further afield.

- Use of ice axe and crampons
- Winter mountain navigation & route planning
- Winter weather & avalanche avoidance

### Winter Walking

Aimed at those with previous experience of winter walking who wish to tackle some more challenging days while continuing to develop their skills and confidence.

- Ascents of some classic Munros
- Poor weather navigation & route planning
- Avalanche Forecasting

### Participation Statement

Adventure Peaks recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

**Central Buildings, Ambleside, Cumbria, LA22 9BS Telephone: 015394 33794/33852**  
**[www.adventurepeaks.com](http://www.adventurepeaks.com) [www.adventurewalks.com](http://www.adventurewalks.com)**

## PREVIOUS EXPERIENCE

For the **Winter Skills & Munros** course all you need is a good level of fitness and enjoyment of long days on the British hills in summer. To get the most from the **Winter Walking & Munros** course you should have at least 5 days of experience in winter with crampons & ice axe.

## DATES

Our courses run every week and weekend throughout January, February and March

## VENUE

The mountains around Glencoe and Ben Nevis provide some of the best and most reliable winter walking and climbing conditions in Britain suitable for beginner and expert alike. It is the perfect training ground for mountaineering in the the Alps or Greater Ranges.



Crampon & ice axe skills on Aonach Mor

## OUTLINE ITINERARY

An exact programme is difficult to confirm as we operate according to the weather, conditions and the progress of the group, but typically we would aim to do:

### Winter Skills & Munros

Day 1: On the first evening there will be an informal meeting with a member of the Adventure Peaks team to chat through the course.

Day 2: During an initial briefing we will check your personal kit and issue you with any hire kit required. We have a very flexible program and your instructor will develop your itinerary based on your previous experience and aspirations for the course and the future. The first day will develop your skills to move safely and efficiently on snow covered terrain as well as what to do in the event of a slip.

- Step kicking & cutting
- Use of ice axe & crampons
- Ice axe arrest
- Winter navigation & route planning
- Winter weather & avalanche avoidance
- Emergency shelters

In the evening there will be a short lecture on avalanche avoidance and prediction.

Day 3: Today will give you the opportunity to practice your new skills during a mountain journey with plenty of feedback from your instructor.



View from Aonach Mor

Day 4, 5, 6; On a week long course we will continue to develop your skills across a wide variety of terrain. There will be a far greater opportunity to develop your strategies and decision making skills allowing you to become more self sufficient as a winter walker.

On the Wednesday evening there will be a short slide show on some of the expeditions run by Adventure Peaks.

## Winter Walking & Munros

The Winter Walking course will attempt a number of classic mountain days using any opportunity along the way to develop and perfect your skills.

- Use of ice axe & crampons
- Winter navigation & route planning
- Winter weather & avalanche avoidance

We would hope to explore a wide variety of areas on the West Coast but days may include ascents of many of the mountains below

- Ben Nevis
- Aonach Beag & Mor
- Grey Corries traverse
- Stob Ban and the Mamores
- Ballachullish Horseshoe
- Glencoe Ridges & summits

## WHAT IS INCLUDED

- ✚ Instruction by qualified Mountain Instructors or Guides.
- ✚ Full board accommodation with three course evening meals.
- ✚ Packed lunches.
- ✚ Ropes and all technical equipment.



## WHAT IS NOT INCLUDED

- ✚ Personal equipment, although much of this can be hired.
- ✚ Uplift by cable car on Aonach Mor or the White Corries. These maximize your time above the snow line and you'd usually use them twice during a week long course or once for a weekend. Prices in 2009 were £9.25 and £10 respectively.
- ✚ Entry to the ice wall at the Ice Factor in the event of severe weather.
- ✚ Liquid refreshment in the bar!

## INSTRUCTORS

The majority of our leaders are UIAGM Guides [www.bmg.org.uk](http://www.bmg.org.uk) or qualified Mountaineering Instructors many of whom are members of AMI (Association of Mountaineering Instructors). [www.ami.org.uk](http://www.ami.org.uk)



## WEATHER CONDITIONS

Scottish mountaineering is very weather dependant but your instructor will endeavour to give you a productive and enjoyable course based on the prevailing conditions, group fitness and avalanche risk. Despite an apparent trend for warmer winters we have not had to cancel any days in the last 3 years due to lack of snow.

If the winds or avalanche risk are too high we may use the ice wall at the Ice Factor in Kinlochleven (additional cost).

[www.ice-factor.co.uk](http://www.ice-factor.co.uk)

## EQUIPMENT

On booking we will send you a detailed course dossier which contains plenty of information on the equipment required. We have an extensive range of specialised equipment for hire which is also available for purchase following your course. We will deduct the hire cost from the second hand price.

- ✚ \*\*Ice Axe
- ✚ \*\*Crampons
- ✚ \*\*Climbing Helmet
- ✚ \*\*Mountaineering boots (B2/3)
- ✚ Waterproof jacket & trousers
- ✚ Warm clothes
- ✚ Hat & Gloves
- ✚ 50L Rucksack
- ✚ Headtorch
- ✚ Compass
- ✚ Map of Ben Nevis & Glencoe 1:50,000

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\*\* These items can be hired from us. Please let us know at the time of booking. All other technical equipment is provided.

**A 15% discount is available on all equipment and clothing from the Adventure Peaks shop from the time of booking to one month after your course.**

[www.adventurepeaks.com/shop](http://www.adventurepeaks.com/shop)



### ACCOMMODATION

Throughout January, February & March we are based at the friendly and luxurious 3 star Onich Hotel situated midway between Fort William and Glencoe. The hotel provides large en-suite rooms, a comfortable bar, restaurant with excellent and filling food, plenty of drying facilities and stunning views across the water to the Ballachulish Horseshoe.

[www.onich-fortwilliam.co.uk](http://www.onich-fortwilliam.co.uk)



Accommodation is booked from the night of your arrival with instruction starting the following morning. Check out is normally on the morning of your final day unless you have booked an additional night. This is booked on a twin or double room basis; however single rooms will be provided where there is not a member of the same

sex to share with. Single rooms and additional nights can be requested at an extra cost.

Our price includes all meals (breakfast, packed lunch and a three course evening meal), starting with breakfast on the first morning through to packed lunch on the day of your departure. Bar meals can be purchased until 9pm on the day of your arrival.

### BOOKS & MAPS

In winter the preference is to use 1:50,000 scale maps. The OS Landranger Map 41 covers Ben Nevis & Glencoe. All these maps and guides are available from our shop or at [www.adventurepeaks.com/shop](http://www.adventurepeaks.com/shop)

### MEALS

Breakfast is the key to a good day in the Scottish hills. On offer there's porridge, cereal, kippers, toast or the full Scottish fried breakfast with plenty of tea and coffee. On the hill we provide a packed lunch and the hotel will fill your flask each morning. Dinner is 3 courses and there is always a vegetarian option.

### INSURANCE

We recommend you have travel insurance to cover cancellation/curtailment. Search & rescue cover is not required as Scotland has a dedicated voluntary Mountain Rescue Service. Insurance information available on request.



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