

## Scottish Winter Walking Skills Scottish Guided Winter Walking Ben Nevis in Winter



### **Scottish Winter Walking Skills**

An ideal course for hill walkers who want to learn the essential skills needed to enjoy winter walking. The course will cover: use of ice axe and crampons, winter navigation, avalanche avoidance and emergency shelters. A good level of hill walking fitness is required.

### **Scottish Guided Winter Walking**

Aimed at those who have already gained the essential skills and simply want to enjoy walking in the winter hills under our expert guidance whilst consolidating their experience without the need to move onto steeper climbing terrain with ropes. A good level of hill walking fitness and confidence in the use of ice axe and crampons is required.

### **Ben Nevis in Winter**

A winter ascent of Ben Nevis 1344m is a challenging undertaking not to be compared with a summer ascent. This course is designed to give you the necessary winter skills training to allow a safe ascent of the UK's highest mountain in winter conditions. Two days are available for the ascent of Ben Nevis.

### **Participation Statement**

Adventure Peaks recognises 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

## PREVIOUS EXPERIENCE

For the **Scottish Winter Walking Skills and Ben Nevis in Winter** courses 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 **Scottish Guided Winter Walking** course you should have at least 5 days of experience in winter with crampons and ice axe.

## DATES

Our courses run throughout January, February and March, with the format below:

### 4 days – 3 days guiding

1. **Friday** Arrive in the evening, Hotel
2. **Saturday** Instruction and walking, Hotel
3. **Sunday** Instruction and walking, Hotel
4. **Monday** Instruction and walking, depart

## 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 Alps or Greater Ranges.

## ACCOMMODATION

We are based at the friendly and luxurious Onich Hotel which is situated midway between Fort William and Glencoe. The hotel provides en-suite rooms, a comfortable bar, restaurant with excellent and filling food, and stunning views.

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

Accommodation is booked from the night of your arrival (Day 1) with instruction starting the following morning. Check out is normally on the morning of your final day unless you have booked an additional night. Accommodation 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.

## MEALS

Breakfast is the key to a good day in the Scottish hills and at the Onich Hotel you will be offered a full Scottish Breakfast or if you prefer, other choices include porridge, cereal, toast or kippers. On the hill we provide a packed lunch and the hotel will fill your flask each morning. Dinner is three courses and vegetarians can be catered for - please advise in advance.

## 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 the following:

### **Scottish Winter Walking Skills**

**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, check your personal kit and issue you with any hire kit required.

**Day 2:** 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 and cutting
- Use of ice axe and crampons
- Ice axe arrest
- Winter navigation and route planning
- Winter weather and avalanche avoidance
- Emergency shelters

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

**Days 3 & 4:** These days will give you the opportunity to practise your new skills during a mountain journey with plenty of feedback from your instructor.

### **Ben Nevis in Winter**

**Days 1 & 2:** as above

**Days 3 & 4:** The best weather day will be used to make the ascent of Ben Nevis with a second mountain walk on the reserve day.



### **Scottish Guided Winter Walking**

The Guided 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 and crampons
- Winter navigation and route planning
- Winter weather and 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 and Aonach Mor
- Grey Corries traverse

- Stob Ban and the Mamores
- Ballachullish Horseshoe
- Glencoe Ridges and summits

### WHAT IS INCLUDED

- ✚ Instruction by qualified Mountain Instructors or Guides.
- ✚ Accommodation and meals, (breakfast, packed lunch and a three course evening meal), starting with breakfast on day 2 through to packed lunch on the day of departure. (*Bar meals can be purchased until 8.30 p.m. at The Onich Hotel*)
- ✚ Ropes and technical equipment (exc. helmet)

### WHAT IS NOT INCLUDED

- ✚ Personal equipment including ice tools, crampons and helmet, (although much of this can be hired).
- ✚ Uplift by cable car on Aonach Mor (Ben Nevis) or the White Corries (Glencoe). 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 2019 are £19.50 and £12 respectively for a return trip.
- ✚ Liquid refreshment in the bar!

### TRANSPORTATION

The Adventure Peaks minibus is made available for use by our courses for transport between the hotel and the mountains on instructed days. During busy periods, clients may be asked to use their own transportation for themselves and other members of the group. In this case other clients may be asked to contribute to fuel costs.

### CLIENT / GUIDE RATIO

For all courses, the ratio is 1:6 max  
*We will run courses with a min of 1:2*

### WEATHER CONDITIONS

Scottish mountaineering is very weather dependent 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 past due to lack of snow.

If the winds or avalanche risk are too high we may restrict walks to lower levels.

### EQUIPMENT

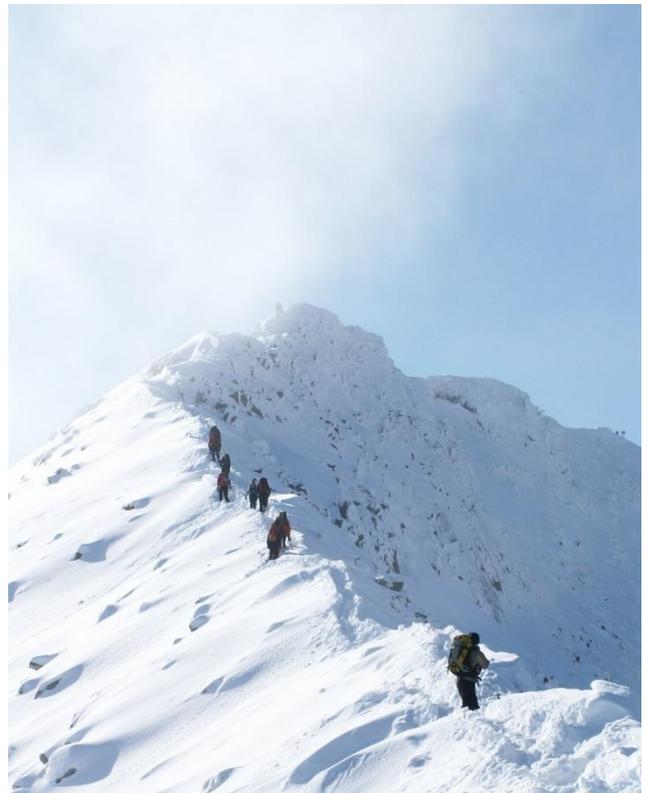
On booking we will send you a detailed equipment list which contains plenty of information on the kit required. We have an extensive range of specialised equipment for hire which is also available for purchase following your course. We will deduct the hire cost from the second hand price.

*A 15% discount is available off the RRP price on all equipment and clothing from the Adventure Peaks shop from the time of booking to 1 year from the date the course ends, (excludes maps, books electrical goods, courses, treks, expeditions and hire kit)*

### TYPICAL KIT LIST

- ✚ \*\*Ice axe
- ✚ \*\*Crampons
- ✚ \*\*Mountaineering boots (B3)
- ✚ \*\*Climbing Helmet
- ✚ \*\*Waterproof jacket and trousers
- ✚ Warm clothes
- ✚ Hat and Gloves
- ✚ 40-50L Rucksack
- ✚ Water bottle/thermos flask
- ✚ Headtorch
- ✚ Orange (or better) Survival Bag
- ✚ Whistle
- ✚ Compass
- ✚ Map – Ben Nevis and Glencoe 1:50,000

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



### INSURANCE

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

### BOOKS AND MAPS

In winter the preference is to use 1:50,000 scale maps. The OS Landranger Map 41 covers Ben Nevis and Glencoe.

Maps are available from our shop or online at [www.adventurepeaks.com](http://www.adventurepeaks.com).

