

## Scottish Winter Mountaineering

- **Introductory course to the essential skills for winter conditions**
- **Aimed at those who wish to climb in the future**
- **Ascents of classic gullies and ridges**



### **Winter Mountaineering**

This course is ideal for the keen summer hill walker, scrambler or climber who wants to progress and learn the essential skills of winter mountaineering. It differs from our winter walking course in that there is an emphasis on progression towards steeper ground and the use of ropes to ascend some classic grade I/II gullies and ridges towards the end of the course.

- Use of ice axe and crampons
- Simple rope work and belaying
- Snow & ice climbing skills
- Classic grade I/II gullies & ridges
- Winter mountain navigation & route planning
- Winter weather & avalanche avoidance

### **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

A good level of fitness, tolerance to cold and enjoyment of exposed ridges required. Roped climbing



experience is useful but not essential.

## DATES

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

### Weekend courses (4 days- 3 days instruction):

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

### Midweek courses (6 days- 5 days instruction):

1. **Friday** Arrive in the evening, Hotel
2. **Saturday** Instruction and climbing, Hotel
3. **Sunday** Instruction and climbing, Hotel
4. **Monday** Instruction and climbing, Hotel
5. **Tuesday** Instruction and climbing, Hotel
6. **Wednesday** Instruction and climbing, 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 comfortable Onich Hotel which is situated midway between Fort William and Glencoe. The hotel provides en-suite rooms, a cosy bar, a 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 on the morning of your final day (Day 4 or 6) 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. On the hill we provide a packed lunch and the hotel will fill your flask each morning. Dinner consists of 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 on a 6 day course we would aim to do:

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



**Day 3:** Today we will venture onto steeper and more exposed graded ground. Your instructor will introduce the use of a climbing rope for protection and look at the various ways of anchoring yourself to the snow pack.

**Day 4:** Speed is important for safety during the short days of a Scottish winter so today we'll look at the methods and skills for moving together alpine style over mixed ground. Many of these skills are also relevant for travelling on glaciers further afield.

There may be a short slide show one evening on some of the expeditions run by Adventure Peaks.



**Day 5:** An opportunity to put everything into practice throughout a typical mountain day. With your instructor alongside you will attempt one of the classic gullies e.g. No 4 Gully on Ben Nevis or Broad Gully in Stob Coirenan Lochain.

**Day 6:** Where yesterday was spent in the depths of a gully the focus of today will be on the ridges and buttresses. Protected by your instructor you will have the opportunity to climb such classics as Ledge Route or the Carn Mor Dearg Arete on Ben Nevis or the stunning Curved Ridge in Glencoe.

A weekend course will cover many of the same skills but obviously in less depth and with less opportunity to put your new skills in to practice.

#### 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 the morning of day 2 through to packed lunch on the day of your departure.
- ✚ *(Bar meals can be purchased until 8.30pm at The Onich Hotel).*
- ✚ Ropes and all technical equipment (but see kit list regarding harnesses/helmets/crampons etc.)

#### WHAT IS NOT INCLUDED

- ✚ Personal equipment including ice tools, crampons, harness 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 6 day course or once for a weekend. 2020 prices are £19.50 and £12 respectively for a return trip.
- ✚ Entry to the ice wall at the Ice Factor in the event of severe weather.
- ✚ Liquid refreshment in the bar!

#### TRANSPORTATION

The Adventure Peaks minibus is 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 vehicles for themselves and other members of the group. In this case other clients may be asked to contribute to fuel costs.



#### INSTRUCTORS

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



#### INSTRUCTOR / CLIENT RATIO

4-day course 1:4  
6-day course 1:4 (day 2-4) then 1:2 (day 5-6)  
*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 and group fitness. 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 Ice Factor [www.ice-factor.co.uk](http://www.ice-factor.co.uk)

## EQUIPMENT

On booking we will send you a detailed kit list 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 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)*

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

## KIT LIST (a detailed list will be supplied on booking)

- ✚ \*\*Ice axe
- ✚ \*\*Crampons
- ✚ \*\*Climbing Helmet
- ✚ \*\*Climbing Harness
- ✚ \*\*Mountaineering boots (B3)
- ✚ Waterproof jacket & trousers
- ✚ Warm clothes
- ✚ Hat & Gloves
- ✚ 50L Rucksack
- ✚ Water bottle
- ✚ Headtorch
- ✚ Orange Survival Bag
- ✚ Whistle



- ✚ Compass
- ✚ Map – Ben Nevis & Glencoe

\*\* 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 & rescue cover is not required as Scotland has a dedicated voluntary Mountain Rescue Service.

## BOOKS & MAPS

The OS Landranger Map 41 covers Ben Nevis & Glencoe.

The Scottish Mountaineering Club (SMC) produce a range of guides including the definitive guides to summer and winter climbing in Glencoe and on Ben Nevis as well as a selected guide of winter climbs across Scotland.

All these maps and guides are available from our shop or online at [www.adventurepeaks.com](http://www.adventurepeaks.com).

