

ISLE OF SKYE

The Cuillin Ridge Traverse / Skye Summits

Many of Skye's summits involve scrambling. Scrambling describes that grey area between walking and climbing and offers an exciting and more challenging way to the summit. It tends to cover broken rocky ground requiring simple rock climbing skills and a good head for heights.



The Cuillin Ridge in all its glory with the distinctive fin of the Inaccessible Pinnacle left of centre

Skye Summits This is an opportunity to complete a large number of Skye's mighty Munros with a flexible itinerary, ideal for those without the desire or confidence to tackle them in one full traverse. The In Pinn could still be included for those with abseil experience (Grades 1-3).

The Skye Cuillin Ridge Traverse This is the ultimate scramble and Britain's finest mountaineering expedition; the complete traverse of the Cuillin Ridge in a two day journey with a bivouac over night. The journey will be attempted after an initial days training and preparation. If the weather is poor we will aim to do the best of the ridge on separate days. You should be a confident scrambler and have a high level of fitness. The 'InPinn' is usually included for those with abseil experience but can also be by passed if preferred. (Grade 3S)

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.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate these itineraries as printed, it may be necessary to make some changes as a result of climatic conditions or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

Alternative Dates

All courses can be run on alternative dates on request if booked at least 4 weeks in advance.



Easy moves with a stunning backdrop



Taking a breather above the infamous TD gap

Previous Experience

For both courses you should be physically fit and have experience of 3 season hill walking, some experience of grade 2 & 3 scrambles and a good head for heights. For those attempting the 'Skye Cuillin Ridge Traverse' you also need to feel confident moving efficiently over rough exposed terrain whilst carrying bivvy equipment, food, stoves etc.

Equipment – please see our separate Kit List Sheet for full information, but some of the key items for both courses are listed below:

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|----------------------------|------------------------------|
| **Climbing Helmet | Warm clothes |
| **Climbing Harness | Waterproof jacket & trousers |
| Walking Boots (3 season) | Hat & Gloves |
| Rucksack | Waterbottle |
| Headtorch | Survival Bag |
| **Belay plate, | **Prussick loop, |
| **2 x Screwgate Karabiners | **1 x 240cm Sling. |

For the 'Skye Cuillin Traverse' you will bivouac over night, (weather permitting), so the following will also be required:

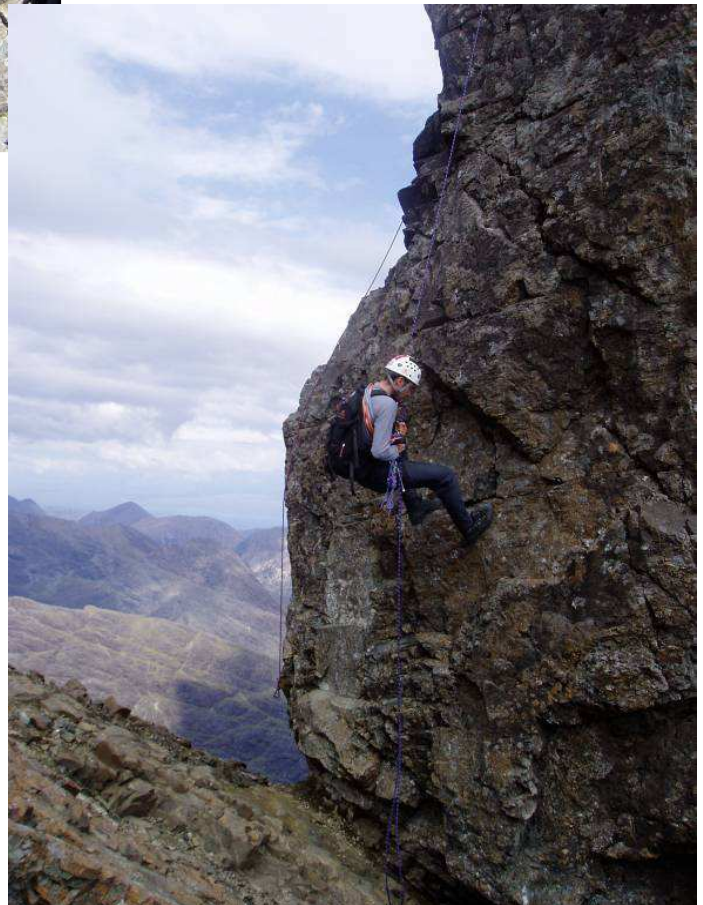
Sleeping Bag, Sleeping Mat, Bivi Bag, freeze dried food.

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

15% discount is available off the retail price of clothing and equipment (excluding electronics, sale items and maps) from the time of booking until a year after your course.



The avoidable crux of the ridge – climbing out of TD gap



Abseiling off the In Pinn (Inaccessible Pinnacle)

Transport

Members tend to make their own way to the Isle of Skye. However on occasion we may be able to provide a car share from the Lakes or a pick up from Glasgow airport. For those travelling up from the south it can often be cheaper to fly to Glasgow and hire a car for the week. If you are planning to drive up yourself and have a spare seat then please contact us and we'll try and organise car sharing with other members of your Course.

Accommodation

Accommodation is not included in the course cost but can be booked for you upon request; we usually base ourselves in a comfortable B&B situated in the very heart of the Cuillin mountains. If you would like us to arrange this, please advise us as soon as possible as accommodation in the area quickly fills up in the spring and summer months. If arranging your own accommodation, please let us know the details so we can arrange for your Instructor to meet you.

For the 'Skye Cuillin Ridge Traverse' course, if booking your own accommodation it is advisable to book **3 nights** accommodation (even though one of these nights you may bivouac instead). This is because in poor weather, you may opt not to bivouac, and also some B+B's may not take bookings in the format of accommodation on alternate days.

Meeting Arrangements

We aim to meet at 7pm on the first evening, in a designated Hotel or B&B. It's a chance to get to know your instructor and the rest of the group and plan the rest of the week.

Food

Food is not included in the course cost but evening meals should be available to purchase at local pubs or hotels. Hill food is very much down to personal choice but you should aim to bring plenty of complex carbohydrates. Cereal bars, sandwiches, flapjacks, jelly babies, peanuts, malt loaf etc are all good sources of energy and relatively easy to digest.

For the Skye Cuillin Traverse course, for the bivouac we will provide stoves and pans for you to use to make hot food and drinks so you can have a comfortable night out. You need to bring freeze dried/dehydrated food with you for that evening meal and for breakfast on the hill.

Maps

The Black Cuillin is a very complex area and there are a variety of maps available. By far the best for detailed navigation is the Harvey's Map. At a scale of 1:25,000 it has 1:12,000 map of the Cuillin on the back and is designed for walkers & climbers. The OS Landranger 1:50,000 No. 32 provides a good overview of the southern part of the island. The larger scale Explorer map 411 at 1:25,000 is good for finding routes and ridges but can be confusing in the areas it's really needed.

Poor weather

Weather conditions in Skye can change by the hour, it is certainly an exciting and surprising place to be! You will probably experience every type of weather imaginable throughout the week. We aim to make the very best of the conditions, and we will choose areas to scramble in accordance to the weather each day. This means our plans will be quite flexible, but we always find somewhere for a day's adventure.

Background Reading

Cooper, D. 1995. *Skye*. Birlinn Ltd (History & general interest)

Stainforth, G. *The Cuillin – Great Mountain Ridge of Skye*. Constable

(A beautiful photographic study of the Cuillin)

Williams, N. 2000. *Skye Scrambles – Walks, Scrambles & Easy Climbs on the Isle of Skye*. Scottish Mountaineering Club. (The definitive scrambling guidebook of the area)