

Intro to Snow & Ice Climbing Improver's Snow and Ice Climbing



Intro to Snow & Ice Climbing

Aimed at those who already have basic winter skills (basic crampon & ice axe) and want to climb snow and ice at grades I to III. Some previous rock climbing experience is advised.

- Snow belays, rock and ice anchors
- Multi-pitch climbing
- Route choice and avalanche avoidance
- Movement and technique

Improver's Snow & Ice Climbing

For those with previous winter climbing experience who wants to improve their skills, learn to lead or push their grade. The course will cover all aspects of the Introductory course plus:

- Routes graded III-V
- Learning to lead (where conditions permit) & retreating safely
- Advanced techniques of ice & rock protection

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 introductory course you need good basic winter skills and the ability to use crampons and ice axe safely and effectively. Some previous rock climbing experience is also advised. The Improvers course is designed for those who are reasonably comfortable on I-II graded ground, have an understanding of basic ropework techniques and wish to progress to harder climbs.

DATES

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

Weekend courses (3 days – 2 days guiding):

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

Midweek courses (6 days – 5 days guiding):

1. **Sunday** Arrive in the evening, Hotel
2. **Monday** Instruction and climbing, Hotel
3. **Tuesday** Instruction and climbing, Hotel
4. **Wednesday** Instruction and climbing, Hotel
5. **Thursday** Instruction and climbing, Hotel
6. **Friday** 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 either the friendly and luxurious Onich Hotel or the Loch Leven Hotel, a historic Ferry and coaching Inn; both are situated midway between Fort William and Glencoe. The hotels provide en-suite rooms, a comfortable bar, restaurant with excellent and filling food, and stunning views.

www.onich-fortwilliam.co.uk

<http://www.lochlevenhotel.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 (Day 3 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. Whether you stay at the Onich Hotel or the Loch Leven Hotel, on offer there's a full Scottish Breakfast. 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 3 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 the following:

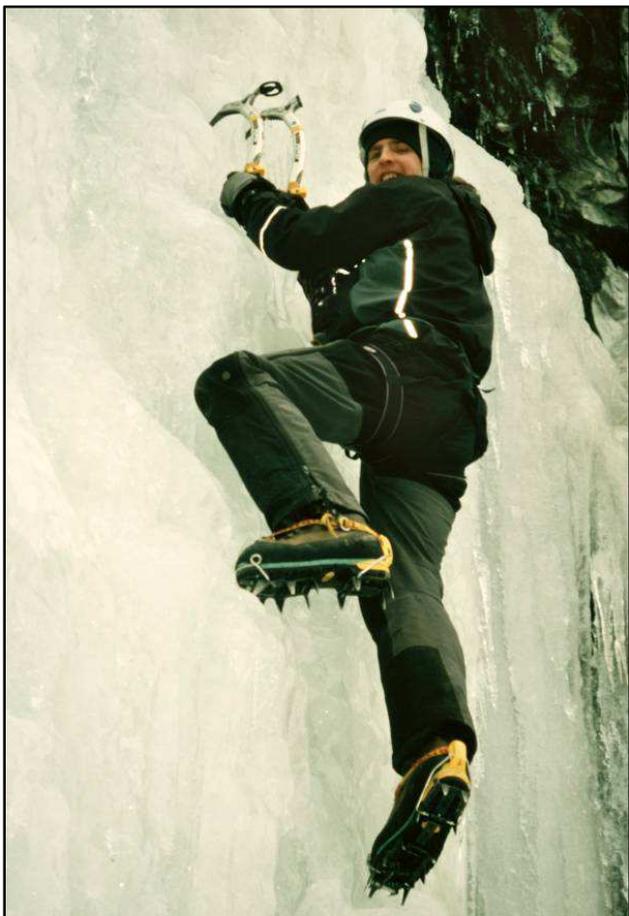
Day 1: On the first evening there will be an informal meeting with a member of the Adventure Peaks team to chat through the course.

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 revisit the skills required to move safely and efficiently on steep and exposed snow covered terrain.

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

Days 3, 4, 5 & 6: Your instructor will pick routes to maximize your learning, introduce you to the different aspects of winter climbing (gully, buttress & ice), develop certain identifiable skills and provide plenty of enjoyment with due regard to weather & avalanche conditions. Our courses have previously covered the full spectrum of routes including:



- Curved Ridge, II, Glencoe
- Ledge Route, II, Ben Nevis
- Aonach Eagach III, Glencoe
- Tower Ridge, III, 4, Ben Nevis
- Glovers Chimney, III, 4, Ben Nevis
- Twisting Gully, III, 4, Glencoe
- Green Gully, IV, 4, Ben Nevis
- The Curtain, IV, 5, Ben Nevis
- Smiths Route, V, 5, Ben Nevis
- Point 5 Gully, V, 5, Ben Nevis

On the Wednesday evening (6 day course) there will be a short slide show on some of the expeditions run by Adventure Peaks.

A 3-day 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 (Onich Hotel), 9.30pm Loch Leven hotel) on the day of your arrival).*
- ✚ Ropes and all technical equipment (exc personal kit)



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 week long course or once for a weekend. Prices in 2014 are £11.50 and £10.00 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!

INSTRUCTORS



The majority of our leaders are MIC Guides many of whom are members of AMI (Association of Mountaineering Instructors).
www.ami.org.uk

CLIENT/GUIDE RATIO - INTRO

3-day course 1:3
6-day course 1:3 for 2 days, then 1:2 for 3 days
We will run courses with a min of 1:2

CLIENT/GUIDE RATIO-IMPROVERS COURSE

Both the longer and shorter courses 1:2

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 Ice Factor in Kinlochleven.

www.ice-factor.co.uk



EQUIPMENT

On booking we will send you an 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)

www.adventurepeaks.com/ap/technical-shop

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

-  **Ice Tools
-  **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 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 & rescue cover is not required as Scotland has a dedicated voluntary Mountain Rescue Service. Insurance information can be provided on request.

BOOKS & MAPS

In winter the preference is to use 1:50,000 scale 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.

Alan Kimber has also written an excellent guide to selected climbs on Ben Nevis & Glencoe.

All these maps and guides are available from our shop or online at www.adventurepeaks.com.

