

## Winter Expedition Skills



### Winter Expedition Skills

Camping based, these winter expedition-training courses are a great way to train or prepare for Himalayan and high altitude expeditions. Alongside ascending a number of summits the course will give you a full range of skills training: crampons and ice axe, packing light, camping in snow, using fixed lines, snow holes and much more. Our leaders have experience of multiple expeditions around the world. Tents and specialised equipment provided. On days two and four you should expect to carry 20kg for 2-3 hours.



### 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 **Winter Expedition Skills** course all you need is a good level of fitness and enjoyment of long days on the British hills in summer.

## DATES

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

**Day 1.** Arrive in the evening, hotel

**Day 2.** Instruction, walk, journey, wild camp

**Day 3.** Instruction, walk, journey, wild camp

**Day 4.** Walk, journey, depart or hotel (extra)

The wild camp location will be the same for days 2 and 3.



## 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.

## TENTS & ACCOMMODATION

One night's hotel accommodation is provided for the first night. Nights 2 and 3 will be camping. Quality winter tents (Terra Nova or Marmot) will be provided as part of the course or you are welcome to use your own if you prefer. End of course hotels can be booked on payment of a supplement.

## MEALS

All meals (except breakfast at the hotel on day 2) will be prepared by you as part of the course. We will send you a list of suggested food to bring before your trip.

## 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:

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**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 and check your personal kit and issue you with any hire kit required. Overnight in hotel.

**Day 2:** The first day will involve a 2-3 hour walk into a wild camping area where we deposit the majority of

our kit. We then spend the rest of the day developing your skills to move safely and efficiently on snow covered terrain as well as what to do in the event of a slip.

- Movement on snow and ice
- Use of ice axe and crampons
- Ice axe arrest
- Using fixed lines

In the evening we spend time developing winter camping and cooking skills!

**Day 3:** Today will give you the opportunity to practice your new skills during a mountain journey with plenty of feedback from your instructor. Time will be spent on your journey to cover. We return to the same wild camp.

- Winter navigation and route planning
- Winter weather and avalanche avoidance
- Emergency shelters/optional night in a snow hole

**Day 4:** A further mountain journey and depart.

## WHAT IS INCLUDED

- 1 night's hotel accommodation on a B&B basis.
- Instruction by qualified Winter Mountain Leaders who have a wide knowledge of Himalayan Expeditions
- Tents and Specialised Camping Equipment.
- Transport during the course



## WHAT IS NOT INCLUDED

- Personal equipment including ice tools, crampons and sleeping bags (although much of this can be hired).
- Meals and drinks.
- Travel to Scotland

## 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 [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)



## CLIENT / GUIDE RATIO

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



## WEATHER CONDITIONS

Winter weather can be variable 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 (in Scotland). 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)*

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

## KIT LIST

A detailed list will be supplied on booking but the following items can be hired from us.

- Ice axe
- Crampons
- Climbing Harness
- Mountaineering boots (B2 or B3)
- Sleeping Bag -15 comfort limit
- Waterproof jacket and trousers

Please let us know at the time of booking or soon after as stocks are limited. 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 the UK 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 Landranger maps covering the area of your course.

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 and Glencoe. Similar guide books are available for Snowdonia and the Lake District.

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

