

A woman in winter gear is climbing a snowy mountain slope. She is wearing a green jacket, black pants, a red beanie, and goggles. She has a backpack and is using a climbing pole. The background shows a vast, snowy mountain range under a clear blue sky.

SMS STEWART MOUNTAIN SKILLS

Winter Skills Course
Information Pack
Winter 2016/17

Location

With Aviemore as our base we are perfectly placed to make the most of the ski road access to the high plateau of the Northern Cairngorms, offering a wide range of options for our courses. We may also use other nearby mountain areas such as Glen Feshie or Creag Meagaidh.

Other mountain bases can be arranged on request, such as Glencoe, Ben Lawers, Fort William or Torridon

Course content

This course is designed to give a comprehensive introduction to all the winter walking skills and needed to safely make the step from being a summer to winter hill walker.

On all courses we will choose the content of each day to make the best use of the prevailing conditions, as well as the aspirations and fitness of the team. However here is a sample course to give you an idea of the topics and journeys covered.

Day 1

Meet in Aviemore for introductions and equipment check.
Head up to the Cairngorm ski car park and journey into the northern corries

Skills covered: footwork on a variety of slope angles and snow types, with and without crampons.

Use of the Ice Axe to safeguard against a slip.

Understanding the snowpack and avalanche risk.

Day 2

Again we might head for the easy access at Cairngorm and try to take in a longer journey with a summit, maybe Cairngorm.

Build on the skills from day one and also look at:

Ice axe self-arrest

Navigation skills on the high plateau.

Day 3

A mountain journey from Glen Feshie, taking in A Munro Summit putting into practice the skills from day 1&2

Look at some further avalanche forecasting and snowpack stability tests.

Building an emergency snow shelter.

Day 4

A shorter mountain journey day to give tired legs a rest:

Focusing on developing movement techniques to deal with more complex walking terrain including steeper snow slopes, ice steps and mixed, rocky ground.

Day 5

A final classic Scottish winter mountain journey taking in the spectacular corries and high plateau of Creag Meagaidh, practicing all the skills covered during the week.

Kit list

On your body

Thermal base layer - long sleeved

Trousers - thick outdoor style or fleece/powerstretch

Fleece/powerstretch type warm top

GoreTex Trousers – salopette type recommended

GoreTex Jacket with good hood

Hat

Thin/medium gloves

Thick walking Socks

Gaiters

Winter Boots - B2 or B3

In your bag

30-40 litre rucksack

Extra insulating warm layer – synthetic down duvet
one big thick one or two thinner layers

Thick winter gloves or mitts

Neck Gaiter/buff

Walking/mountaineering crampons (C2) in a crampon bag

Single walking Ice Axe – 50-60cm recommended

Helmet

Flask and/or water bottle - at least 1 litre in total

Ski Goggles or Sunglasses (check the forecast)

Personal first aid kit

Head torch with fresh batteries

Mobile phone

Map 1:50k sheet 36 for Aviemore courses

Map case

Compass

Kit hire options

For hire of Mountaineering boots, Ice Axes and crampons or Ski touring packages

www.mountainspirit.co.uk

www.ellis-brigham.com/aviemore.htm

Accommodation options

Youth Hostels in Aviemore and Glenmore

www.syha.org.uk

Hotels and bunkhouses

www.visitcairngorms.com/accommodation

Contact Us

info@stewartmountainskills.com

07901684579

BOOKING FORM

Stewart Mountain Skills

2 Lockhart Place

Aviemore

Invernesshire

PH22 1SW

info@stewartmountainskills.com

07901 684579



Agreed Dates of course:

First Name: **Surname:**

Address:

.....

Email:

Telephone No.: **Mobile No:**

Name and address of a person to be contacted in case of an emergency:

.....

.....

Any medical conditions or allergies

.....

Payment conditions and booking conditions

Please send completed booking form to the above address, along with a deposit of 50% of the agreed fees. This deposit is non-refundable if the course is cancelled within six weeks of the start date. Please make payment by BACS transfer to Acct; 10251464 Sort Code; 80-45-27

The balance of the course fee is due two weeks prior to the start date

Participation declaration

I am over eighteen years of age and physically fit for the activities I have chosen, recognise that the activities may be hazardous and I accept a certain element of risk.

I understand that if I cancel my booking within two weeks of the start date I will be liable for the full fees.

PARTICIPANTS SHOULD ARRANGE CANCELLATION INSURANCE & ACCIDENT COVER AS REQUIRED.

We will endeavour to ensure that your course runs as planned. However, we reserve the right to modify the content of a course due to prevailing weather or other conditions and will always try to offer a suitable alternative itinerary or location. In the event of a cancellation by Stewart Mountain Skills due to weather conditions no refund can be offered.

Signature Date