

A woman in winter mountaineering 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 landscape under a clear blue sky.

# SMS STEWART MOUNTAIN SKILLS

Winter mountaineering 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 course. 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

## **Meeting place**

For open courses we will meet at 0830 in the Active café in Aviemore. Just beyond the Youth Hostel on the left on the way into town from the south.

For Bespoke courses we can arrange a meeting at your accommodation if you prefer.

## **Course content**

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  
Cairngorm ski car park and journey into the northern corries  
Skills covered: Developing movement techniques to deal with more complex walking terrain including steeper snow slopes, ice steps and mixed, rocky ground.

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 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.

Introducing belaying and bucket seats

### **Day 3**

A day in the Northern Corries:

Look at some further avalanche forecasting and snowpack stability tests.

Putting into practice snow belays on some steeper slopes and looking at other snow anchors and abseiling.

### **Day 4**

A mountaineering journey putting into practice all the skills practiced and building simple rock anchors.

### **Day 5**

A final classic Scottish winter mountaineering journey, climbing a simple gully or mountaineering ridge practicing all the skills covered during the week.

### **Kit list**

Please contact us to discuss any kit questions in advance of your course if you are unsure.

#### **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

Map 1:50k sheet 36 for Aviemore courses

Map case

Compass

## **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

## **Previous experience**

To get the most out of this course previous winter walking experience with competency in the use of ice axe and crampons is useful.

## **Kit hire options**

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

[www.mountainspirit.co.uk](http://www.mountainspirit.co.uk)

[www.ellis-brigham.com/aviemore.htm](http://www.ellis-brigham.com/aviemore.htm)

## **Accommodation options**

Youth Hostels in Aviemore and Glenmore

[www.syha.org.uk](http://www.syha.org.uk)

Hotels and bunkhouses

[www.visitcairngorms.com/accommodation](http://www.visitcairngorms.com/accommodation)

## **Contact Us**

info@stewartmountainskills.com

07901684579

# BOOKING FORM

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**Stewart Mountain Skills**

2 Lockhart Place

Aviemore

Invernesshire

PH22 1SW

[info@stewartmountainskills.com](mailto:info@stewartmountainskills.com)

07901 684579



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**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:**

.....

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**Any medical conditions or allergies**

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**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 .....