



SMS  
STEWART  
MOUNTAIN SKILLS

Ski 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, Glenshie or Fort William.

## **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 and experience 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 and collect hire equipment if necessary.

Cairngorm ski car park and journey onto the Cairngorm Plateau.

Skills covered: Getting to grips with the equipment, skinning uphill and changeovers for descent. Off piste ski technique.

### **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:

Kick turns in ascent

Navigation skills on the high plateau.

Route choice

Understanding the snowpack and avalanche risk.

### **Day 3**

A classic mountain journey, possibly Creag Meagaidh horseshoe or Drunochter Munros, building on the skills covered so far and choosing the best lines for descent.

### **Day 4**

Possibly an easier day to rest tired legs, looking in more detail at avalanche assessments and general mountaineering skills. A day on the pistes is also an option to improve ski technique.

### **Day 5**

A final classic Scottish Ski mountaineering journey, taking in some high summits and remote mountain desents, practicing all the skills covered during the week.

### **Previous experience**

To get the most out of this course previous skiing experience is essential, but so long as you can ski a red graded run in control we can tailor our mountain journeys to you. Off piste experience is helpful but not essential.

**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

Ski touring boots

## **In your bag**

30-40 litre rucksack with ski straps

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 recommended

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

Climbing skins in a bag

Touring skis with bindings compatible to your boots

## **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 .....