



Icicle Mountaineering Ltd | 11a Church Street
Windermere | Lake District | LA23 1AQ | UK

Tel +44 (0)1539 44 22 17 | info@icicle.co.uk

Website: www.icicle-mountaineering.ltd.uk
Online: shop.icicle-mountaineering.ltd.uk



2020 trip dossier | **Scottish Winter Week £699**

Website link <http://www.icicle-mountaineering.ltd.uk/scottish%2Bwinter%2Bclimbing%2Bweek.html>

Key features

- **A full week in the Scottish mountains learning winter skills.**
- **Full board accommodation, meals from Monday breakfast to Friday lunch are included.**
- **Develop winter mountaineering skills inc avalanche awareness.**
- **Led by top qualified guides (IFMGA, MIC, WML), to really launch your winter climbing career**
- **All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired from Icicle**
- **2020 dates; 10 - 16 Jan, 17 - 23 Jan, 24 - 30 Jan, 7 - 13 Feb, 21 - 27 Feb, 6 - 12 Mar, 13 - 19 Mar, 20 - 26 Mar.**



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UK registered company 413 6635. VAT 770 137 933

'inspirational mountain adventure holidays'

20 years
established in 2000





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Course overview

Spend a full week in the mountains of Scotland, learning winter skills and tackling Scottish routes in full winter condition. During the week you climb grade I and II gullies and ridges, as well as learning key skills. Key route objectives for the week include Carn Mor, Dearg Arete, or Ledge Route on Ben Nevis, and the Curved Ridge in Glencoe.

- Our Scottish winter courses are all based in the mountains of Ben Nevis and Glencoe, as these provide some of the most reliable snow and winter climbing conditions of anywhere in the UK. The mountains there also offer a wide range of route options at all grades, so are a perfect training ground for these courses.
- Accommodation is full board based in a hotel near Fort William. On the Sunday when you arrive you are booked in on a B&B basis, so you can arrive late in the evening or purchase a bar meal on the first evening. Meals from Monday breakfast through to Friday lunch are included. The course ends on Friday afternoon, so you can travel home for the weekend.
- When you book, you are sent a detailed course dossier, which provides full detailed equipment lists, hire kit information, meeting and travel details.
- Apart from fantastic Scottish routes in winter conditions you learn key skills including moving together, ice axe arrest, avalanche prediction, and belays.
- As a guide to previous experience, we suggest a good level of fitness, a good ability with exposure, and a good capability in inclement and cold weather – which Scottish climbing is famous for.
- Any previous roped climbing experience (even indoor climbing or roped crag scrambling) is a bonus, but is not essential, as the itinerary can be flexible to adjust to the level of skill of those attending.
- This course is always operated even if only two people book, as there is a 1:2 guiding ratio for three of the five days. If only one person books a date (unusual), we will offer you a free transfer to an alternative date (don't make any non-refundable travel arrangements until numbers are confirmed).
- This week develops your skills on progressively steeper ground, attempting typically grade I & II gullies and ridges. The technical content is: how to use ice axe and crampons; winter ropework and snow belays, ice axe arrest emergency skills; avalanche awareness and avoidance; snow & ice climbing techniques; and winter navigation and route planning.

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Instructors & skills

- The majority of instructors leading these courses are either IFMGA guides, MIC mountain instructors, or WML mountain leaders. All of our Scottish guiding team are highly qualified, and amongst the most experienced in the UK. The guiding ratios are one instructor to a maximum of six clients for the first two days, then one instructor per two clients for the last three days.
- Scottish mountaineering is very weather dependant, so our itineraries are flexible to allow the instructor to adapt plans to ensure that you achieve the maximum of both learning skills and climbing mountain routes in the week.
- Our scheduled dates are in the key Scottish winter season, so we are confident of sufficient snow and good conditions for the whole period. However, if the wind speeds are dangerous, or the avalanche risk is too high, we have the contingency option of the Kinlochleven Ice Factor wall.

Sample itinerary

Friday

The B&B check in is from 16:00. You can purchase a bar meal until 20:00 in the evening, or can eat out. At 20:00, a member of the Icicle guiding team joins you in the hotel for a briefing, so you have the opportunity to ask any questions, before the activities the next day. For those of you arriving on a later train after work, don't worry, as this briefing can be repeated the next morning.

Saturday - Day 1 of 5 guiding (1:6 ratio).

After breakfast, you will meet your instructor for the week, who will brief you on conditions and check your equipment. The instructor will design the itinerary to cater for your previous experience and aspirations, in conjunction with the weather and avalanche forecasts. You focus on skills for moving safely on snowy terrain, kicking steps, ascent & descent techniques, and you practice ice axe arrest skills in event of a slip. Night in B&B.

Sunday - Day 2 of 5 guiding (1:6 ratio).

During the day you are taught the use of the rope for Scottish winter routes for protection, and you will learn about the wide range of snow anchors that can be used for direct or indirect belays. The skills you practice today will be re-visited throughout the week, but are the key staple skills for any winter climbs in Scotland or the UK mountains. Night in B&B.

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Monday - Day 3 of 5 guiding (1:2 ratio).

As the first two days covered the key basic skills, today is a chance to put them all together, and to learn how to move quickly and efficiently. You typically spend some time today learning avalanche awareness skills and techniques for assessing the stability of the snowpack. Night in B&B.

Tuesday - Day 4 of 5 guiding (1:2 ratio).

The last two days of the course are guided on a 1:2 ratio to ensure that you are operating at the best client to instructor ratio for your progression and for safety. There are many routes to choose from, but typically you climb one of the uber-classic Scottish winter routes which are famous for really developing you as a Scottish winter climber. Night in B&B.

Wednesday - Day 5 of 5 guiding (1:2 ratio).

You climb a winter ridge route or a buttress, which are more exposed than the gullies of yesterday, and the instructor will lead you on a classic winter route. Guiding is scheduled to finish by 17:00, so you can return any hire kit, and then celebrate the weeks achievements down one of the local pubs! Night in B&B

Thursday

Breakfast at the B&B, and then you check out and are free to depart to travel home.

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this outline as a guide to the types of activity that you will attempt.

Course Inclusions

1) 5 days guiding by qualified instructors, 2) UK office for support & logistics, 3) Six nights B&B accommodation from Friday afternoon through to Thursday morning, 4) Pre course information booklet, 5) Equipment discount voucher for Icicle shop, 6) Free 36 page technical Course Instruction Booklet, 7) Group technical equipment (e.g. ropes), 8) Loan of ice axe, crampons, harness and helmet (if reserved at least one month in advance of the trip to ensure availability).

Course Exclusions

1) Travel to and from Scotland, 2) Cable Cars on Aonach Mor or White Corries (approx. £30 total for week), 3) Rental equipment (e.g. B3 mountaineering boots), 4) Personal laundry, telephone calls, lunches, evening meals, & any purchases on the mountain / hotels / restaurants, 5) Entries to the Ice Factor in event of extreme weather or avalanche risk, 6) Activities insurance, & excess baggage charges.

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Notes:

Group sizes for this trip are 3 (min) - 12 (max) people. If you require any rental equipment, this can either be hired from our shop in Windermere (click for details), or locally in the Fort William area. The instructor may occasionally suggest that avalanche safety kit (transceiver, shovel, probe) is required, and this should be hired in Fort William at your expense.

Climbing skill

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Beginner.**
Mountaineering: **Hill walking experience.**
Ice & Rock: **No previous experience needed.**
Fitness: **Good general fitness and stamina.**

Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 2** - We suggest that people on courses of this grade can run 10km without a problem, but we stress that for courses of this level you do not need to be any fitter than this minimum level, though it is there to ensure a good basic level of aerobic fitness and training.

How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via WorldPay). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

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Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists, and a separate WorldPay receipt. If you haven't received these two e-mails within half an hour of booking online, check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space. Once you have this office confirmation, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

- Telephone +44 (0)1539 44 22 17
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- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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