



Scottish Winter climbing week 2019



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.



Course summary and key details

- 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.

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.

Testimonials

*"Learned one hell of a lot this week, and know I need to keep practising the skills, or I'll forget them! Thanks so much for a great week", **Ben J***

*"I'm just editing my photos, and there are some stunning ones from the CMD ridge on the Ben, which was my favourite route of the trip", **Julie B***

*"Another top week with you. Thanks to you all for the instruction, advice before the trip, and help with all my travel arrangements too", **Fran T***



Course daily itinerary & objectives

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.

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, 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 dates, prices, & inclusions



£699

5 full days guiding, 1:6 instructor ratio & 1:2 ratio
7 days holiday in total, Friday- Thursday

Standard 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).

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.

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.

Dates

- 11 - 17 Jan 2019
- 18 - 24 Jan 2019
- 25 - 31 Jan 2019
- 8 - 14 Feb 2019
- 22 - 28 Feb 2019
- 8 - 14 Mar 2019
- 15 - 21 Mar 2019
- 22 - 28 Mar 2019



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