



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 Skills £325**

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

Key features

- **A weekend to develop key winter skills and roped climbing techniques..**
- **Full board accommodation, meals from Saturday breakfast to Sunday lunch are included.**
- **Develop winter mountaineering skills inc use of ice axe and crampons and 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 - 12 Jan, 17 - 19 Jan, 24 - 26 Jan, 7 - 9 Feb, 21 - 23 Feb, 6 - 8 Mar, 13 - 15 Mar, 20 - 22 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

- This weekend has a real focus on developing your skills on progressively steeper ground, and you will also be able to progress to learn some key Scottish Winter roped climbing techniques. The terrain you will encounter on this course is up to grade I & II gullies and ridges.
- Learn how to use your crampons and ice axe, and how to arrest a fall. You focus on route choice, snow anchors, footwork with crampons, navigation in winter conditions, and steep ground. These weekends are great training for those planning a first trip to the Alps.
- 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 here also offer a wide range of route options at all grades, so are a perfect training ground for these courses.
- The course accommodation is in a B&B near Fort William, from the Friday afternoon / evening when you arrive through to the check out on the Sunday, as the course ends on Sunday afternoon, so you can travel home. Evening meals are available locally in a variety of pubs, and packed lunches can be purchased.
- When you book, you are sent a detailed course dossier, which provides full detailed equipment lists, hire kit information, meeting and travel details.
- For previous experience, we suggest a good level of fitness and ability with exposure, allied with a good capability in inclement and cold weather. Any previous climbing experience (e.g. indoor climbing / scrambling) is a bonus.
- This course is always operated even if only two people book. If only one person books a date (unusual), we offer you a free transfer to an alternative date (don't make any non-refundable travel arrangements until confirmed).
- Although you can never cover as many skills and routes during a weekend as when you have a full week, the aim is to cover as much as possible. The technical content covered is the following;
 - 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
 - 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.
- 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.

Our scheduled dates are in the key Scottish winter season, so we are confident of sufficient snow and good conditions. 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 and onwards on the Friday. 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 2 guiding (1:6 ratio). After breakfast, you will meet your instructor for the weekend. They will brief you on the latest weather and conditions, and check your equipment. If you have hired any equipment locally, ensure you have collected it the evening before, to be ready. The instructor will design the itinerary to cater for your previous experience and aspirations, and what skills you aim to learn for future objectives. The skills are taught while you are on the mountain so you will get a good mountain day. The focus is on learning and practicing skills for moving safely on snow and ice covered terrain. This includes kicking and cutting steps, ascent and descent techniques, and the use of crampons and ice axe(s). You also practice ice axe arrest skills which are essential to stop you safely if you slip. You will also learn about avalanche awareness skills including the use of avalanche transceivers for searches, and techniques for assessing the stability of the snowpack. Dinner and night in the hotel.

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Sunday

Day 2 of 2 guiding (1:6 ratio). The aim of today is to get onto steeper graded ground, to develop your skills further but on a Scottish mountain climbing route. It is designed to be a full mountain day. During the day you are taught the use of the rope for Scottish winter routes for protection, including how to move together and pitched climbing. You will also learn about the wide range of snow anchors that can be used for direct or indirect belays. These include bucket-seat belays, buried axe belays, stomper belays, and direct belays using Italian hitches. The skills you practice today are the key staple skills for any winter climbs in Scotland or the UK mountains. All the guiding is scheduled to finish by 17:00, so you can return any hire kit, and then depart to travel home, to minimise time off work. If you do not wish to return home immediately, it may be possible to book another night in the hotel

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 route / activity that you will attempt.

Course Inclusions

1) 2 days guiding by qualified instructors, 2) UK office for support & logistics, 3) Two nights B&B accommodation from Friday afternoon through to Sunday 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).

Course Exclusions

1) Travel to and from Scotland, 2) Cable Cars on Aonach Mor or White Corries (approx £15 total for weekend), 3) Rental equipment (e.g. crampons, axe, helmet & harness), 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. When there are more than 6 clients, a second instructor joins. 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, depending on conditions, and this should be hired in Fort William at your expense.

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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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