

Snow holing expedition

Grade Four **4**

For: More suited to regular hill walkers / hikers with recent regular experience of rough terrain. Good fitness and stamina necessary. Adventurous and fit novices could be fine - please ask.

Terrain: with a mix of pathed and off path ground which may be rough.

Average Daily Distance: 8-14 miles (13-22km)

Average Daily Ascent: Up to 4000ft (1250m)

Walking For: 6-9 hours (plus stops)

This course designed is to give participants a chance to experience the challenge and adventure of spending a night out in a snow hole. If weather permits a mountain journey will be undertaken somewhere in the high Cairngorms, Glen Feshie or Monadhliath areas.

Pre-requisites for this expedition are:

- to have done a winter skills course before
- to have done a snow hole building course before

Should weather conditions be such as to prevent access to the high mountains, a lower level alternative will be found.

Your snow holing expedition includes:

- 1 night accommodation at Cairngorm Lodge Youth Hostel
- 1 night accommodation in a group sized snow hole
- Food for 1 expedition dinner, 1 breakfast & hot drinks
- Transport from and back to Stirling to a suitable practice location
- Free use of ice axe, crampons and helmet

Snow holing expedition - Brief itinerary:

Start time : 16:45

Finish time : 20:00

Day 1: Meet at Stirling and travel by private mini-bus to Cairngorm Lodge near Aviemore. There will be a stop on route for an evening meal (at your own expense). After we have checked into our accommodation there will be a briefing about the expedition and the plan for the next day, and a thorough equipment check.

Day 2: Once final packing and preparations have been made, set off to the start of the journey. Walk in the mountains to reach a suitable snow holing site by about 2pm. Dig out a 'palace' and settle in for the night.

Day 3: Pack up and continue on, finally returning to our start point by 3pm. Debrief somewhere suitable and then travel back to Stirling, arriving there by 20:00.