

Winter Skills Day Course

Grade Three **3**

For: Fit novices, regular vigorous exercisers, regular hill walkers / hikers. Good fitness and stamina required.

Terrain: Longish varied paths or rough unpathed hillsides.

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

Average Daily Ascent: Up to 2500ft (770m)

Walking For: 6-8 hours (plus stops)

About the Winter Skills Day

This is the absolute minimum course for winter mountain walking and is a basic introduction to, or revision of, the essential skills needed for walking in the hills in winter.

We leave Stirling early morning on a mini-bus and travel to a suitable location where we can practise eg Ben Lawers, Ochils, Cruach Ardrain, Cairngorms, Meall a Bhuidh, Glen Shee:

Topics covered include:

- Movement on snow slopes
- Uses of an ice axe
- Self arrests
- Step cutting
- Uses of crampons

Return to Stirling will be early evening.

Should weather conditions be such as to prevent access to the mountains, instruction will be given in skills relevant to some aspect of winter mountain travel.

Your winter skills course includes:

- 1 day instruction with a qualified Winter Mountain Leader
- Transport from and back to Stirling to a suitable practice location
- Free use of ice axe, crampons and helmet