

# Winter Skills Weekend Course

## 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)

## About the Winter Skills Course

Learning the skills to move around securely in the winter hills in Scotland is an essential part in the development of personal outdoor skills. As with many aspirations, if you don't try it you'll never know what you're missing...

Highly recommended for aspiring winter mountain walkers, this is a detailed practical course in winter techniques.

It consists of practise in the safe movement on snow slopes, use of ice axe for support and arresting a slip, step kicking and cutting, fitting and walking in crampons in a variety of terrain.

Further practise of what to do when, is gained on a mountain walk, and evening sessions cover topics like equipment, winter hazards, snow structure and avalanche awareness. Sounds a lot and it is but its a great way to spend a winter weekend, its hard work at times but fun as well.

Courses take place in the northern Cairngorms.

## Your Winter Skills Weekend Course includes:

- Qualified Winter Mountain Leader
- 2 days practical instruction and 2 evening sessions
- 2 nights hostel accommodation
- Food for 2 breakfasts, 2 packed lunches and 1 evening meal
- Transport from and back to Stirling and daily as required
- Free use of ice axe, crampons and helmet