



INSPIRATION • ENCOURAGEMENT • RESTORATION

Winter Mountaineering Course in Scotland 22nd-26th January 2024

Who is the course for?

As a course participant you will need a good level of summer mountaineering experience, and be keen to extend your skills to winter mountaineering. You exercise regularly through the week – running, walking, cycling or playing sports. You can sustain a raised heart rate for a 45 minute run or a 2 hour bike ride. You can walk in the mountains or climb all day, but feel tired at the end.

What does the course cover?

- Movement coaching with axe and crampons in ascent and descent
- Movement over grade I gullies and ridges
- Basic rope work and belaying
- Constructing and using snow anchors, and selecting rock anchors
- Abseiling using snow anchors
- Snow pack evaluation, avalanche awareness and risk assessment
- Route planning and winter navigation
- Snow shelters
- Time for further developing and consolidating the skills learnt
- Opportunities to plan and carry out winter mountain days

Where is the course based?

The course is based at Fort William on the west coast of Scotland. We have reserved a self-catering apartment at Calluna – details can be seen [here](#). You will need to contact Victoria at Calluna to pay for your accommodation, telling her that you are coming on this course.

What's the maximum ratio?

1:6

How much does it cost?

Guiding fee: £400

Self-catering accommodation: £111 for six nights, arrive Sunday 21st January, leave Saturday 27th January