



INTRODUCTION TO WINTER CLIMBING

COURSE OVERVIEW

Our Introduction to Winter Climbing Course is for those who have winter walking experience, some winter mountaineering and climbing experience, and who want to learn how to climb more safely or harder routes.

On this course you will climb grade 1 to 3 winter routes using two technical axes, climbing in pitches and using both mountaineering and climbing techniques to do so safely.

WHAT IS COVERED?

Where we climb and what we cover is affected by your skills and confidence, and we always use locations that allow you to learn as much as possible. However, a typically itinerary would be;

- On our first day we will refresh your basic winter mountaineering skills. It is very important that we can crampon effectively, have the core winter skills and can evaluate the snowpack before moving onto steeper slopes. Next we'll look at tying in, rope work, belays and simple anchors on a grade 1 gully.
- Day two and we'll move onto climbing a mixed route (snow, ice and rock) at grade two. We'll look at safe movement, decision-making, gear placements, anchors, belays, rope-work and stance management.
- A mixed ice route will be our aim for day 3. Your guide will focus today on climbing techniques, stance management, protecting lead climbing and more decision-making. Today is a good opportunity to climb something harder than you might normally climb and to learn from watching how a climbing professional does it.
- There are leading opportunities each day, but on day four, with all that you have learned and watched over the previous three days, you'll climb a mixed grade I/II route. Belays, protecting the climb, decision making and moving safely will all be your responsibility; however you guide will climb alongside to coach you and give advice if required.
- On day five, your final day, we refresh and consolidate what has been covered in the course. There's the opportunity to lead more routes, focus on particular skills sets or to be guided on a harder route. It's entirely up to you, but it's important you finish the course with a good understanding of how to winter climb safely.

We believe the best way to winter climb safely is by having the experience to make the right decisions. That's why on our course we aim to have you climbing and learning as much as possible to give you that climbing confidence.

HOW LONG SHOULD I GO FOR?

This is a five- day course.

WILL I BE SAFE?

Mountaineering requires an acceptance of risk, as the mountains are a dynamic environment where serious risks and dangers do exist. Our guides are experienced and qualified and your safety is paramount. The course progresses with your skills and we use locations on the mountains that suit you. In this way we manage risks to make the course as safe as possible.

WHERE DO THE COURSES RUN?

We run most of our courses in the Cairngorm National Park, where Aviemore is the closest town.

HOW MUCH DOES IT COST AND WHAT DOES THAT INCLUDE?

This course runs with a ratio of 1:2 and costs £610 per person which includes instruction, ropes, technical climbing gear and transport from Aviemore. If you would prefer a 1:1 ratio and bespoke dates the cost is £245.00. It does not include accommodation or personal equipment, however we can recommend good local places to stay and eat.

If you have any queries please do not hesitate to contact us.

We look forward to meeting you,
The Cairngorm Adventure Guides Team

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