



## INTRODUCTION TO WINTER MOUNTAINEERING

### COURSE OVERVIEW

Our Introduction to Winter Mountaineering course bridges the gap between walking and climbing. It is aimed at people who have winter hill walking experience and who have aspirations of moving on steeper and more challenging terrain.

The course aims to teach you the skills required for moving safely on steeper terrain during winter such as gullies, headwalls and rocky ridges, using ropes and mountaineering techniques.

### WHAT IS COVERED?

- A typical itinerary would see us on our first day refresh your core winter skills such as good foot-work, cramponing, using ice axes, avalanche awareness and navigation. It is essential to have these fundamental skills at a good level before moving onto steeper terrain. We will also introduce ropes, harnesses and basic belays.
- Next day we'll move onto steeper terrain, looking at personal techniques for moving safely, how and when to use a rope, simple snow and rock anchors, and belaying.
- Day three and you'll put the skills you have learned into practice as we move through the mountains on steeper snow terrain, typically a grade 1 gully. You'll have your guide climbing alongside keeping you right as you make decisions, choose anchors and make belays.
- Day four is another journey through the mountains this time on rocky ridges. Ridges can be a challenging mountain feature that require a different strategy climbing gullies and headwalls.
- Our final day will see us moving on mixed snow and rock terrain using a combination of the different techniques you have learned. There is also an opportunity on this day to re-visit anything covered earlier in the course.

We believe the best way to learn mountaineering is by being out mountaineering. That's why our courses have small ratios of 1 instructor to 2 participants and are hands on from the start. If you are a group of friends, we can extend the ratio to a maximum of 4 participants.

## **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 Cairngorms National Park, where Aviemore is the closest town.

## **HOW MUCH DOES IT COST AND WHAT DOES THAT INCLUDE?**

The course costs £610 per person, which includes instruction, ropes, technical climbing gear and complimentary transport from Aviemore. It does not include accommodation, food 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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