



## **INTRODUCTION TO WINTER WALKING**

### **COURSE OVERVIEW**

Our one-day Introduction to Winter Walking course is aimed at those who have no previous winter experience but who are keen to learn and develop the skills required to stay safe in the mountains during winter.

### **WHAT IS COVERED?**

- Personal equipment and what to carry in your rucksack
- Weather forecasts
- Avalanche forecast and awareness
- Safe and efficient movement on snow
- Using crampons
- Using an ice axe for self arrests and cutting steps
- Basic winter navigation
- What to do in an emergency

We aim to introduce these skills and for you to leave with the confidence to get out hill walking and consolidate what you have learnt.

### **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 and Aviemore is the closest town.

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

The course costs £70 per person, which includes instruction from a qualified and experienced guide, crampon, ice axe and helmet use. It does not include accommodation, personal hill walking equipment or lunch. However recommend good local places to stay and eat. We also offer complimentary transport that is available during your course from Aviemore.

All Cairngorm Adventure Guides clients get a 15% discount in Cotswold Outdoor stores and a 10% Scottish Youth Hostel Association discount when booking.

To book on please ask us for a booking form.

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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