



WINTER SKILLS – 2 days

COURSE OVERVIEW

Our 2-day Winter Skills covers the fundamentals required for staying safe during winter.

There are lots of techniques to introduce and practice; personal movement to prevent taking a slip (crampon-ing, step kicking and cutting), using an ice axe, self-arrests, winter navigation, planning and preparation, snow pack analysis, avalanche avoidance, emergency procedures and understanding the winter environment.

These skills are all coached in the context of a mountain journey. Once the course is finished you'll have a good understanding of them, allowing you to get out into the mountains to practice and consolidate.

This course is mainly practical and based out on the hill. We run them from Aviemore in the Cairngorms National Park, Scotland.

Two days of our course will leave you with the confidence and knowledge to safely go winter hill walking.

A typical itinerary is;

- Day one we look at how to prepare for winter, what we carry, how we carry it and why we carry it. We also look at weather and avalanche forecasts and what they mean to us. Once on the mountain it's all about safe and efficient travel, good footwork, simple uses of ice axes, self-arrests, avalanche awareness and basic winter navigation.
- We continue to develop our personal movement skills on day two which includes cramponing and moving on steeper terrain, different types of self-arrests, more avalanche awareness and snowpack analysis, and emergency procedures. We'll also build on winter navigation; planning and preparation, identifying features, timings and pacing, and taking bearings.

The weather and snow conditions can affect the order in which skills are taught meaning the itinerary can sometimes change.

Course highlights:

- Learn how to use crampons & ice axes
- Develop avalanche awareness
- Self-arrests
- Improve your navigation skills
- Emergency procedures

- Become independent in the mountains
- Understand the winter environment better
- Qualified & experienced guides
- Small groups sizes

If you are a student group or a hill walking club, we are offer discounted winter skills courses, please [get in touch](#) for more information.

We are now also running [Introduction to Winter Walking](#) courses which are 1 day for complete novices.