



WOMEN ONLY WINTER SKILLS

COURSE OVERVIEW

Our two-day Women only Winter Skills courses cover the essential mountain skills required to stay safe during winter. It is for women who have some summer hill walking experience but limited winter experience and who prefer to learn in a female only environment. The course will be delivered by one of our amazing female guides.

WHAT IS COVERED?

COURSE HIGHLIGHTS:

- Learn how to use crampons & ice axes
- Develop avalanche awareness
- Self arrests
- Improve your navigation skills
- Personal movement skills for snow and ice
- Emergency procedures
- Understand the winter environment better
- Qualified & experienced guides

A typical itinerary would be;

- Day one we look at how to prepare for winter, what we carry, how we carry it and why we carry it, we look at weather and avalanche forecasts and what they means to us. Once on the mountain it's all about safe and efficient travel, good footwork, simple uses of ice axes, self-arrests and avalanche awareness.
- 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, route planning and navigation and emergency procedures.

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 £140 per person, which includes instruction and free crampon, ice axe and helmet hire. It does not include accommodation, lunch or personal equipment, however we can recommend good local places to stay and eat. We also offer complimentary transport, which is available during your course from Aviemore.

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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