

Scottish Winter Skills: Two Day

Do you want the skills to enjoy the wild winter adventures that the Scottish hills provide?

This course is for you!

Get a solid introduction to the skills needed for enjoying Scottish Winter Hillwalking, whilst enjoying two days on the mountains of the Cairngorms. Depending on conditions we will aim to look at:

- **Planning your day: interpreting the weather and avalanche forecasts. The “Be Avalanche Aware” System & the Scottish Avalanche Information Service.**
- **Winterising your gear: get your clothing and equipment ready for snow and wind. What to take. How to carry it.**
- **Good winter footwork on snow**
- **Winter navigation**
- **Use of the ice-axe for stability and to stop slips quickly**
- **Step cutting**
- **Use of crampons**
- **Ice-axe self-arrest**
- **Emergency shelters and procedures**

When: Saturday 29th and Sunday 30th December 2018

Where: On the first day, we will meet at 08:15, Costa Coffee, Aviemore. We will discuss the day and look at the weather and avalanche forecasts over a coffee, before heading up to the Cairngorm ski car-park to start our journey. There will be time for pre-booked winter equipment to be picked up en-route if necessary. We will finish by 16:00 on both days.

Experience & fitness required: You will have done some summer hillwalking, but have yet to discover the delights of winter. You have the fitness to cope with a 6-hour hillwalking day, albeit at a steady pace.

Gear required: A full kit list will be sent to you upon booking. **Please note you will require winter boots, ice-axe and crampons: these can be hired locally if needed (budget approx. £25 per day for all three).**

Your instructor: Jonty Mills, local Winter Mountain Leader, Mountaineering Instructor (MIA) & International Mountain Leader. www.onhighhills.com

Price and booking: £ 120 per person, for instruction/guiding only. Max. 6 places. **Course guaranteed to run with just 2 bookings! Full refund if e.g. weather or snow conditions mean we can't safely run the course**

To book or to enquire email jonty@onhighhills.com or phone 07757 302 590

