

Scottish Winter Hills: Taster/Intro Day

Does your hillwalking stop when the snow arrives? Like the idea of heading out onto the snow-covered hills but don't know where to start? This day is for you!

Get an introduction to some of the skills needed for enjoying Scottish Winter Hillwalking, whilst enjoying a short journey through the Cairngorms. Depending on conditions we will aim to look at:

- **Planning the day: interpreting the weather and avalanche forecasts**
- **Winterising your gear: get you clothing and equipment ready for snow and wind**
- **Good winter footwork on snow**
- **Use of the ice-axe for stability and to stop slips quickly**
- **Use of crampons**
- **What to do in an emergency**

When: Sunday 3rd March 2019

Where: We will meet at 08:15, Costa Coffee, Aviemore. We will discuss the day over a coffee, and look at the weather and avalanche forecasts. There will be a bit of time after that to pick up any pre-booked equipment, before we head up to the Cairngorm ski car-park to start our journey. The day will be finished by 16:00.

Experience required: You will have done some summer hillwalking, but have yet to discover the delights of winter!

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 for all three). I have a limited number of items e.g. axes, that can be loaned on a first come-first serve basis.**

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

Price and booking: £ 55 per person, for instruction/guiding only. Max. 6 places. **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

