



inspiring adventure

GLENMORE LODGE

WINTER CLIMBERS' WORKSHOPS

General Aims:

This free training day is aimed at climbers, both relative novice winter climbers as well as more experienced folk. In the long run we would hope that this day will save you time and effort in the future and enable you to make the best of Scottish winter climbing conditions.

How to recognise the best winter conditions, climbing venues and routes, selecting alternative options once on the ground, sound decision making and developing good judgment. Most problems encountered in the hills relate to poor decision making in the first place.

Advice on managing the risks when winter climbing, whether it be the essential kit to have or the skills needed. Some skills will also be explored, how to approach the bottom of the climb roped and ready to go in an efficient manner and taking account of the hazards.

The day will start at Glenmore Lodge at 08.50 looking at weather and avalanche, forecasts and hazard recognition. We will then walk into one of the northern corries and apply the information we have gathered along the way to an intended couple of routes.

The day will not involve actually climbing any routes. We will be finished by 4pm.

The Venue:

Glenmore Lodge is Scotland's National Outdoor Training Centre located in the heart of the Cairngorms National Park. As a National Centre, we set the highest standards for quality of instruction, equipment, safety and environmental awareness.

Our access legislation, which is unique to Scotland, enables us to use an unprecedented range of venues on the water, hill and crag.

Getting to us:

Glenmore Lodge is on OS map sheet 36 in grid square 98 09

Insurance:

We strongly recommend that you arrange adequate insurance cover before engaging in any sporting activity whilst travelling or on holiday. You should note that many travel insurance policies exclude cover for certain sporting activities, so you should carefully check the terms of any proposed insurance policy to ensure that it meets your requirements.

A link to an insurance provider which may be helpful to you is provided on our website under 'How to book' or copy the following into our browser

<http://www.adrenalinetravelinsurance.co.uk/index.asp?referer=PSGML01>

However, by providing this link, we are not recommending this product or advising on its suitability in any particular case.

What Equipment Will I Need?

Please bring your normal hill gear, a helmet and harness, axe, winter boots and crampons, waterproofs etc. You do not need to bring a lead rack or ropes. We can help with the odd item of the above equipment if needed.

We do not provide basic outdoor clothing such as socks, walking trousers, fleeces, hats and gloves. You do need to bring plenty of warm gear, a thermos, fluid and packed lunch for the hill.

To discuss this further please call 01479 861 256 and ask to speak with Nigel Williams, Head of Training. Or email Nigel.Williams@glenmorelodge.org.uk

Customer Care:

We value your custom and welcome your comments and suggestions for improving our service. Our customer care policy is available on our website or on request.