



## **MCofS News Release**

2<sup>nd</sup> December 2011

For immediate release

### **Mountaineers urged to acquire Winter Skills and Avalanche Awareness**

The Mountaineering Council of Scotland (MCofS) is running a series of 4 Winter Skills courses and 3 Avalanche Awareness courses this winter. These one-day training courses provide a great opportunity to learn new skills, which should enable those new to Scotland's winter mountains to be more self-reliant and make better judgements when out on the hills.

The courses are organised by the MCofS Mountain Safety Adviser, Heather Morning, who says: "The MCofS winter courses are great value for money and a superb way of equipping yourself with the skills needed in the Scottish mountains in winter. By limiting the course content to the key requirements and one day only we are able to keep costs to a minimum."

Heather went on to say: "The MCofS is working tirelessly to reduce the number of mountaineering incidents in Scotland and we are urging those that are new to winter activity to take up this opportunity of good quality training as part of achieving that aim."

The Winter Skills courses are for MCofS members only, whereas the Avalanche Awareness courses are open to both members and non-members.

The MCofS courses are as follows:

Winter Skills courses at Glenmore Lodge. Tuesday 3<sup>rd</sup> January, Friday 6<sup>th</sup> January, Saturday 28<sup>th</sup> January and Sunday 29<sup>th</sup> January. Course fee £50.

Avalanche Awareness courses are on the following dates and venues. Sunday 8<sup>th</sup> January – Nevis Range. Saturday 4<sup>th</sup> February and Sunday 5<sup>th</sup> February – Glencoe ski area. Course fee £40 for MCofS members and £50 for non-members.

For further information contact Heather Morning on [heather@mcofs.org.uk](mailto:heather@mcofs.org.uk) or 01479 861 241 or go to the MCofS website at: <http://www.mcofs.org.uk>.

## Ends

### **Notes for Editors:**

The Mountaineering Council of Scotland (MCofS) acts to represent, support and promote Scottish mountaineering.

MCofS is a membership organisation with 11,000 members representing hill walkers, climbers and mountaineers, funded through a combination of membership subscriptions; non-governmental grants; and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain weather information services, mountain leader training and the development and promotion of mountaineering activities. MCofS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.