

CUILLIN TRAVERSE SKYE

Is It For Me?

This course involves undertaking in two days undoubtedly the UK's finest mountaineering expedition - a continuous traverse of the seven mile long Cuillin Ridge involving 13,000ft of ascent, 11 Munro's, rock climbing up to 'severe' in standard, abseiling and an overnight bivouac high on the ridge.

To have any chance of success on this expedition requires that mountaineers have a very high standard of hill fitness, a sound head for heights and a desire to keep pushing even when your body is saying "Enough!"

This is our most strenuous summer course and is an ideal lead on from our Skye scrambles course. Due to the specialist nature and unique challenges inherent in this course we will only accept bookings after you have spoken to our instructors - either George McEwan or Jon Jones - to discuss your hill background and aspirations.

The week is very much weather dependant, so the programme is fairly flexible around this. For example if the weather looks good at the start of the five days, then do not be surprised if your instructor decides to start the traverse that night!

We run this course over five days to give us the opportunity to do some coaching on scrambling and abseiling techniques, plus the best opportunity of a good weather window. We may also have the opportunity to undertake some of the other Skye classic scrambles. The actual traverse is normally done over two very strenuous and technically challenging 12-14 hour days and involves an overnight bivouac.

This course, more so than any others, is subject to the vagaries of the weather. Although we will make every attempt to complete the traverse in one push, if the weather is bad and a traverse is not possible then we will attempt each section of the ridge on separate days.

Aim

To traverse the Cuillin Ridge in a continuous push with an overnight bivouac.

Course Content

You will usually be in a team of two with one instructor. Meeting your instructor on Sunday evening provides an opportunity to discuss you and the other participants experience and aspirations, enabling the instructor to plan the programme around the main topics to be covered. These are:

- Coaching to improve personal scrambling and climbing skills.
- Practice of basic rope skills such as abseiling, belaying and rope management.
- Bivouacking out over night. Looking at modern lightweight bivouacking skills.
- How to travel light and fast. Sessions will involve what to take on the ridge such as lightweight equipment and gear choice, plus what to eat and drink. How to stay fully hydrated and topped up on the energy levels is an important element of success on this journey.
- Route choice and navigation on the main ridge will also be an integral part of the course.



Accommodation

The course will be based at the Skywalker Independent Hostel in the village of Portnalong. The Hostel is situated close to the Cuillin on the Milginish peninsular. It has full range of facilities including shower, toilets, laundry etc.

Bed linen is provided, but you may want to bring a sleeping bag, the rooms are usually bunk beds, 4 to a room. Guests will be required to make their own breakfasts & packed lunches (all food provided) and dinner will be eaten at a local pub.

PLEASE NOTE THAT NO SINGLE ACCOMMODATION IS AVAILABLE

Skywalker Independent Hostel, The Old School, Portnalong, Isle Of Skye, IV47 8SL Contact no. for emergencies 01478 640 250.

Transport Arrangements

Please aim to **arrive at Glenmore Lodge on the Sunday afternoon by 1600hrs**. This will allow us time to kit you out with any equipment you may require. A meal will be provided at 1700hrs and we will be departing for Skye at 1800hrs on the Sunday evening.

INDEPENDENT TRAVEL: If you wish to make your own way to Skye, **please call us in advance to confirm details and sort out any equipment you might need us to bring for you**. Directions: once on Skye follow A87 till Sconser turn left onto A863 (Dunvegan). You will enter Sligachan turn left onto the B8009 Singed for Carbost. You will need to make your own arrangements for an evening meal.

We will **aim to return to Glenmore Lodge by 1800hrs on the Friday** to return kit. Tea and cake will be provided at the Lodge. We are able to drop you off at Aviemore Railway Station on the departure day, please book before you depart for Skye.

B&B may be available on the final night, please book in advance, there is no evening meal provided on the Friday evening.

What Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. If you have your own kit please bring it along. We advise that you do not rush out and buy kit for the course, but use ours as a chance to find out what best suits your needs.

You need to bring basic outdoor clothing, trousers, fleeces, hat, gloves, a thermos flask and a map case. If you do not have a waterproof map – (we would recommend an Ortlieb A4 size map case). If you have your own hill gear e.g. walking boots, waterproofs, rucsac, please feel free to bring them along. If not we can easily kit you out from stores. If you choose to make your own way to Skye please let us know if we need to bring any equipment from our stores for you.

A Harvey Superwalker map 'Skye the Cuillin'. (Silva type 4 recommended).

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes

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- ✓ Gaiters
 - ✓ Helmets
 - ✓ Day & Expedition Sacs
 - ✓ Climbing Harnesses
 - ✓ All technical climbing hardware & equipment, ropes.

For Summer ML's (You are welcome to bring all your own camping gear)

- ✓ Belay Gloves
- ✓ Sleeping bag & liner
- ✓ Tent (2 & 3 person)
- ✓ Karrimat
- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

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- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves***
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended ***
- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**



PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P

Skye Based Equipment Requirements			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Helmet			
Harness with Krab			
Belay Device			
French Prussicks			
Rock Boots			
Scrambling Boots			
Map			
Headtorch			
Rucksack 35Ltr			
Lightweight Gas & Stove			
Small Pot, mugs & spoon			

You shall need to provide the following:

- personal hill gear, which is warm, lightweight and easy to vent,
- sun hat and sun cream
- warm hat & glove (including spares)
- waterproof jacket and trousers
- Hydration System i.e. camel back
- Lightweight sleeping bag and foam mat
- Toilet paper and plastic bag.