
SCRAMBLING IN LOCHABER

Is It For Me?

This course is an ideal introduction for those who are looking to develop the technical skills to tackle scrambling type routes whilst ascending some of the best scrambling the Lochaber area has to offer.

You will meet your instructor on the Monday morning at Glenmore Lodge and begin the course on some local (Cairngorm/Northern Corries area) scrambles. At the end of the first day we will then travel to the west coast near Fort William. The accommodation on the west will be based at Inchree Bunkhouse. This allows us easy access to superb scrambles, such as Curved Ridge on the Buchaille or Tower Ridge on Ben Nevis, located in the dramatic landscape of the Lochaber area.

The actual programme is fairly flexible, with your instructor basing the week around the above topics, taking into account individual needs and aims, weather, etc.

Your instructor will gradually build up the seriousness of the days, which will correspond with your growing technical ability to move confidently and with a reasonable degree of safety on the more exposed sections.

To get the most out of this course you need to have previous hill walking (at least 10 days) additionally some previous scrambling/climbing experience would be useful. As mountaineering in Lochaber involves a lot of ascending you will need to have a good level of fitness that will allow you to do consecutive 8 – 9 hour days involving over 900m of ascent over rough terrain.

Please note that this is not a rock climbing course.

Aim

Develop a broad range of scrambling skills, including use of a rope, whilst tackling scrambling routes in Lochaber.

Course Content

You will usually be in a team of four with one instructor. Meeting your instructor on Monday morning 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:

Ascending quality scrambling routes whilst developing safe and confident movement over rocky terrain.

Basic rope work and belaying using the rope alone, sling and krab. If appropriate use of a climbing harness will also be covered.

Selecting and using natural anchors e.g. rock spike, thread etc.

Personal abseiling using rope alone.

Route choice and route finding and assessing when to use a rope.

If appropriate students may have an opportunity to route find and lead their peers up scrambles up to about Grade III standard.

What Will I Need?

Summer Mountain & Rock Courses

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

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

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

- ✓ 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 ***
- ✓ Lochaber/Glen Coe area 1:50 000 Map or equivalent and waterproof map case.
- ✓ 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.**