

Scrambling on Skye

Is It For Me?

The course will extend participants mountaineering experience and enable them to enjoy some of the most challenging mountaineering experiences in the UK, with ascents of classic Skye scrambles/easy rock climbs. Allowing for weather, and people's abilities, fitness etc we reasonably expect to have done most of the main sections of the ridge by the close of the week.

Here is a health warning - do not underestimate the seriousness of scrambling. Unroped scrambling is potentially the most dangerous of all mountaineering activities. That warning aside, scrambling is an excellent free flowing activity where you cruise up excitingly exposed sections of mountain, uncluttered by climbing gear and clanging kit, at one with the mountain and yourself.

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. Depending on where you are at in terms of climbing ability and headspace you may appreciate the use of a rope to protect some sections, although this would generally be on the 'harder' scrambles.

Typically a days scrambling on the ridge starts at sea level with an hours walk across rough heather and bog. This gives way to a couple of hours walking over sections of rock slabs to a final ascent up steep scree, before exiting onto the ridge proper at around 800/900m. Then we have several hours scrambling (hands out of pockets!) along breathtakingly exposed ridges and rocky steps, taking in some summits along the way before heading back down. All in all the days are physically tougher than your average day out on the hill on the mainland.

To get the most out of this course you need to have previous hill walking (at least 10 days) and scrambling/climbing experience and a good level of fitness that will allow you to do consecutive 8 – 9 hour days involving over 900m of ascent over rough terrain.

Aim

To do as much of the Cuillin Ridge as weather and conditions allow.

Course Content

You will usually be in a team of three 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:

Movement over rock and core scrambling skills.

Route finding, guidebook interpretation and assessing the inherent risk of scrambles.

Ascents of the main sections of the Skye Ridge including the Inn Pinn.

Accommodation

The course will be based at the Skywalker Independent Hostel in the village of Portnalong. The Hostel is situated close to the Cullin Hills on the Milginish peninsular. It has full 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 make their own breakfasts and packed lunches (food provided). Dinner will be eaten in 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 for 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. A kit list is included when booking. 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
- ✓ 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 ***
- ✓ 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

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

Skye Based Equipment Requirements			
Name:		Course & Date:	
Height:		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			

You will 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