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Introduction to Scrambling – 2 Days

Is It For Me?

This two day course will focus on developing the movement and technical skills required for tackling scrambling type ground such as found on the Skye Ridge, Aonach Eagach etc. The actual programme is fairly flexible, with your instructor basing the two days around the prevailing conditions, taking into account individual needs and aims, weather, etc.

To get the most out of this course you need to have extensive summer hill walking experience. Some experience of scrambling would be useful but is not essential.

Confident and competent movement skills are key to scrambling. This course will focus on developing sound movement skills coupled with efficient route finding.

Please note that this is not a learn to rock climb course.

Aim

To develop the movement and technical skills to tackle scrambling type terrain confidently.

Course Content

You will usually be in a team of four with one instructor. Meeting your instructor on the first 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 scrambling routes whilst developing safe and confident movement over rocky terrain.

Basic rope work and belaying using the rope alone, sling and krab.

Selecting natural rock anchors and their use.

Personal abseiling with the 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 climb scrambles up to about Scrambling Grade II/III standard.



Marmot®



teko



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 (things like ice axe, boots and crampons) 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 ***
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms, for ML courses a 1:25,000 is also useful. ***
- ✓ 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.

