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Congratulations on choosing a Glenmore Lodge course. As Scotland's National Outdoor Training centre we have been delivering world class training for over 60 years. Our instructors are amongst the most experienced in the country; add to that the quality of the equipment you can borrow, our range of on-site facilities, as well as our food and accommodation and we believe it is clear that not only will a Glenmore Lodge course offer you the best possible learning experience, but that the value for money we offer is second to none.

Glenmore Lodge is a fun and welcoming environment and we take pride in helping you to develop your personal skills, whatever level you might be at. We look forward to seeing you here soon.

West Coast Winter Mountaineering

Is It For Me?

The course, based over on the West Coast near Fort William, will provide you with the technical skills to tackle adventurous winter scrambling routes, up to grade I/II on Britain's mountains. This week is primarily focussed on ascents of west coast classics such as Aonach Eagach, Bidean, CMD Arete etc.

To get the most from this week summer scrambling experience would be useful and previous winter walking experience is essential. A good level of fitness is essential to undertake five days on the hill.

Aim

To equip winter hill walkers with basic winter scrambling skills and enhance their ability to move confidently and safely on steep, straightforward winter terrain.

Course Content

You will usually be in a team of four with one instructor. Meeting your instructor on the Monday morning at Glenmore Lodge provides an opportunity to discuss yours and the other participants experience and aspirations, enabling the instructor to plan the week's programme. At the end of the first day we will then travel to the west coast giving us easy access to superb terrain, such as Glen Coe and Ben Nevis. The main topics to be covered are:

- Re-visiting core winter movement skills using axe and crampons in ascent and descent.
- Movement over grade I/II winter snow and 'scrambling' type terrain.
- Basic rope work and belaying using the rope alone as well as with a sling and krab,
- Constructing and using snow anchors (such as buried axe, snow bollard and Deadman)
- Selecting and using natural rock anchors
- Abseiling using snow anchors
- Avalanche awareness and risk assessment and its implications for safe route choice.
- Winter navigation

The programme is fairly flexible taking into account individual needs and aims, weather, etc.

Accommodation

Your first night will be spent at Glenmore Lodge with the rest of the course in comfortable chalets at Inchree. As with the Lodge, Inchree have a laundry and drying facilities as well as an on-site bar. Inchree is 8 miles south of Fort William and 5 miles north of Glencoe, in Onich.

Inchree Centre, Inchree, Onich, Scotland, PH33 6SE. Tel: 01855 821287. www.inchreecentre.co.uk





What will I need?

Glenmore Lodge has a large, 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.

What we can supply?

- ✓ Basic waterproof jackets and trousers
- ✓ Plastic Boots
- ✓ Gaiters
- ✓ Crampons
- ✓ Ice Axes
- ✓ Helmets
- ✓ Day Sac
- ✓ Any technical equipment if applicable such as ropes

What will you need to bring?

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

- ✓ Thermals or suitable under clothing
- ✓ 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 over-trousers or salopettes
- ✓ Hat & balaclava plus spare
- ✓ Mitts & gloves
- ✓ Ski goggles (should have double lens to avoid misting up)
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended
- ✓ Maps and waterproof map case. 1:50,000 map of the Cairngorms
- ✓ Headtorch
- ✓ Rucksack liner
- ✓ Vacuum Flask & Water Bottle
- ✓ Box or bag for packed lunch.
- ✓ Survival Bag - Plastic type
- ✓ Personal toiletries, medications & personal first aid kit (towels are provided)
- ✓ Suncream
- ✓ We have a small pool, sauna, gym & climbing wall - so any relevant kit (including spare towel)

Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open even on our West Coast courses. Accommodation on the night before and the nights during your course, pick up from the train station (Friday and Sunday evenings only), breakfast, lunch, cake break and dinner are all included. All transportation on the course, centre facilities & any equipment you borrow are also part of the package.



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