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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.

Avalanche and Navigation Awareness

Is it for me?

This is a short one day intensive course introducing a level of understanding regarding avalanche forecasts, weather forecasts, observations whilst on the hill and a variety of practical tests. These are then combined with your existing navigation skills to give you a range of tools enabling you to recognise avalanche terrain & employ safe travel techniques to minimise your level of risk in the hills.

We would highly recommend this course to anyone travelling or enjoying winter conditions, including off-piste skiers or snowboarders.

It assumes that participants are comfortable with looking after themselves in winter conditions on steep snow and have basic navigation skills (using map & compass, taking bearings, etc). Course is supported by our partners www.backcountryaccess.com & the MCofS.

Aim

This course will combine your existing navigational skills with greater understanding of avalanche forecasting & testing in order to make more informed route choice decisions in winter.

Course content

You will usually be in a group of no more than six with one instructor. You should aim to arrive at Glenmore Lodge by 08.45 allowing a little time to visit the stores which is open from 08.30 and collect a packed lunch so the group is ready to meet the instructor at 09.00.

- Navigation and avalanche awareness/evaluation tools and techniques
- Their relation to each other when it comes to using safe travel techniques in winter.
- Practical application of these in winter route choice, both before and during a journey.
- Ground to map and map to ground interpretation focusing on contour information
- Using compass for taking and following bearings and distance measuring
- Navigation strategies for poor visibility conditions
- Relocation skills including aspect of slope.
- Evaluating the avalanche risk using SAIS reports and weather forecasts
- On the hill observations and snow analysis using a variety of practical tests

The course will be practical & hill based but may start with confirmation of core skills around the lodge. The programme is fairly flexible taking into account individual needs and aims, weather, etc. The day will end around 16.30 with tea and cake and a review of the day back at the Lodge.



Marmot



teko

What will I need?

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.

What we can supply

- ✓ Basic waterproof jackets and trousers
- ✓ Plastic Boots
- ✓ Gaiters
- ✓ Crampons
- ✓ Ice Axes
- ✓ Helmets
- ✓ Day Sac

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 & first aid kit (a towel is provided)
- ✓ Suncream

Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open. For our one day courses a packed lunch, drinks and cake break at the end of the day are all included. All transportation on the course and any equipment you borrow are also part of the package.

