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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.

## Winter Climbing Workshop – Winter Climbing

### Is it for me?

If you are looking to getting more out of winter climbing by choosing the right venue, finding the correct climb and just generally being slick and prepared to deal with the challenges that winter throws at you, then this one day workshop will do just that. Choosing your venue based on weather forecasts, planning your route taking into account the potential avalanche risk, having your equipment organised, and having a few technical tricks up your sleeve like slick stance management and being able to retreat from a climb quickly should the need arise are all parts of this packed one day workshop.

To get the most from this day you should have experience of rock climbing at around Severe or harder (equivalent indoor Grade is around French 4+) and be able to tie into a harness, belay etc. Winter climbing experience is useful but not essential

*NOTE: This course is primarily based around Glenmore Lodge and not on the hill.*

### Aim

An introduction to getting the most out of your winter climbing through good planning and being slick and organised with your rope techniques and equipment.

### 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.

- Basic rope work (tying into multi point anchors) and belaying both leader and second
- Using different belay options: indirect, semi-direct & direct belays
- Choosing your rack for different styles of climb including mixed, snow and ice.
- Performing slick multi-pitch stance changeovers developing speed and efficiency.
- Techniques and systems for retreating from winter multi pitch climbs.
- Avalanche awareness and risk assessment and its implications for safe route choice.
- Key navigation considerations for getting to and from the climb.
- Organising, tuning and carrying your equipment and rack.

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.



## 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
- ✓ Winter climbing harness
- ✓ Technical climbing equipment such as karabiners, belay plate, rope & protection

## What will you need to bring?

Although lots of the course will take place indoors, we will spend some time outside; therefore the items listed below would be sensible. These are just 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
- ✓ Spare fleece layer
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof over-trousers or salopettes
- ✓ Warm jacket (to wear while belaying)
- ✓ Hat
- ✓ Dexterous gloves

## 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.

## Combine this course

Where possible we have scheduled this course to run alongside our one day Winter Navigation Improver and our Mixed Ice & Dry Tooling Workshop courses.

