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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 – Mixed & Dry Tooling

Is it for me?

If you are new to mixed climbing, whether its dry tooling or Scottish mixed, this intensive one day workshop is for you. Initially we'll spend some time discussing equipment and ensuring that everyone is geared up correctly, crampons fit, etc. before spending sessions on both the indoor dry tooling wall and the outside towers. Our purpose built structures allow us to coach a variety of mixed climbing techniques, using both ice tools and crampons on rock, without the need for a long walk in. This will give lots of time for practical exploration of the various elements of mixed climbing and dry tooling climbing i.e. you get to climb lot's! So if you are looking to break into Scottish style mixed climbing or want to take part in the dry tooling competitions run up and down the country, this is the course for you.

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. Mixed climbing/dry tooling is physically demanding, so to get the most out of the day you will need to be physically fit.

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

Aim

An introduction to the core ice tool, crampon and movement skills required to dry tool and mixed climb efficiently.

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.

- Coaching to develop ice tool and crampon techniques (placing tools, hooking, torqueing etc.
- Individualised coaching to develop dynamic and balanced body positioning
- Organising yourself and your kit, tuning picks, fitting crampons, sorting a mixed rack, etc. for safe and efficient climbing
- Video review for highlighting coaching points and feedback

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.



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 other one day workshops, Winter Climbing & Water Ice Climbing (in Kinlochleven) as well as our Avalanche & Navigation Awareness course.

