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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 – Water Ice

Is it for me?

If you are new to ice climbing, or have limited winter climbing experience and are planning an ice climbing trip to somewhere like Rjukan, Cogne, La Grave or are looking to make best use of ice conditions in the UK, this intensive one day seminar is for you. Initially we'll spend some time discussing equipment and ensuring that everyone is geared up correctly, crampons fit, etc. before spending two sessions (separated by lunch) in 'The Fridge'. This will give lots of time for practical exploration of the various elements of ice climbing i.e. you get to climb lot's!

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. Ice climbing, especially on steep ice, is physically demanding, so to get the most out of the day you will need to be physically fit.

NOTE: This course is based at the Ice Factor in Kinlochleven and will not venture outdoors.

Aim

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

Course content

You are responsible for making your own way to The Ice Factor at Kinlochleven, near Glen Coe. Please ensure you are at the Ice Factor by 09:30 at the latest. We will be finished at 17:00.

The Ice Factor, Kinlochleven, Lochaber PH50 4SF Tel: 01855 831100 Web: www.ice-factor.co.uk.

The course includes the following core concepts:

- Use of ice tools and crampons using front pointing
- Coaching to develop ice tool and crampon techniques (placing tools, hooking, torquing etc.
- Individualised coaching to develop dynamic and balanced body positioning
- Organising yourself and your kit, tuning picks, fitting crampons, racking ice screws, 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, etc.





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 including compulsory leashes or tethers
- ✓ 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
- ✓ Warm jacket (to wear while belaying)
- ✓ Hat
- ✓ Dexterous gloves

NOTE: If you plan to bring your own ice tools, the Ice Factor require ice wall users to have their tools attached i.e. either by leashes or tethers to avoid the risk of dropping a tool and injuring any bystanders

What's included

Please be aware that as this course is based at the Ice Factor in Kinlochleven food and drinks are NOT included in the price. Food is available from the cafe at the Ice Factor. The price does include 2hrs in 'The Fridge' and we are still able to provide any equipment you need to borrow free of charge. This MUST be requested IN ADVANCE, we will not be able to provide any additional equipment on the day.

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. Please note these linked courses are based at Glenmore Lodge.

