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Intermediate Scottish Ski Mountaineering – 5 Days

Is It For Me?

This course will further develop those skills looked at in during an introductory course, whilst fitting in quality touring over five days. The introductory course covers some similar content areas but as you might expect, in less detail. This course will assume that the group will be familiar with the basic requirements of ski mountaineering and can therefore look at techniques in more depth and for a more challenging environments. Notably, more demanding terrain will be considered; possibly including steeper ground and glacial travel techniques, as appropriate to the group.

This course is aimed at those with a good level of hill and ski fitness, making a full day touring with a daypack a pleasure. You need to have a minimum of two weeks downhill skiing with the ability to descend red / black runs effectively. and be confident on moderate to steep slopes off piste. You should additionally have 5 days touring experience

Aim

To provide further training in mountain ski touring for reasonably experienced skiers with some previous ski mountaineering experience. The course offers an excellent preparation for longer Alpine ski tours in steep and glaciated terrain.

Course Detail

The advantage of a longer course is the opportunity to learn and then practice new or tweaked skills under the watchful eyes of your instructors. The programme is fairly flexible. After a quick evaluation of the team's winter skills and ski ability your instructor will base the week around the topics listed below, whilst taking into account individual needs, aims, the weather and snow conditions etc.

Many skills can be taught on the move and we would plan to have a balance of touring and teaching days. Some of the clinics will be based on and off-piste using the Cairngorm ski area. You will be led through a series of exercises and activities that are designed to help you perform in a variety of snow and terrain. Your instructor will be able to answer all your technical queries and offer you individualised coaching. We will use the ski area and therefore you will need to buy a ticket if you do not already have a pass.

Likely content to be chosen from:

- Safe movement on skis and foot over mountainous terrain roped and unroped, personal skiing skills on and off piste, skinning etc.
- Technical sessions on crevasse rescue, winter anchors & belaying, avalanche awareness, transceiver work etc.
- The equally important skills of navigation on skis, route choice, route finding, map and compass work will also be covered.

Note: The course returns to the Lodge each evening

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

For Ski Mountaineering courses

- ✓ Skis with touring bindings
- ✓ Skins and harshiesen
- ✓ Boots
- ✓ Poles
- ✓ Transceiver
- ✓ All winter mountaineering gear as above.

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)

Use of Helmets on Glenmore Lodge Ski Courses

Whilst it is clear that the use of ski helmets does reduce injury in the event of certain accidents, it is not our policy to demand their routine use on our courses. Our courses cover a broad range of skiing activities: piste; off-piste; touring and mountaineering. Within each branch of these sports the current norm for helmet use varies and therefore we would generally leave this decision up to the individual





client. Where we feel it appropriate, such as on steep ski clinics, helmets may be mandatory, in which case we will provide them.

Currently on our touring courses, the majority do not wear ski helmets, however some folk choose to. There is a trend towards more people wearing helmets for snowsports, and they are available to hire or buy in all of the valley bases we use.

More detailed information is available from:

[http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/\\$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf](http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf)

Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open.

Accommodation on the night before and the nights during your course, pick up from the train station (Friday and Saturday evenings only), breakfast, lunch, cake break and dinner are all included. All transportation on the course, centre facilities & any equipment borrowed are all part of the package.



Marmot



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PLEASE COMPLETE + RETURN THIS FORM TO US A.S.A.P EVEN IF YOU DON'T REQUIRE ANY EQUIPMENT FROM US (please note that this is just to give us an idea of sizes of equipment needed, you will still need to collect individual items from stores)

Intermediate Ski Mountaineering 5 Day SKI MOUNTAINEERING EQUIPMENT LIST			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Ski Mountaineering Skis: complete with skins and harschiesen	Length:		
Ski Mountaineering Boots	Size:		
Rucksack	50L approx		
Ice Axe (lightweight)	45cm approx		
Crampons with anti-balling plates (to fit your ski mountaineering boots)			
2 Prussic Loops			
2 Screw Gate & 2 Snap Link krabs	HMS		
Harness with adjustable leg loops	Waist size: S M L XL		
Ski Poles	Length:		
Avalanche Transceiver 457 KHZ			
Snow Shovel			
Probe (minimum 2.5m)			
Head Torch (4.5v battery not supplied)			

