



Scottish Winter Climbing

Professional guiding & instruction with 2 clients to 1 instructor & technical equipment supplied.

Based in Glen Coe with easy access to Ben Nevis, Creag Meagaidh and The Cairngorms.

Five days of adventurous climbing with accommodation, transport & food included.

Coaching in efficient movement on ice, rock & snow with two axes & crampons.

Please call 0300 030 1045 or email winter@mountainmagic.org to book.

Great value at £795 with 7 nights in a cottage and fine food.

18th – 25th February 2017 18th – 25th March 2017



Green Gully, Ben Nevis

“Thanks for another great course. I thoroughly enjoyed this one!” - Gavin





Instructor We are professional members of the Association of Mountaineering Instructors and we have all been mountaineering for 20 years or more. Enthusiastic guides, patient instructors and experienced coaches, we have an excellent safety record.

Skills

- Selecting the right winter clothing and equipment for your comfort and safety.
- Using avalanche reports, weather forecasts and timing to plan your day well.
- Understanding how snow pack forms and changes to assess avalanche risk.
- Accurately navigating to the start of your route with efficiency and speed.
- Travelling safely on steep snow when approaching and exiting your climb.
- Moving in balance on steep ice, rock and snow with two axes and crampons.
- Building safe anchors in ice, rock and snow for protection, belays and abseils.
- Slick rope work and belay changeovers to save time and prevent problems.

Group Just two clients to one instructor so you can maximise learning with 1:1 coaching.



The Aonach Eagach Ridge, Glen Coe

“A fantastic week. Great company, great climbs and great instruction.” - Steve





Daytime We leave at 8am and return by 6pm or we make the most of the weather, for example: start with the stars, catch the sunrise and return before the storm. You will progress onto harder climbs through the week and we can follow the best weather and climbing conditions in these areas with a day to rest mid-week:

Glen Coe - Buchaille Etive Mor, Stob Coire nan Lochan & The Aonach Eagach.
Ben Nevis - The immense, awesome north-face of 'The Ben' & Aonach Mor too.
Creag Meagaidh - Coire Ardair is second only to 'The Ben' in size and scale.
The Cairngorms - Easy access to the Northern Corries with parking above 500m.

Ability You can carry a full 30-40L rucksack and walk at 5km/hour on 8-hour mountain days. Some experience of rock climbing and/or winter walking is also useful.

Transport You can drive or catch public transport and we can pick you up/drop you off at Fort William station if you catch the train.



Abseiling into Left Twin, Aonach Mor

“I want to attend the same course again this winter. I had an amazing time.” - Ed





- Cottage [Bennachie Cottage](#) is a warm and comfortable bungalow located in Glen Coe. It has an open fire in a spacious sitting room, a large dining area, Wi-Fi, double glazing, central heating and great views of the mountains and the loch.
- Evenings Dinner, conversation, checking kit, inspiring documentaries about Scottish winter climbing, avalanche awareness workshops, navigation classes and a wee dram of single malt whiskey... the first bottle is on us!
- Food Healthy, nutritious, ideal for mountain days, sourced as locally as possible, with vegetarian options adaptable to your individual needs and prepared by your guide. All help in the kitchen received gladly!
- Equipment You will be given ice axes, crampons, helmet, harness, map, compass and head torch. You will need to bring your own winter mountain boots, waterproofs, warm clothing and a rucksack. See the kit list below for more advice...



The North Face Of Ben Nevis

"Every moment is perfect and you're so happy you think you'll burst from joy." - Mia





Menu

- Breakfast Beef or vegetarian sausage, scrambled eggs, spinach, cherry tomatoes and wholemeal toast. Porridge is also available with banana, cinnamon and honey.
- Lunch Oatcakes, blackstrap molasses flapjack and a trail mix of nuts, seeds and dried fruit. You can also make sandwiches if you request the ingredients in advance.
- Dinner Rich and saucy beef or mushroom spaghetti bolognese.
Spinach and chickpea coconut curry with wholemeal rice.
Lamb or vegetable stew with swede, parsnip and curly kale.
Free range chicken or tofu and vegetable stir-fry with egg noodles.
Smoked mackerel or egg fried rice with chilli, garlic, ginger and peppers.
Baked fish or roast vegetables with broccoli and sweet potato carrot mash.
Three bean vegetable chilli burritos with spicy salsa, sour cream and guacamole.
Just one of these evening meals will be served each day.



High on Ledge Route, Ben Nevis

“I had a brilliant few days and it's given me a ton of inspiration for future trips.” - Sean





Kit List

Things you need to bring. Please feel free to ask any questions...

Lightweight Base Layers - for wicking sweat and moisture away from your skin
Warm Mid Layers - made from fibre pile, fleece, synthetic fibres or wool
Waterproof & Breathable Jacket - with a good hood to close around your face
Waterproof & Breathable Trousers - that will easily go on over your boots
Warm Hat & Balaclava - you need to cover your head and your face in a blizzard
Warm Gloves or Mittens - your hand protection must be very warm and windproof
Warm Walking Socks - thick and comfortable without being too tight in your boots
Mountain Boots - comfortable, warm, waterproof, compatible with crampons
Gaiters - to prevent deep snow and water from getting inside your boots
30 - 40 Litre Rucksack - that fits your back well and feels comfortable when full
Waterproof Rucksack Liner - thick, robust and NOT a dustbin liner
Sunglasses + Ski Goggles - to help you see in bright light and blinding blizzards
Water Bottle + Hot Flask - 1 to 1.5 litres, robust and leak proof
Walking Poles - not essential but advisable for efficiency and balance in snow



Well Equipped For Comfort On A Cold Climb

“Everything I had dreamed about Scottish winter and then some!” - Rafe

