



## Scottish Winter Climbing

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

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

Coaching in winter climbing skills on routes from grade III to grade V + evening workshops.

Based in stunning Glen Coe, close to Ben Nevis & within easy reach of the Cairngorms.

Amazing value at £800 with 7 nights in a quality chalet & healthy home-cooked food!

Please call 0300 030 1045 or email [winter@mountainmagic.org](mailto:winter@mountainmagic.org) to book your place.

27<sup>th</sup> January - 3<sup>rd</sup> February 2018    24<sup>th</sup> February - 3<sup>rd</sup> March 2018    24<sup>th</sup> - 31<sup>st</sup> March 2018



Green Gully, Ben Nevis

“Exceeded expectations in every way. We learned much more than I could have hoped for.” - Susan





- Instructor We are all professional members of the Association of Mountaineering Instructors. Enthusiastic guides, patient instructors and experienced coaches, we love to see you enjoying the mountains and turning into competent winter climbers.
- 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: starting with the stars and catching the sunrise or seeing the sunset and finishing with the moon. You can progress onto harder climbs through the week and you can follow the best climbing conditions in these areas with a rest day 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, walk for up to 8 hours on mountainous terrain and you have some previous experience of rock climbing, winter mountaineering or winter climbing.

**Transport** You can drive or catch public transport to Glencoe with a bus from Glasgow.



Abseiling Into Left Twin, Aonach Mor

“Thanks again for a fantastic week. Both the climbing and the company were top notch.” - Tomas







- Cottage Our [chalet](#) is perfectly situated right in the heart of Glencoe and next door to the fabulous Clachaig Inn. It has an open fire in a spacious sitting room, a large dining area, cosy central heating and two bathrooms.
- Evenings Dinner, sorting kit, checking weather forecasts, developing avalanche awareness, navigation training, planning the next day and enjoying each other's company. Bringing a group of friendly people together is a great feature of our winter weeks.
- Food Healthy, nutritious, ideal for mountain days, sourced as locally as possible, with vegetarian and vegan options, adaptable to your individual needs and lovingly prepared by our wonderful chalet host.
- Equipment You will be given ice axes, crampons, helmet, harness, map and a compass. You will need to bring your own winter mountain boots, waterproofs, warm clothing, rucksack and a head torch. See the kit list below for more advice...



The North Face Of Ben Nevis

"Really impressed with our instructor. I learned a great deal and had a great time." - Michael





### 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.*



Climbing The Exit Slope Of A Ben Nevis Gully

“Thanks again for such an amazing and inspiring week!” - Tom





## 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 Jacket & Trousers - with a good hood to close around your face  
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  
Winter Climbing 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 - at least 1L in total, robust and leak proof  
Head Torch + Spare Batteries - to see in the dark and have your hands free  
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

