



## Scottish Winter Skills

Professional guiding & instruction with 6 clients to 1 instructor & technical equipment supplied.

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

Five magical days of winter mountain walking with accommodation and food included.

Coaching in winter mountain skills with technical evening workshops included.

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

Great value at £595 with 7 nights in a cottage and fine food.

4<sup>th</sup> - 11<sup>th</sup> February 2017 4<sup>th</sup> - 11<sup>th</sup> March 2017



Mark enjoying beautiful conditions on Ben Tee

“Thank you! It was an awesome week and I am wishing we could do it all again.” - Frances





- Guide** 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.
  - Preparing for the worst winter weather that the mountains will throw at you.
  - Moving safely on a range of snow and ice slopes with ice axe and crampons.
  - Stopping slips, trips and falls with an ice axe in a wide variety of scenarios.
  - Navigating in the dark, in snow, in poor visibility and full white-out conditions.
  - Understanding how snow pack forms and changes to assess avalanche risk.
  - Following emergency procedures and digging emergency snow shelters.
- Group** A maximum of 6 people so that you can enjoy nature's beauty and learn at your own pace with plenty of 1:1 coaching time.



Roger on the north ridge of Stob Coire nan Lochan

“A brilliant week with amazing memories, breathtaking scenery and new winter skills.” - Roger





**Daytime** We leave at 9am and return by 5pm or we make the most of the weather, for example: start with the stars, catch the sunrise and return before the storm. Our route choice will depend on weather, snow conditions and energy levels but a typical itinerary could look like this with a day to rest in the middle of the week:

Sgorr nam Fiannaidh (Peak of The Fair Haired Warriors)	867m	7km	6 hours
Ben Nevis (The Mountain of The Clouds)	1344m	10km	8 hours
Coire Gabhail (The Lost Valley)	500m	6km	4 hours
Buachaille Etive Mor (The Great Herdsman of Etive)	1022m	10km	8 hours
Bidean nam Bian (Peak of The Mountains)	1150m	7km	6 hours

**Ability** You can carry a full 30L rucksack and walk at 5km/hour on 8-hour mountain walks. No previous experience of winter is necessary.

**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.



Ben Nevis from Buachaille Etive Mor

“Your passion really inspired me to explore more of this beautiful country.” - Phil





- 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 mountaineering, 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 an ice axe, crampons, a map, a compass and a 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...



Georgie on the east ridge of Stob Coire nan Lochan

“Truly amazing! I came out of the valley feeling uplifted and in awe of the mountains.” - Georgie





### 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.*



On Buachaille Etive Mor

“Even if the weather hadn't been so perfect, the week would have been spot on for me.” - Jan





## 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  
Winter Walking 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 safety and comfort In winter

“Thank you for an excellent week in Glencoe. You did a brilliant job!” - Gavin

