

## Scottish Winter Skills

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

Five magical days of winter mountain walking with accommodation & all your food included.

Coaching in winter mountain walking skills on classic walking routes + evening workshops.

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

Amazing value at £500 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.

13<sup>th</sup> - 20<sup>th</sup> January 2018

10<sup>th</sup> - 17<sup>th</sup> February 2018

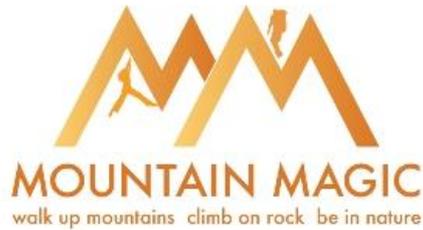
10<sup>th</sup> - 17<sup>th</sup> March 2018



Nick And Andrea Walking Into Coire nan Lochan

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





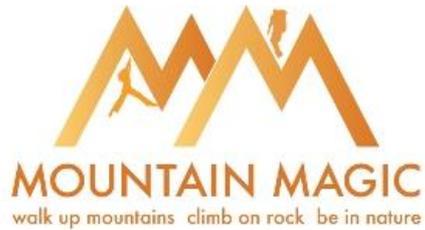
- Instructor We are all professional members of the Association of Mountaineering Instructors. Enthusiastic guides, patient instructors and experienced coaches, we love to see you enjoying the mountains and becoming competent winter walkers.
- Skills
- Selecting the right winter clothing and equipment 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.
  - Navigating in the dark, snow and a full white-out with efficiency and speed.
  - Moving in balance on easy ice, rock and snow with an ice axe and crampons.
  - Using an ice axe to stop slips with the self-belay and self-arrest techniques.
  - Minimising risks like loose rock, cornices, strong winds and snow bridges.
  - Action to take in an emergency and building an improvised snow shelter.
- 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.



Chas Getting Some Great Nav Practice In A Ben Nevis White-Out

“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: starting with the stars and catching the sunrise or seeing the sunset and finishing with the moon. Depending on weather, snow and energy, a typical itinerary could look like this, with a rest day 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 for up to 8 hours on mountainous terrain. No previous experience of winter is necessary.

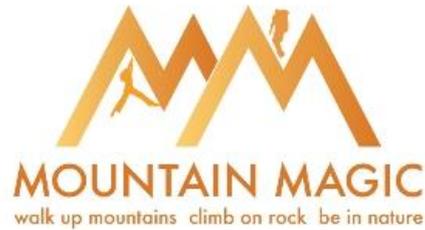
**Transport** You can drive or catch public transport to Glencoe with a bus from Glasgow.



A Magical Full Moon Night On Sron Garbh

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





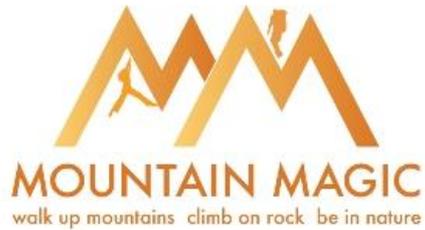
- Chalet Our [chalet](#) is perfectly situated right in the heart of Glencoe and next door to the fabulous Clachaig Inn. It has an open fire in a spacious sitting room, a large dining area, cosy central heating and two bathrooms.
- Evenings Dinner, sorting kit, checking weather forecasts, developing 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 an ice axe, crampons, a map and a compass. You will need to bring your own winter mountain boots, waterproofs, warm clothing, a head torch and a rucksack. See the kit list below for more advice...



Ben Nevis From Buachaille Etive Mor

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





### Menu

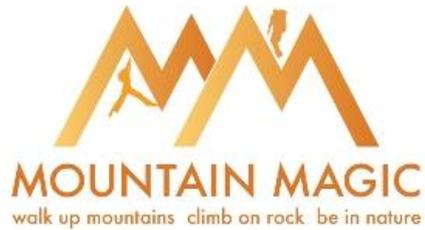
- Breakfast    Beef or vegetarian sausage, scrambled eggs, spinach, cherry tomatoes and wholemeal toast. Porridge is also available with banana, cinnamon and honey.
- Lunch        Oatcakes, blackstrap molasses flapjack and a trail mix of nuts, seeds and dried fruit. You can also make sandwiches if you 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.*



Elaine And Rachel In A Shovel-Up

“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 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 Walking Boots - comfortable, warm, waterproof & compatible with crampons
- Gaiters - to prevent deep snow and water from getting inside your boots
- 30 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 Safety And Comfort In Winter

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

