

## Scottish Winter Skills

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

Five magical days of brilliant winter mountain walking with eco accommodation and great food.

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

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

Great value at £595 with 7 nights in a comfortable chalet and healthy home-cooked food.

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

Dates: 2<sup>nd</sup> - 9<sup>th</sup> February 2019    2<sup>nd</sup> - 9<sup>th</sup> March 2019



Ron approaching the summit of Stob Coire nan Lochan at sunset.

“I had an amazing week on the winter skills course. I learned a lot and feel a lot more confident with navigation in poor conditions and being safe in the mountains. Paul was a fantastic instructor. His knowledge, experience and passion for the mountains really shows. Our group was fantastic and it was really refreshing meeting people who share the love of nature and the outdoors. Great people, amazing locations, amazing food and a fantastic chalet. I couldn't recommend it enough and I'm hanging to get back out there!” - Henri





**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.

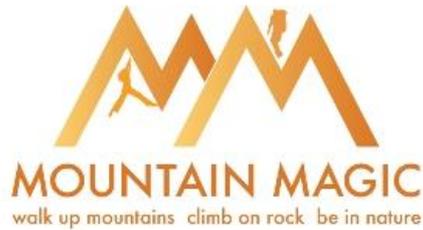
**Group** A maximum of 6 people so that you can enjoy nature's beauty and learn at your own pace with plenty of 1:1 coaching time.



Lingling, Yin, Emma, Angie, Chi and Gee Gee on the summit of Ben Nevis.

“Mountain Magic - the name says it all. The course was a fantastic confidence booster that left me with the knowledge and skills I need to enjoy the mountains safely in winter. I learned a lot and have been inspired to go out and practice the skills I gained. This course was so much more than just learning too. Our small group quickly became friends and we shared some funny and poignant experiences together. The food was perfect and it was very refreshing to have my dietary preferences catered for as a vegetarian. Thanks for a magical week. 😊” - Danielle



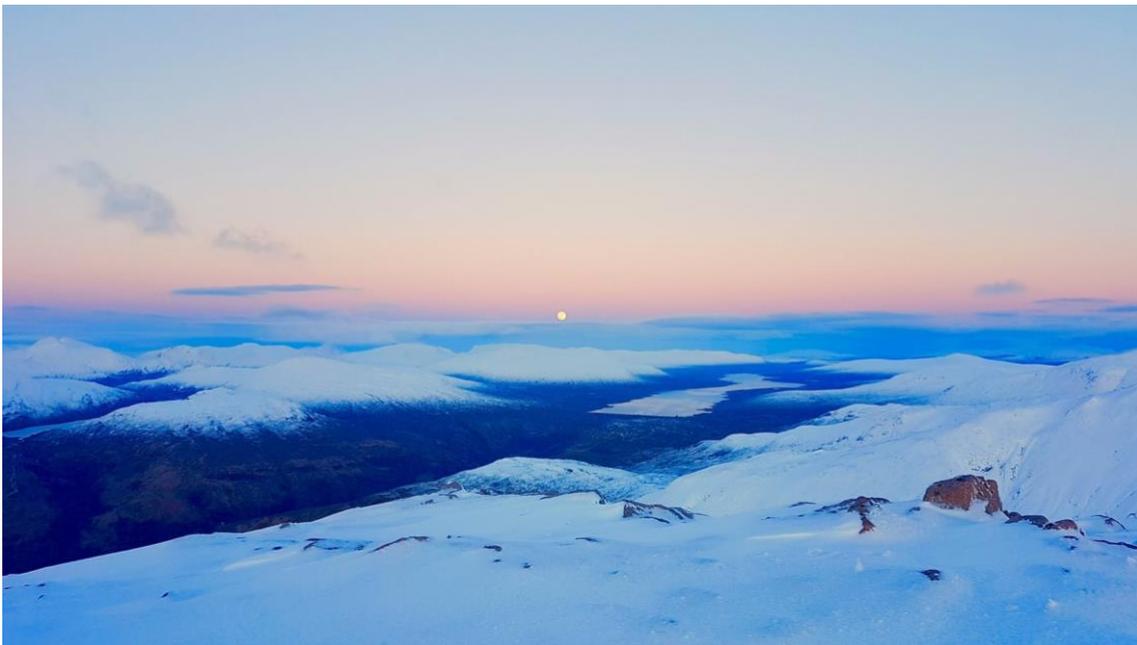


**Daytime** We leave at 9am and return by 5pm, or we make the most of the weather: starting with the stars and catching the sunrise, or seeing the sunset and finishing with the moon. Depending on weather, snow and energy levels in the group, a typical itinerary could look like this, with a rest day in the middle of the week. There is also scope for trips to Ben Nevis, Creag Meagaidh and The Cairngorms.

Sgorr nam Fiannaidh (Peak of The Fair Haired Warriors)	967m	7km	6 hours
Buachaille Etive Beag (The Small Herdsman of Etive)	958m	8km	6 hours
The A'Chailleah Ridge (The Old Woman)	903m	9km	8 hours
Buachaille Etive Mor (The Great Herdsman of Etive)	1022m	10km	8 hours
Bidean nam Bian (Peak of The Mountains)	1150m	7km	8 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. If you're on public transport, we will pick you up and drop you off at the bus stop.



The full moon rising just after sunset on the summit of Am Bodach.

"We had a brilliant winter skills week with Paul. There were moments where my face hurt from grinning so much. Paul was passionate about both the mountains and the teaching. We learned an awful lot and I feel far more confident with navigation in poor conditions. Incredible experiences in stunning locations, followed by good home cooked food in the evenings. I couldn't recommend this course enough." - Christian





- Chalet** Our warm and comfortable [eco-chalet](#) is situated right in the heart of Glencoe, tucked away in the forest, next to the river and a short walk from the fabulous Clachaig Inn. It sleeps eight people in three bedrooms, has two bathrooms, a cosy dining area, under-floor heating, a drying room and reliable wi-fi.
- Evenings** We spend the time making and eating dinner together, checking the weather forecasts, developing avalanche awareness, learning about navigation, 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 quality ingredients and tailored to your needs with vegetarian and vegan options. We cook and eat together in the evenings so help in the kitchen is appreciated.
- Equipment** You will be given an ice axe and crampons to use on the course. You will need to bring your own winter mountain boots, waterproofs, warm clothing, a head torch and a rucksack. Please bring a map, map case and compass with you if you would like to develop your navigation skills. See the kit list below for more advice...



Paul enjoying the fabulous views from the A'Chailleach Ridge.

"The winter skills course was comprehensive and delivered at a perfect pace for the group. Paul the instructor teaches with a relaxed and professional style, tailoring the instruction and course itinerary to the abilities of the group. Mountain Magic gets a huge thumbs up from me and I would recommend it 100%. The food was also fantastic!" - Tom





## Menu

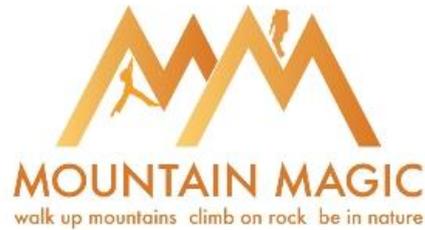
- Breakfast** Beef or vegetarian sausage, scrambled eggs, slow-cooked spinach, caramelised cherry tomatoes and wholemeal toast with butter. Coconut porridge is also available with banana, cinnamon, honey, nuts, seeds and dried fruit. Real coffee and a wide range of teas are available too.
- Lunch** Sandwiches, hard-boiled eggs, pork pie, chorizo, oatcakes, apples, clementines, blackstrap molasses flapjack, a trail mix of nuts, seeds and dried fruit, and anything else you would like.
- 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.*



Lan descending Ben Nevis into a beautiful sunset.

“I had a fantastic week on the course with lots of special memories made. Paul was a brilliant guide, friendly and very knowledgeable and a good cook! I'd highly recommend Mountain Magic to anyone wanting to learn about winter skills and enjoy time in the mountains.” - Claire





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  
B1 or B2 Mountain Boots - comfortable, warm, waterproof & crampon compatible  
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  
Map, Map Case & Compass - please bring [OS Explorer 384](#) and a [Silva compass](#)  
Walking Poles - not essential but advisable for efficiency and balance in snow



Henri, Adam, Mylene, Christian and Danielle well-equipped for the Scottish winter.

"I learned a lot of valuable skills and I feel like I can go walking in the winter hills on my own now. Paul is a fabulously welcoming, accommodating host and he was always patient and understanding. The logistics were spot on, from the lovely cottage in the heart of Glencoe to the gorgeous food for long days on the hill. Paul has a wealth of experience in the mountains and I always felt safe knowing he was there. Top marks and many thanks!" - Michael

