



SCOTLAND WINTER SKILLS ITINERARY

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If you are new to winter mountaineering, or just need to dust off the cobwebs, this practical trip will cover everything you need to know in order to stay as safe as possible in the mountains, whilst having an awesome time exploring and taking in new experiences.

While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. We will always remain as flexible as possible, which is why we only work with experienced and knowledgeable guides, to make sure we can change any plans if required. However, you can plan and train for the following: Distance: 10-15km per day / Elevation: 800-1,200m per day / Time: 6-8hrs per day / Possible Peaks: Lochnagar / Ben Avon / Cairn Gorm / Ben Rinnes.

DAY ONE:

LEAVE WORK - TRAVEL TO SCOTLAND

You will be met at Inverness Airport/Train Station at around 7-8pm (depending on your group members' arrival time) and driven to the accommodation for a night's rest before the fun begins. We will communicate the exact pick up time 1 week before the trip starts.

DAY TWO:

LET'S GET TO IT!

Awaking in the morning, we will have breakfast, discuss the plans for the day including a safety briefing and kit check, then pack our bags and head out for the day; hiking to the snow/ice line for an introduction to the winter environment, an introduction/revision of ice axe/crampon skills and the style of mountaineering required for a winter ascent.

We will then head back to the accommodation for a shower before heading out to a local pub for some hearty food and drinks while discussing other things for consideration when approaching the mountains in a winter environment (e.g. weather forecasting, route planning and risk mitigation)

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DAY THREE:

SUMMIT A LOCAL PEAK

We will arise early to give us as much time on the mountain as possible. After breakfast we will have another trip briefing and safety discussion before heading out to ascend the summit of a local mountain (The specific route we take will depend on group ability and ground/weather conditions). Today we will focus on walking as a team and emergency procedures to deal with potential accidents (e.g. crevasse fall)

We will return to the accommodation with the option of heading out to a local pub for dinner.

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DAY FOUR:

ALL YOUR NEW SKILLS PUT TO THE TEST

We will arise early to give us as much time on the mountain as possible. After breakfast we will have another trip briefing and safety discussion before packing the car and heading out to ascend the summit of a local mountain (The specific route we take will depend on group ability and ground/weather conditions). Today we will review everything we learnt on the first two days as we journey to the summit of a local peak.

At the end of the day, you will be driven back to Inverness Airport/train station for your return journey home (expect to arrive in Inverness no earlier than 5pm)

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