

TORRIDON WINTER SKILLS

BASED IN TORRIDON WITH A LOCAL AND QUALIFIED WINTER MOUNTAIN LEADER

PREPARATION BRIEFING

Please arrive on the Friday evening in time for a preparation briefing starting at 7pm in the hostel. Activities take place on Saturday and Sunday. Attendees are free to leave on Sunday afternoon.

DAY ONE (SATURDAY):

On the first day you will revise, or be taught, how to use an ice axe and crampons; how to perform self-arrest; then you'll look at the snowpack. Depending on conditions and progress there might be the opportunity to climb to the summit of one of our many beautiful mountains.

DAY TWO (SUNDAY):

On the second day of this course one of the classic winter traverses, such as *Beinn Alligin* will be attempted. In the event of suitable conditions at Torridon, it may be necessary to travel to another location such as The Cairngorms or *Aonach Mor*.

SUITABILITY FOR COURSE

Some summer hill walking experience is essential, preferably with some Munros. You will need to be fit enough (in mind and body) to cope with strenuous walking over two days, some walks may last in excess of seven hours.

EQUIPMENT LIST (please bring with you)

Waterproof/Windproof jacket and trousers
Correctly fitted four season walking boots with a rigid sole
Gaiters
Fleece mid layer
Base layer (e.g. wicking t-shirt)
Gloves and spares
Hat/Balaclava
Head torch, spare bulb and battery (ordinary torch will do)
Rucksack and plastic liner (A25-30 litre day sack will do)
Spare fleece or sweater
Socks
Water bottle
Compass and whistle
OS Land Ranger 1:50000 scale map sheets 19, 25 and 26.

NB: many clients find walking poles very use ful for some of the rough descents from the Torridon Munros.

Price includes two nights accommodation (Friday and Saturday) at Torridon Hostel (self-catering). Please note that all technical equipment for this course is included in the price.

WE HOPE YOU ENJOY YOUR WINTER SKILLS EXPERIENCE AND YOUR STAY AT TORRIDON