



Central Reservations
0845 293 7373

SYHA Activity Holidays Winter Skills Weekend (Grade 3)

This course is ideal if you wish a practical introduction to, or revision of, the basic skills needed for safety in the hills in winter. Previous summer hill-walking experience, good health and at least average fitness are pre-requisites.

The following is a possible itinerary, the actual one emerging as the course progresses and after constraining factors of fitness and weather have been taken into account.

MEETING PLACE:

Cairngorm Lodge Youth Hostel at 20:00.

DAILY ITINERARY:

- DAY 1:** After checking in at the hostel there will be a short briefing about the course followed by a talk on equipment and the plan for the next day.
- DAY 2:** The first day will be spent practising movement on snow slopes, uses of an ice axe, self-arrests, step cutting, uses of crampons, etc. In the evening, there will be a talk on other aspects of weather, mountain hazards, avalanche and snow slope analysis, etc. to augment the day's instruction.
- DAY 3:** The second day will be spent putting these skills into practice on a mountain walk on varied terrain. Where time permits there will be the chance to practise constructing emergency shelters. Return to the hostel will be at about 15.30 where we finish up with a cuppa and debriefing. The instructor will leave the group at this point (16.30).

Throughout the course wherever the opportunity arises the implications of winter conditions for hazard awareness and route choice will be covered.

Should weather conditions be such as to prevent access to the mountains, instruction will be given in skills relevant to some aspect of winter mountain travel.

ACCOMMODATION and MEALS:

2 nights accommodation at Cairngorm Lodge Hostel overlooking Loch Morlich. No meals are included but there is a good self catering kitchen. You should bring with you food for 2 breakfasts, 2 packed lunches, and 1 evening meal, plus drinks/snacks.

If you require accommodation either before or after your course, let us know and we can arrange this for you at either our Stirling or Cairngorm Lodge hostels.

TRANSPORT:

Transport is provided daily as required for the practical elements of the course.

EQUIPMENT:

To Wear:

- A warm flexible clothing system, which will move moisture away from your body.
- Waterproof and breathable jacket and trousers



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- Warm mitts and hat
- Warm inner gloves
- Mountain walking boots (4 Season)
- Gaiters

To carry:

- Strong medium sized rucksack - about 45 litres
- Spare warm clothing
- Spare hat and 3-4 pairs gloves or mitts
- Thermos flask containing a hot drink
- Lunch items and emergency food
- Whistle & survival bag
- Ski goggles / Sun Glasses, Sun Screen
- Small personal first aid kit
- Head torch & spare batteries
- Compass & map (OS 1:50,000 No.36 Grantown and Cairngorm or Harvey Maps 'Cairngorms')
- Ice axe & crampons - provided free of charge if you do not have your own – please let our Central Reservations office know your height (for ice-axe) and boot size/type (for crampons) **at least one week in advance.**
- A climbing helmet (provided by the instructor).
- A share of group safety equipment issued by the leader

Additional Items in a **small** holdall

- Overnight items including a towel. (Sleeping bags are not required).
- Food for meals, as detailed above.

Note:

If you wear expensive waterproofs it is helpful to bring an old set of slidey waterproofs to wear over the top for self-arrest practice, which involves a lot of sliding about on the snow. Many breathable fabrics don't slide very well as far as practice is concerned.

Boots:

These must be in good condition, be capable of keeping feet reasonably warm and dry, and have a good tread. In addition they must have a stiff sole though not necessarily be rigid. (If it is easy to bend or twist your boots by hand they are too flexible for winter mountain use.) 4-season ones are preferred. A conventional square heel design is essential rather than one that is sloping.

Please try to keep your baggage as compact and manageable as possible so that you can easily load it into the minibus if you are travelling from Stirling.

SUGGESTED READING:

In order for you to get the most out of your course, you may wish to do some background reading prior to starting the course. If you have some familiarity with the techniques introduced, then you will be able to learn more during the course. Books you may find interesting and informative are:



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- “Mountain Navigation” by Peter Cliff
- “Modern Snow and Ice Techniques” by March
- “Scotland's Winter Mountains” By Moran

GUIDING COMPANY:

This course is operated by C-N-Do Scotland on behalf of SYHA. Please note that they are not able to deal with any enquiries relating to your holiday all of which should be directed to our own Central Reservations office on 0870 155 32 55.

LEADER:

C-N-Do staff are all specially chosen and are well qualified for the activities they instruct. For Winter Skills the instructor has the minimum qualification of Winter Mountain Leader, a current valid first aid certificate plus a lot of personal winter experience and competence in delivering informative, fun and inspirational outdoor courses. Having a small group ensures that the course is very much focused on you the participant, providing as much practice as is possible and being able to answer the many questions that may arise.

OPERATING RATIO:

1 leader to 6 participants.

EMERGENCY CONTACT:

If you are delayed on route to the meeting points you can contact C-N-Do Scotland on 01786 445703 before 16:30 if meeting at Stirling station, or Cairngorm Lodge hostel on 01479 861238 if meeting there. Please do not contact either of these organisations for any other issue related to your holiday.

COMPLAINTS PROCEDURE:

In the unlikely event of having a complaint about your activity please make your views known to the instructor in charge so that it can be resolved immediately. Failure to do so may lead to your claim being reduced or rejected. Should it not be possible to resolve your problem immediately, you should write, giving full details, to the Activities Manager, SYHA as soon as possible after the activity. Delay in so doing may lead to an inability to substantiate your claim. All complaints and claims will be dealt with under Scottish Law and Custom.