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#AdventureRevolution



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## **Scottish Winter Skills & Snowholing Weekend 2<sup>nd</sup>-4<sup>th</sup> March 2018**

Our fully qualified and experienced winter mountain leaders will run the course to your needs giving plenty of time to practice and learn new skills. The first day of the course (from 09:00am on Friday morning) will be spent both indoors and outdoors learning and practicing the skills outlined below. Our second full day on the mountain will give us time to solidify these skills before we attempt to either construct our own snowholes for the night or experience some wild winter camping! On Sunday morning we will eat breakfast together before making our way off the mountain to get back to Aviemore for around 12:00 noon.

What's covered?

- Choosing suitable equipment and clothing for winter
- Developing efficient footwork for winter
- Use of ice axe/ ice axe arrest
- Use of crampons/ movement techniques
- Avalanche awareness and avoidance
- Introduction to winter weather and winter navigation
- Managing safety on steep ground
- Planning a day out in winter
- Constructing emergency snow shelters and emergency procedures
- Route choice in winter conditions

We will be based in the high mountains of Scotland around Aviemore. Our Chief Instructor, Paul, holds the Mountain Instructor Certificate and has been teaching winter skills in Scotland for many years so you will be in safe and competent hands.

To receive the greatest benefits from this course you should have a good fitness level and some previous experience of hill walking in summer (or winter). Continuous days in the winter mountains carrying an overnight rucksack requires reasonable fitness levels. If you can walk uphill for 2 or 3 hours at a sensible pace with a few short rests you should be fit enough. A typical winter day will see us out in the mountains for over six hours. *Please also inform us in advance of any medical details that could affect your performance in the mountains.*

If you've never come on an EC Adventure before, they're informal, friendly and great fun. We generally have singles, couples and small sets of friends coming along, from complete beginners to adventure professionals - what we all share is a love for adventure. Ages tend to range between mid 20s and mid 40s but anyone over 18 years old, young at heart and fit to take part is welcome.

### **What's included**

- 2.5 days of winter skills theory and practical training, both inside and outside with highly qualified instructors
- 2.5 days' use of specialist equipment (helmet, ice axes and crampons)

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- 2 nights' shared accommodation in YHA Aviemore (we will only sleeping inside on Saturday if conditions are unsafe)
- 1 night out on the mountain digging and sleeping in a snowhole OR 1 night camping outside in a local wilderness accompanied by our instructors on Saturday night
- All transfers to and from Aviemore Youth Hostel to the training areas in the mountains

### What's not included

- Travel to / from Aviemore - this is relatively straightforward from most major UK cities however the earlier you confirm your place the easier and cheaper it will be to coordinate travel arrangements. The nearest airport is Inverness which is approximately 45 min drive. There are also both day and overnight bus and train connections to Aviemore itself (notably from London but some other major cities also).
- Food - no food is included but the hostel's proximity to the town centre makes it easy to pick up last minute groceries, self-cater or eat out. We'll book a table at a local restaurant for the group on Friday night but on Saturday night you'll need to have your own food handy!
- Personal winter activities travel insurance (it is strongly recommended you have cover for this course)
- Personal equipment and kit - you can download our kit list using the link below, which also contains advice on winter boots.
- Winter boots - we can arrange winter boot hire for you at a price of £30 for the weekend, so when you make your booking if you want boots please check the tickbox and state what size you need - we recommend going up one size from your normal shoe size (*payment for boots must be made in full before the course starts and is non-refundable*)

### KIT LIST

Download our recommended and comprehensive kit list and boot advice [HERE](#).

### ACCOMMODATION

Our base is Aviemore in the Cairngorms National Park. Travel to Aviemore is relatively straightforward from most major UK cities however the earlier you book your travel the easier and cheaper it will be. We'll be based out of Aviemore Youth Hostel. Surrounded by woodland and situated on the boundary of the Cairngorm National Park and a short walk from Aviemore town centre, it's the ideal place to stay for outdoor activities or for visiting the surrounding area.

The hostel provides a great range of facilities including multi-share and private rooms, a well-equipped self-catering kitchen, a spacious dining area, a large drying room and ample parking for cars and buses. There is also a large open lounge which provides stunning views of the Cairngorm Mountains and surrounding woodland where red squirrels and other wildlife are often spotted.

Explorers Connect Ltd, Pithay Studios, All Saints Street, Bristol BS1 2LZ  
Company Number: 7598165

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**Address: SYHA Aviemore, 25 Grampian Rd, Aviemore PH22 1PR**

**Tel:** +44 (0)1479 810345

**Driving directions:** There's a good route planner available on the SYHA website here (go to the location tab): <https://www.syha.org.uk/where-to-stay/highlands/aviemore/#>

**Parking:** There is some free parking on site at the hostel, but if there is no space you might have to park on the street (charges may apply – advisable to bring cash).

**Public Transport:** The nearest airport to Aviemore is Inverness, approx 45 min drive, which has connections through budget airlines with many UK cities. There are also both day and overnight bus and train connections to Aviemore itself (notably from London but some other major cities also). There is the potential to share a taxi from the airport/bus station - you can coordinate this with others on the Facebook event page below.

**Lift Sharing:** If you can offer or need a lift (or just want to say “hi” to fellow attendees), then you can do this on the event Facebook page here:

<https://www.facebook.com/events/1939047689706423/>

Closer to the time if you have not found a lift share let us know where you will be coming from and we will give out your details to others in the group by email.

## ITINERARY

### FRIDAY

You'll need to be at the SYHA Aviemore at 9am sharp on Friday morning. It might be a good idea to book accommodation locally or at the hostel on Thursday evening so you can guarantee arriving on time.

Friday is a teaching day so you'll spend the morning being briefed at the hostel and going through things like equipment, basic safety etc before heading out into the mountains for the afternoon. **We have booked a table for a group dinner at Skiing Do restaurant just down the road from the hostel on Friday night at 7pm.** The address is 9 Grampian Road, Aviemore PH22 1RH, (tel: 01479 810392). The booking is under 'Explorers Connect'.

### SATURDAY

This will be a full mountain day, applying and practising the skills you've learned on Friday. Unless the weather presents safety issues you will stay out on the mountain and dig your own snowhole to sleep in overnight.

### SUNDAY

You'll wake up in the morning in your snowhole and have breakfast before spending the morning out in the mountains. You'll be back around lunchtime at the SYHA Aviemore and have free time after that to explore or head on home.

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### **A REMINDER ON FOOD**

Food is not provided on this course, but the SHYA does breakfast for around £5 each morning. Please have a packed lunch ready to take with you when we meet on Friday morning and you'll eat out together on Friday night. Everything else can be bought in the supermarket in Aviemore if you don't wish to bring it with you. For Saturday night in the snowhole everyone must cook something hot – it's best to bring specialist expedition food from a camping/outdoors shop with you or buy something suitable in Aviemore. We'd recommend bringing a thermos flask as well as your water bottle.

### **Please note:**

- If you do not have the right kit you may not be able to participate. We do have some equipment to lend out so contact us well in advance if you need anything.
- On arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us asap if there is anything you think may affect your participation.

If you have questions about any aspect of the trip, please contact Alex ([alex@explorersconnect.com](mailto:alex@explorersconnect.com)).