

Introduction to Scottish winter mountaineering (5 Days)

Our winter mountaineering course is designed for people with no experience in winter conditions or for those wishing to have a refresher in good winter skills practice. However summer walking experience is essential.

The first three days of the course will look at all the necessary skills to travel around the Scottish hills in winter including: walking with crampons, use of an ice axe, snow and avalanche awareness, navigation, emergency procedures. The final two days are client led, the aim being for the clients to choose and lead these mountain days with your instructor's guidance and support.

A good level of fitness is necessary to fully enjoy 5 days in winter.

As with all our courses your instructor will be friendly and fully qualified. The instructor/client ratio is excellent not exceeding 1:4.

[Download the course documents here.](#)

[View a list of our pre-programmed winter course dates here.](#)

Cost £350 per person
(includes instruction but not food and accommodation).

Please contact us for accommodation options.