

# WINTER SKILLS COURSE, SCOTLAND



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# WINTER SKILLS

Are you interested in exploring the beauty of Scotland's rugged Highlands while learning essential winter skills? This 4-day winter skills course is the perfect activity for those looking to gain new knowledge and have an adventure at the same time. Not only will participants learn how to traverse challenging terrain, but they will also gain important skills such as avalanche awareness. Let's dive into what makes this course so special.

The course takes place in and around Glencoe in Scotland. Located in the Lochaber area of the Highlands, Ben Nevis is Britain's highest mountain and one of its most iconic landmarks. It towers over its surroundings at 1,345 meters (4,411 feet), providing a breathtaking backdrop for those participating in this amazing course. With its steep slopes and deep gullies, it offers a variety of challenges suited to all levels of ability—making it an ideal location for a winter skills course.



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The 4-day winter skills course includes content ranging from avalanche awareness to using crampons on steeper ground to planning days out walking safely. Participants will get hands-on training as they build their confidence while learning how to use an ice axe and move efficiently over snow-covered terrain. Knowing these essential skills can help you stay safe during your outdoor adventures!

This course offers practical training that enables participants to develop the necessary skills while having fun! There will be plenty of practice opportunities throughout this program, giving participants first-hand experience with each skill set that is being taught. Plus, there are lots of opportunities for rest breaks as well as discussions about different topics related to mountaineering and hillwalking/trekking in cold weather conditions.



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## HIGHLIGHTS OF THIS ADVENTURE:

- Explore the best sections of the West Highland Way
- Learn how to move through terrain with crampons and an ice axe
- Relax at the end of each day in amazing ensuite accommodation overlooking the Ben Nevis massif.
- Freshly prepared meals cooked by our expedition chef.
- An opportunity to experience a winter ascent of the highest mountain in Britain.
- All technical equipment provided.
- The chance to meet likeminded people and make new friends.
- Learn technical high altitude mountaineering skills.
- Photos and high quality video content of the adventure.
- Chance to sample some Scottish culture from its cuisine to whisky!
- Question and answer session with the highly qualified Alexander Adventures team.

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# WINTER SKILLS

## DAY 1:

We will meet at our base in Newcastle around 7 am, where you will enjoy some freshly brewed coffee and breakfast. After leaving our base at 8 am, we hope to arrive in Glencoe at around 1 pm, where we will have some lunch. We will start our course by looking firstly at the use of ice axes and when to use them. But also, ice axe arrests and when they may be needed. We will look at and practice efficient movement in the winter environment and the decision-making processes that will make our days safe and enjoyable! After an informative afternoon, you will head back to your mountain lodge to relax. The evening will be spent enjoying a delicious home-cooked meal by the Alexander Adventures team as well as some drinks.



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## DAY 2:

You will start your day with a delicious Scottish breakfast, then head off on an exciting adventure across the Rannoch Moor. Take in fantastic views of Buachaille etive mor before challenging yourself to conquer the Devil's Staircase! Enjoy a hike through rolling terrain and descend into Kinlochleven where you can kick back for some well-deserved rest. Get ready for hot showers, cold beers, and home cooked meals - sounds like paradise!

## DAY 3:

After a tasty home-cooked full Scottish breakfast in preparation for the day ahead, we will head to the hills, and if the conditions and weather work in our favour we will be looking to summit Ben Nevis in winter, the highest mountain in Britain is a big achievement which is a massive tick for many people.



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The day will be tough but the perfect opportunity to practice all the skills learnt on day one. Following a full day out in the incredible Scottish landscape, we will head back for a lovely home-cooked evening meal warming up next to the fire, we may enjoy a few local drams of whisky. As well as an evening lecture on avalanche awareness in the comfort of our Mountain lodge.

## DAY 4:

You will wake up to a full Scottish breakfast, after which you will head out into the world-famous and stunning Glencoe Valley. Surrounded by snow-capped peaks and stunning vistas, we will be looking at fixed line climbing, crevasse rescue techniques and simple rope work ready for the next big adventures. After a tasty lunch on the mountain, we will start the drive back home through stunning Scottish scenery with skills and knowledge that will last a lifetime. We hope to arrive back in Newcastle around 6 pm.



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# WINTER SKILLS

## WHAT YOU NEED TO BRING:

- Winter walking boots (B2 or B3)\*\*
- Crampons \*\*
- Day rucksack (everything can fit inside)
- Ski goggles
- Ice axe \*\*
- Waterproof clothing (jacket and trousers)
- Suitable warm clothing for walking (no jeans)
- Warm tops
- Packed lunch
- Hot flask
- Spare clothing
- Warm Hat
- Balaclava
- Sunglasses
- Several wind and waterproof gloves (ideally 4 pairs)
- Water
- Headtorch & spare batteries

\*\* We have items you can borrow if necessary.

## WHAT'S INCLUDED?

- x3 Night's accommodation
- x3 Evening meal, x4 breakfast, x4 lunch
- Leader / coach on the mountain
- All technical equipment
- Photos / film from your trip

## WHAT'S NOT INCLUDED?

- Additional hotel nights
- Food & drinks outside of the above
- Personal clothing / money
- Gondola fees (if needed)



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