



BMC Winter Hill Walking Course - Extension

Ballachulish, Scotland

30 January – 1 February 2017

COURSE INFORMATION

Course Overview



This extended introductory winter skills course is intended for those who are active hill walkers and have a basic training in the use of ice axe and crampons. If you have attended an introductory course before or are taking part in the weekend introductory course on 28-29 January then there is an opportunity to extend the course for a further three days.

Please note this is not a climbing course.

This course will be run with 1 instructor to 4 clients.

Course Outline

To travel safely in the mountains in winter requires a whole set of skills and the development of good judgement. Ideally located in Glencoe and within reach of Ben Nevis this course is designed to consolidate the skills learnt and to focus on winter navigation and good route choice.

The course will focus on safe travel in the mountains in winter conditions for those taking the leap from summer to winter hill walking. The extended days will focus primarily on route choice and winter navigation as well as interpretation of weather and avalanche forecasts. Emergency procedures will be covered as will the emergency use of a rope. After the initial skills based training it is envisaged that the extended programme will allow participants to acquire a greater depth of knowledge required to be self sufficient on the hills in the UK in winter.



All 3 days of this course will be primarily spent on the hills.

As the conditions in Scotland dictate the course programme, the exact venue and content of the day will be decided on the morning of the course and tailored to the group's requirements.

Level of experience

This course is for those people who have previous hill walking experience in summer, have a basic training in the use of ice axe and crampons and are reasonably hill fit.

You can expect to spend at least 6 hours or more on the hill, therefore if you can walk continuously uphill at a sensible pace for 2 to 3hrs with short rests then you should be fit enough.



Location

The Alex McIntyre Hut will be the base for this course. You will need to provide your own sleeping bag, towel, personal toiletries, food etc. as you would for any stay in a climbing hut. Accommodation has been booked in the hut from the Sunday night to Wednesday morning for all course members. The course will start at 8am Monday morning.

Instructors



Nick Cannon Jones (MIC)

Since discovering rock climbing and hill walking with the Scouts Nick has never been far away from the mountains. Having been lucky enough to turn what was supposed to be a year out into a full time career he now holds the Mountain Instructor Certificate. He has have gained so much from the outdoor environment, particularly the Lake District, that he now enjoys sharing his enthusiasm for the hills with others and passing on the knowledge to go and explore them safely for themselves. Nick is an active member of Duddon and Furness Mountain Rescue Team and once appeared in Coronation Street! He runs More Than Mountains with his wife Jill, offering rock climbing, scrambling, guided walks, navigation courses, multi-activity days and winter mountaineering courses. www.morethanmountains.co.uk

Price

£175 per person for the 3-days

Included: shared self-catering accommodation (Sunday, Monday & Tuesday nights), instruction on Monday, Tuesday and Wednesday (ratio of 1:4), group equipment

Not included: meals, personal equipment, transport, personal insurance, uplift Anoch Mor (£10.50) or Glencoe (£6.00)

To secure your place please click to [book online](#) via the BMC website, or follow the link on the course information page . www.thebmc.co.uk/clubs/courses