



BMC Winter Hill Walking Course

Ballachulish, Scotland

28 – 29 January 2017

COURSE INFORMATION

Course Overview

An introduction to winter hill walking, developing the basic winter skills to enable you to tackle some of the mountains in the UK under winter conditions. This weekend course will refresh any existing winter skills and introduce winter navigation, avalanche evaluation, the use of ice axe and crampons as well as taking a look at some emergency procedures. 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 give an introduction to those skills and to draw an awareness to the potential hazards that comes with winter hill walking. If you have previous summer hill walking experience and wish to take the steps into hill walking in winter conditions then this weekend is ideally suited for you.



Day 1 will focus on:

- Rucksack contents and winter clothing
- Footwork in winter
- Use of ice axe/ ice axe arrest
- Use of crampons/ techniques
- Introduction to avalanche awareness/ weather and winter navigation
- Emergency procedures
- Evening Lecture (Safety lecture)

Day 2

- A mountain day encompassing all of skills learnt on day one and the development of judgement.

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.

Level of experience

This weekend course is for those people who have previous hill walking experience in summer 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 on both the Friday and Saturday night for all course members. The course will start at 8am Saturday Morning.

Instructor



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 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

£110 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction on the Saturday and Sunday (ratio of 1:4), group equipment, evening slide show

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