

Winter Skills on the Hills – Weekend Course

If your walking experience has been mainly in Summer conditions then this course provides the ideal introduction to Winter hill walking.

This course is designed to cover the essential Winter skills. You will learn to use ice axe and crampons, navigate and deal with survival situations. This course is physically less demanding than Winter Mountaineering but also includes the Bronze Navigation syllabus with assessment for those who wish to complete it.

Ice axe and crampons are provided.

Dates - 2010: 8-10 January, 22-24 January, 5-7 February, 19-21 February, 5-7 March

Price: £166.00

Itinerary

Friday	8:30pm	Course introduction. Equipment check and discussion. Briefing for Saturday.
Saturday	9:00am	Depart for mountain day. A day on the Lakeland hills where you will learn: ice axe self arrest, step cutting, crampon skills and winter navigation techniques.
	5:00pm	Return to Youth Hostel.
	8:00pm	Talk and discussion. Hypothermia and survival. Weather forecasts. Video - Avalanches, causes and avoidance.
Sunday	9:00am	Depart for mountain day. Consolidation of ice axe and crampon skills. Construction of snow shelters and survival techniques. Avalanche detection techniques.
	4:30pm	Afternoon tea. Final debriefing.

Please note: Hills climbed and final route choice will be determined by conditions prevailing on the day.

In the event of unsuitable weather conditions, we will not cancel the course but the itinerary may be amended or adapted.

What's Included

The price includes two nights accommodation and all meals (including packed lunches and a free flask filling service) starting with breakfast on the Saturday morning and finishing with afternoon tea on Sunday. Please note that evening meal on Friday (7.00pm) is **not** included in the price but can be booked in advance and paid for on arrival if required.

Tuition by fully qualified instructors is included and is arranged by Summitreks, well known and respected providers of outdoor activities. Loan of ice axe and crampons is included at no extra charge.

Transport is **not** provided. Participants are expected to provide their own transport to the hostel and for the short journeys to the start of the walks or to share with other participants.

For details of the equipment you need to bring with you and how to book see the general information sheet.

Winter Mountaineering – Weekend Course

This course is for those with experience of winter hill walking who wish to develop and consolidate their skills and try more challenging mountaineering routes. In addition to learning the correct use of ice axe and crampons and how to arrest a slip or fall you'll learn rope skills including how to move safely and secure a team on steep ground with belaying techniques.

Navigation is undertaken to Bronze National Navigation Award standard. For those who wish, assessment is possible with the award of a Bronze NNA certificate for successful participants.

Ice axe and crampons are provided.

Dates – 2009/10: 18-20 December, 29-31 January, 12-14 February, 26-28 February, 12-14 March

Price: £166.00

Itinerary

Friday	8:30pm	Course Introduction. Equipment check and discussion. Briefing for Saturday.
Saturday	9:00am	Depart for mountain day. A day on the Lake District mountains, which may include Helvellyn or Scafell, covering self arrest techniques, step cutting, crampon skills and simple security systems with a rope. Course members will be given the opportunity to improve their navigation skills using timing and pacing systems.
	5:00pm	Return to Youth Hostel.
	8:00pm	Talk and discussion. Hypothermia and Survival. Weather forecasts. Video - Avalanches, causes and avoidance.
Sunday	9:00am	Depart for mountain day. Consolidation of ice axe and crampon techniques. Avalanche detection and snow pits. Snow shelters and survival skills. Steep ground techniques with axe and crampons.
	4:30pm	Afternoon tea and final debriefing.

Please note: Hills climbed and final route choice will be determined by prevailing conditions on the day.

In the event of unsuitable weather conditions, we will not cancel the course but the itinerary may be amended or adapted.

What's Included

The price includes two nights accommodation and all meals (including packed lunches and a free flask filling service) starting with breakfast on the Saturday morning and finishing with afternoon tea on Sunday. Please note that evening meal on Friday (7.00pm) is **not** included in the price but can be booked in advance and paid for on arrival if required.

Tuition by fully qualified instructors is included and is arranged by Summitreks, well known and respected providers of outdoor activities. Loan of ice axe and crampons is included at no extra charge.

Transport is **not** provided. Participants are expected to provide their own transport to the hostel and for the short journeys to the start of the walks or to share with other participants.

For details of the equipment you need to bring with you and how to book see the general information sheet.

Winter Courses – General Information

Minimum age for all courses : 18

How to Book

Complete the booking form attached and send to the address below with your payment. Please read the booking conditions carefully. In particular please note the cancellation charges that we will make if you have to cancel your course.

Insurance

Summitreks have public liability insurance.

What to bring

If you require advice or help with your personal equipment, please contact us.

The items listed below are essential to ensure you gain the maximum safety and enjoyment from your course.

- ◆ Map: Lake District BMC 1:40000 (Harvey maps) or 1:25000 NE and NW (O.S)
- ◆ Whistle
- ◆ Personal first aid kit
- ◆ Rucksack and Waterproof liner
- ◆ Gaiters
- ◆ Waterproof trousers
- ◆ Survival bag
- ◆ Notepad and pen
- ◆ Compass – Silva type
- ◆ Head torch or torch plus spare batteries and bulb
- ◆ Emergency food (=4 Mars Bars!)
- ◆ Walking boots with good sole and reasonably stiff, must be 3 / 4 season, crampon compatible
- ◆ Warm trousers – NOT JEANS
- ◆ Gloves or mittens
- ◆ Waterproof jacket with hood
- ◆ Thermos flask
- ◆ Hat
- ◆ Fleece (Mid-layer)

Course members are entitled to 15% Discount on equipment purchased at Summitreks Equipment shop in Coniston, Ambleside or Hawkshead Tel : 015394 41212

Minimum Numbers

We need a minimum of 4 participants to run a course. If there is insufficient demand we will inform you two weeks before the start of the weekend.

Accommodation details and how to get to Derwentwater

Please see our separate colour brochure

Enquiries and Bookings

Summitreks, 14 Yewdale Road, Coniston, Cumbria. LA21 8DU.

Tel: 015394 41212 Fax: 015394 41089

Email: info@summitreks.co.uk

Website: www.summitreks.co.uk