

WINTER MOUNTAINEERING – 2 Days

This course is suitable for those with some experience of winter hill walking who wish to develop their skills and try more challenging mountaineering routes. In addition to reviewing the correct use of ice axe and crampons and how to arrest a slip or fall you'll also learn rope skills including how to move safely and secure a team on steep ground. We also cover winter navigation, survival situations and assessing winter hazards e.g. avalanche risk. This course is more technical than the Introductory Winter Skills course with a lower instructor to client ratio. The course also includes the first part of the National Navigation Award Scheme. Assessment is available for those who wish to complete it. Our inclusive price includes full board accommodation and the loan of ice axes, crampons, helmets and harnesses.

Summitreks is the largest independent provider of Adventure Activities in the Lake District. We've operated in Lakeland for 25 years delivering mountaineering courses and adventure activities. Our instructors are highly skilled and experts in providing safe, enjoyable days in the mountains. They're relaxed, friendly and very keen to ensure you have a great experience. Our team is led by Ron Rutland MIC who has participated in many Himalayan expeditions.

For the "Winter Mountaineering" course you'll be based at YHA Helvellyn. This is a true mountain hostel nesting under Sheffield Pike at almost 1000ft above seal level. Nearby is Helvellyn with its famous high level ridges and also the north facing mountain corrie of Brown Cove which holds snow throughout the winter. The hostel is accessed by road and track (suitable for cars) from Glenridding village. YHA Helvellyn has a long standing reputation for its hospitality and welcome. It has good facilities, serves great food and is fully licensed.

PRICE: £225.00 per person

COURSE DATES

9th-11th Dec 2011

6th-8th Jan 2012

13th-15th Jan

20th -22nd Jan

27th-29th Jan

3th-5th Feb

10th 12th Feb

17th -19th Feb

24th-26 th Feb

2nd -4th March

9th-11th March

16th 18th March



Itinerary

Friday Arrive at YHA Helvellyn (If evening meal required please arrive by 6:00pm)
20:30 Course introduction. Distribution of ice axes, crampons, helmets and harnesses. Equipment check and discussion.

Briefing for Saturday.

Saturday 08:00 Breakfast

09:00 Depart for mountain day. A day of skills training covering ice axe & crampon skills, self arrest techniques, mountain navigation, and climbing techniques including rope work, protection and belaying.

17:00 Return to hostel.

19:00 Evening Meal.

20.00 Presentation and discussion: hypothermia and survival, weather forecasts. Video – Avalanches, causes and avoidance.

Sunday 08:00 Breakfast

09:00 Depart for mountain day. Consolidation of ice axe & crampon skills and putting new skills into practice with rope handling and belays on steep ground. Construction of snow shelters and survival techniques. Avalanche detection and snow pits

16:30 Return to hostel. Afternoon tea and debrief. Return loaned equipment.

Depart

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 at YHA Helvellyn 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 the evening meal on Friday is not included in the price but can be booked in advance and paid for on arrival if required.

All tuition and guiding by Summitreks team of fully qualified instructors. The loan of ice axe, crampons, helmets and harnesses is included in the price.

A 15 % discount card for use in Summitreks Stores located in Ambleside, Coniston and Hawkshead is presented to all participants.

Please note that transport is not included in the price. Participants are expected to arrange their own transport to YHA Helvellyn.

For details of the equipment to bring with you and how to book please refer to the general information sheet. 3

WINTER COURSES – GENERAL INFORMATION

How to Book

Complete a booking form and send it to Summitreks at the address below. If you wish to pay by cheque then please send it with your booking form. If you'd prefer to pay by debit or credit card then please inform us on the booking form and we will contact you by telephone to take your card details. Alternatively you have the option to book on line via our secure server. Please read our Terms & Conditions carefully before booking.

Please note that the minimum age for this course is 18 years.

Insurance

Summitreks has full public liability insurance. However, we do recommend that you and other members in your party consider obtaining personal holiday insurance to cover illness, cancellation, injury, personal effects and equipment.

What to bring

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 with spare batteries and bulb if not LED type

Emergency food (=4 Mars Bars!)

Walking boots – with soles in good condition. Must be reasonably stiff and 3/4 season - crampon compatible

Warm walking trousers – NOT JEANS

Gloves or mittens

Waterproof jacket with hood

Thermos flask

Warm hat fleece or wool

Warm fleece (Mid-layer)

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

Please note that course participants are entitled to a 15% discount on equipment purchased at Summitreks stores in Coniston, Ambleside or Hawkshead. Tel : 015394 41212 for details.

Minimum Numbers

We need a minimum of four participants to run each course. If there is insufficient demand we will inform you two weeks prior to the course dates. In the event that Summitreks cancel a course a full refund is made of any monies paid. You will also be given the option of transferring to another course subject to availability.

Further Information and Bookings

Summitreks, Adventure Centre, Coniston, Cumbria. LA21 8EW.

Tel: 015394 41212

Email: info@summitreks.co.uk Website: www.summitreks.co.uk