

WINTER SKILLS – 2 Days (Non Residential)

This course is the ideal introduction to the joys of winter hill walking and it's aimed at those who with little or no previous experience. We'll teach you the essential skills to enjoy the winter hills in safety. You'll learn how to use ice axe and crampons, including self arrest practice on steep ground, navigate in winter conditions and deal with survival situations. Plus you'll get expert advice on winter gear. With the skills you acquire on this course you'll have the confidence to venture out and explore the hills on your own. Our inclusive price includes professional instruction and loan of ice axes, crampons and helmets.

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.

Our non –residential Winter Skills course is based in Ambleside. From here we can access to some of the best areas for winter walking in the Lake District.

PRICE: **£120.00 per person**

COURSE DATES:

10th-11th Dec 2011

7th-8th Jan 2012

14th-15th Jan

21st -22nd Jan

28th-29th Jan

4th-5th Feb

11th 12th Feb

18th -19th Feb

25th-26 th Feb

3rd -4th March

10th-11th March

17th 18th March



Itinerary

Saturday	08:30	Meet with instructor at Summitreks – Ambleside. Equipment check and distribution of ice axe, crampons, helmets. Briefing for the day.
	09:00	Depart for mountain day. A day of skills training covering ice axe self arrest, step cutting, crampon skills and winter navigation.
	17:00	Return to Ambleside
Sunday	08:30	Meet with instructor at Summitreks – Ambleside. Briefing for the day.
	09:00	Depart for mountain day. Consolidation of your newly acquired ice axe, crampon and navigation skills. Today we also cover the construction of snow shelters, survival techniques plus how to detect and assess avalanche risk.
	17:00	Return to Summitreks – Ambleside. Debrief, return loaned equipment and 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

All tuition and guiding by Summitreks team of fully qualified instructors. The loan of ice axe, crampons and helmets 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 Ambleside and for the journeys to access points for the each days Winter Skills training. It's usual for car sharing to be arranged on the day.

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

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 (approx 45 litre capacity) and waterproof liner
- Gaiters
- Waterproof trousers
- Survival bag
- Notepad and pen
- Compass – Silva type
- Head torch or torch plus 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