

WINTER SKILLS FOR THE HILLS – 2 Days

Hill walking in winter is an enjoyable and rewarding activity but it does require special skills to enjoy the 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. This course is less technical and not as physically demanding as our Winter Mountaineering course. 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 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.

For the "Winter Skills" course you'll be based at YHA Hellvellyn.

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-26th Feb
2nd - 4th March
9th-11th March
16th 18th March



Itinerary

Friday		Arrive at YHA Hellvellyn (If evening meal required please arrive by 6:00pm)
	20:30	Course introduction. Distribution of ice axes, crampons and helmets. 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 self arrest, step cutting, crampon skills and winter navigation.
	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 and crampon skills. Construction of snow shelters, survival techniques and avalanche detection.
	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 Hellvellyn 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 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 YHA Hellvellyn and for the journeys to access points for the each days skills training. It's usual for car sharing to be arranged each 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