

## SCOTLAND WINTER TRIP

### INTRODUCTION

Welcome to the 2017 Scotland Winter Trip! This is one of our Community Events when we aim to adventure together in wild and beautiful places. At the heart of all these events is the desire to foster good relationships, live sustainably and enjoy the fullness of life.

This trip has been running now for many years and is a firm favourite. Many of those in our community have been introduced to the delights of Scottish winter on this very trip in the past and gained the skills and experience to go further.

The aims of the trip are to:

- Help you learn the vital skills so that you can take your first step into winter mountaineering
- Provide some long, fulfilling days on high peaks (for those with a little more experience)
- Give a taste of winter climbing, either mixed or ice, depending on conditions – to those who want

We have a friendly group of regular, annual participants on this trip, so if you have been before, book on to catch up with friends and prepare for new adventures, and if you have never before experienced Scotland in full winter conditions, come along for a taste of the truly wild side of outdoors in the UK!

This trip is suitable for those who are new to winter mountaineering; for those who have experience and want to get in some big days out; and for those who want to take their first step into winter climbing.

For those who are beginners, there will be coaching and the space to build competence for using an ice axe and crampons as well as other key skills.

Remember, there are only a limited number of places on this trip, so make sure you book early to avoid disappointment. Also, winter climbing is limited to a couple of people per day and only those with prior winter experience.

## A QUICK LOOK

<b>Dates</b>	Sunday 19 to Saturday 25 February 2017
<b>Price</b>	£350.00 (including all food, accommodation, instruction and local transport)
<b>Venue</b>	West Highlands, depending on prevailing conditions
<b>Accommodation</b>	Self-catered house in Glencoe village
<b>Transport</b>	Inclusive private transport to and from Scotland and the walking venues
<b>Food</b>	All meals are included during the course, except personal drinks and snacks
<b>Equipment</b>	Ice axe, crampons and boots can be hired at a local shop on day one. No other specialist equipment is required.

## WHAT IT'S ALL ABOUT

Compared with increasingly regulated work environments and pastimes, the Scottish Highlands provide a refreshing amount of freedom and, of course, are stunningly beautiful in good conditions. In bad weather, the power of the elements is equally breathtaking.

However, adventures are best shared, which is another key reason for our trip. By journeying through amazing scenery and facing challenges together, we go deeper in our friendships.

We have also chosen our accommodation and the week's itinerary carefully so that there are opportunities to relax together with fellow participants. Eating together and talking over the day's adventures in a comfortable and relaxing place adds to the unique fellowship that we share on this course.

There are three streams to this year's trip:

- **Winter Skills** - to give you all the basics for winter mountaineering. This is aimed at those who are new to Scottish winter mountaineering.
- **Summits and Ridges** – the aim is to climb some of the classic hills via interesting routes that may include snow gullies and ridge walks. This is for those who have a good amount of winter experience.
- **Winter Climbing** - for those wanting a taste of Scottish mixed and ice climbing. This is aimed at those who have a good amount of winter experience and are looking to progress into winter climbing.

Please note that we will do our best to accommodate people's individual aims and objectives for the week, but we are limited in the number of instructors and what they can provide.

## PREVIOUS EXPERIENCE

You should have some previous summer hillwalking experience for the Winter Skills and Summits and Ridges courses and if you are planning to take part in the Winter Climbing stream then you will need a good amount of winter walking experience.

## A BIT ABOUT US



**Simon** is a freelance consultant, but used to be full-time with The Mountain People. He enjoys the balance the outdoors brings to life, stretching him not only mentally, but also physically. Simon was first introduced to Scottish winters by Nick (see below), and has never looked back. He gained his Winter Mountain Leader award after six weeks in the mountains in 2013, honing his skills and living out of his car as a Highland hobo.



**Nick** is on the The Mountain People's Board of Directors, as well as being the Founder and Qatar General Manager of Red Rock International, with which TMP has a close relationship. Despite running corporate team building and management events, Nick has adventure in his heart and has been the driving force behind this annual Scotland winter trip for many years. Nick is a keen athlete, with a passion for triathlons, so can often be found running, swimming or on his bike. He is also a qualified Winter Mountain Leader.



**James** is The Mountain People's International Director and Senior Instructor. Originally from California, he recently moved to the UK from Morocco where he lived for ten years, most recently in the amazing High Atlas Mountains. He holds the Mountaineering Instructor Certificate and is passionate about all aspects of mountaineering and climbing, and loves seeing people equipped with the skills they need for their own adventures.

## DETAILS

### Dates

Sunday 19 to Saturday 25 February 2017. Sunday and Saturday will be travel days, leaving five days (Monday to Friday) for the mountains.

### Price

The cost is £350.00 per person, which includes everything (food from dinner on Sunday 19, accommodation, transport, etc.) except ice axe and crampon hire, which you can personally hire before the trip. Lunches are provided on the trip, but you might like to bring your own personal snacks and drinks for the mountains.

A deposit of £100.00 can be paid to reserve your place on the trip by Sunday 18 December, with the balance to be paid in full three weeks prior to the commencement of the course (by Sunday 29 January 2017).

### Accommodation

We will privately lease an outdoor centre in Glencoe, from which we will run the trip. The accommodation is well equipped with dorm style rooms and there is an great drying room.

The trip is self-catered, so we will all pitch in together, and it is a good opportunity to get to know other people over the washing up!

### Transport

A minibus will travel from Oxford to Glencoe, departing early on the Sunday morning. Pick-ups are possible along the route by prior arrangement, including Derby. Likewise, on the return we will drop you off along the route south. This is included in the the trip price.

Alternatively, you can arrange your own transport directly to Glencoe, in which case, please let us know your arrangements. Transportation is provided throughout the course to and from each day's starting point.

## DAILY PROGRAMME

<b>07.00</b>	Breakfast and make lunch
<b>08.00</b>	Briefing on day's activities & objectives
<b>08.30</b>	Depart for activities
<b>16.00</b>	Return to centre
<b>16.30</b>	Tea and cake and review
<b>18.00</b>	Evening meal
<b>20.00</b>	Optional evening lecturette or activity

**Please note:** This is a rough timetable and conditions will dictate how closely it is observed

## **KIT LIST**

A detailed kit list will be emailed to you upon registering for the trip!

## **MEDICAL & FITNESS**

Winter mountaineering is very physically demanding and so a good level of fitness is required. We would stress that this is an active holiday: five days of consolidated walking and coaching from 8:00am to 4:00pm daily. We recommend you allocate a day extra after the trip to ease back into work.

If you are concerned about your fitness, we suggest that you consider going swimming, jogging or cycling a few times a week. If time and space are an issue, you could try the excellent 5BX program: <http://www.the-mountain-people.com/site/uploads/5bx.pdf>

Please make any medical conditions or dietary needs known in the registration forms. In order to get the most from the trip you should have some summer hillwalking experience in the UK.

## **CONDITIONS**

The Highlands attract some harsh winter weather; conversely, they can be bathed in sunshine with blue skies. Generally, be prepared for cold and windy conditions. It is not uncommon for people to have to crawl on the plateau because the wind is so strong. You may also expect to walk in cloud which is cold and damp, with low visibility.

## **SAFETY**

*The Mountain People recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

## **BOOKING**

To book your place on this trip, please fill out the following online registration: <http://www.the-mountain-people.com/community-event-registration/>

You may be contacted regarding medical, health or prior experience related concerns.

## Booking Conditions

For more information about our booking conditions, please see:  
[www.the-mountain-people.com/booking-conditions](http://www.the-mountain-people.com/booking-conditions)

## Payment

Once you have registered, you will need to pay a deposit of £100.00 to secure your place. We will contact you with payment details by e-mail when we receive your registration. The remainder should be paid in full by Sunday 8<sup>th</sup> January 2017, three weeks before the start of the course. Please pay by bank transfer; other payment options are available on request.

To ensure we know what your payment is for, please insert the reference: [INSERT YOUR SURNAME] SWT17, e.g. SMITH SWT17