

WINTER SKILLS FOR THE HILLS – 2 Days (Non Residential)

This course is the ideal introduction to the joys of winter hill walking and it's aimed at those 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 an 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 .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 For The Hills Course is based in the Lake District.

PRICE: £230.00 per person

Course Dates 2017

Weekend dates available in February to book online.

28th - 29th January, 4th - 5th February, 11th - 12th February, 18th-19th February, 25th - 26th February, 4th-5th March 2017

Weekend and Midweek dates available throughout the Winter. Please book these dates by telephone 015394 41212

Itinerary

Saturday

09:00 Meet with instructor, equipment check and distribution of ice axe, crampons, helmets. Briefing for the day.

Depart for mountain day. A day of skills training covering ice axe self arrest, step cutting, crampon skills and winter navigation.

17:00 Return

Sunday

09:00 Meet with instructor. Briefing on the day.

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. 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 Coniston is presented to all participants.

Please note that transport is not included in the price, participants are expected to

arrange their own transport for the journeys to access points for each day. It's usual for car sharing to be arranged on the day.

For details of the equipment to bring with you and Booking Terms and Conditions see below.

WINTER COURSES – GENERAL INFORMATION

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 store in Coniston. 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,

Tel: 015394 41212

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