



Wester Rynabeallich, Cromdale, by Grantown-on-Spey, PH26 3LW

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Get ready for winter

2 days winter skills 28th & 29th November, 2009

Winter is on the way and with the good rowan berry crop it looks as if it is going to be a great winter on the mountains this year. So why not prepare early so you can take full advantage of the winter.

This 2 day course is aimed at those who are summer walkers and want to venture out in winter; or those who do some winter mountaineering and want to consolidate their skills. The aim of this course is to equip you with the basic tools so you can get about the mountains in winter safely and have great days out. The aim is not to exhaust you nor is it a winter climbing course. You should find it rewarding and enjoyable. The instructor client ratio is maximum 1:4.

Amongst other things you learn about the following subjects:

- Kit and general winter preparedness
- Route Selection
- Navigation
- Avalanche Awareness
- Use of ice axe
- Use of crampons

Your leader, most probably Abby or Patrick, will be a qualified and experienced winter mountain leader.

Some comments by others who have done this course: *"Did not anticipate covering so much", "The personal touch was superb", "Boosted my confidence and made me want to get out and do more",*

What's included: 2 nights (Friday and Saturday) dinner bed and breakfast (see note 1 below), a scrummy packed lunch (see note 1 below), local transport (see note 2 below), 2 days winter skills, lots of laughs. If you would like to book the Sunday night please let us know.

What you are expected to do/bring: get to the Aviemore / Inverness area, bring your own personal walking gear including ice axe, crampons, winter walking boots (let us know what you don't have and we'll hire/beg/borrow/snaffle it) and some good humour.

When:
28th & 29th November, 2009

Price – Total £240 / person based on shared room.

Note 1: this includes accommodation at Fraoch Lodge, which is a lovely quality assured hostel run by our friends Rebecca and Andy. They provide, your accommodation and scrumptious dinner and the goodies for your packed lunch – you pay £72 directly to them. If you would prefer alternative accommodation then we can organise this for you.

Note 2: we can pick you up/drop off at Aviemore railway station. Transport to and from the venue each day is included. Pick-up/drop off from Inverness Airport can be arranged.

Skills only price - £150. Please note for this price you organise your own: accommodation, meals and transport to and from the venue each day.

Please do not hesitate to contact us for more information by either phoning 01807 510242 or emailing patrickharrison@beallich.com

Please complete the booking form below if you would like to book.

*Let's get out there and have a great winter in the mountains
– be prepared!*

Name	
Address	
Tel No	
Mobile	
Email	

Course Name	
Course Dates	
Deposit (50% due on booking)	
Balance (due 42 days in advance)	

1. GBP cheques are acceptable
2. Electronic transfer is acceptable (please request bank details)
3. Credit card (£3 charge) and debit card (£2) payments also possible.
4. Cash

PLEASE READ OUR TERMS AND CONDITIONS. CHECK THE COURSE IS THE RIGHT ONE FOR YOU.

PLEASE CONTACT US IF YOU HAVE QUERIES WITH REGARDS TO THE COURSE/ KIT OR IF YOU NEED ASSISTANCE WITH ACCOMMODATION OR TRANSPORT.

beallich – Winter Kit List

Personal	Comment
1 hat	Or 2 if no Balaclava
1 Balaclava	
1 pr Sunglasses	
1 pr Ski Goggles	
1 thermal layer (top)	At least 1, to go against skin NOT cotton
2 mid-layers (fleece)	
1 Outer waterproof jacket	Breathable ideal
2 pairs gloves	1 mid-weight/ 1 heavy weight
1 pr Mitts	If you get cold hands
1 thermal layer bottom	Optional, NOT cotton
1 pr walking trousers / salopettes	These need to be warm if you aren't wearing thermal bottoms
1 Outer waterproof trousers	Breathable ideal
1 pr gaiters	
3 pr socks	Warm walking socks
1 pr Winter Boots	3 or 4 season suitable for crampons
1 Helmet	
General	
1 Compass	2 nd one ideal
1 head torch	Plus spare battery and bulb
1 whistle	
Suntan cream	YES, it does shine, good v the wind
1 st Aid kit (small)	Only if you have one
1 Rucsac	
1 Rucsac liner	Tough plastic bag
1 Survival bag	
1 walking ice ace	With loop
1 pr crampons	That fit your boots!
1 walking pole	If you have one
1 water bottle	
1 thermos	If you have one
Optional	
Maps + map cover	Any walking maps you may have of Scotland. Ideally 1:50,000
Old waterproofs	To slide around in during ice axe arrest
Snow shovel / saw, avalanche probe	If you have one

This is a general MINIMUM list. If you have a clothing/layering system that works for you IN WINTER CONDITIONS then use that. Be aware that some of the time will spent standing / sliding about whilst learning about ice axe arrest / cramponing etc, so bring along spare gloves etc to keep warm.

PLEASE let us know in advance if you don't have some of the gear, we can help you source, rent, beg it. We have a limited supply of spare gear which we can loan. In particular if you don't have winter boots or crampons please let us know and we can arrange to hire in advance of your arrival. We cannot take you on the mountain without the correct footwear.

beallich – Terms & Conditions (17th November, 2008)

beallich

1. beallich will provide suitably qualified instructors who will conduct themselves in a professional manner and take care of the participants in the group.
2. beallich will provide appropriate group safety equipment.
3. in the event beallich cancel a holiday/course for reasons within their control all monies paid by participants will be returned. Beallich will not be responsible for any other costs such as: transport, hotel etc.
4. beallich will investigate all complaints and aim to resolve them in a fair manner.

Payment

1. 50% of fee on booking. The booking will only be confirmed once beallich has confirmed this to the participant.
2. The remainder is due 42 days prior to the commencement of the holiday/course. Beallich has the right to cancel the booking in the event this amount is not paid on time.

Changes & Cancellation

1. Once the booking has been confirmed beallich will make best endeavours to change the booking if there is another suitable holiday/course available and reserve the right to charge a £30 administration fee.
2. If you want to cancel a booking advise us - in writing by post, the day of receipt of the letter will be considered the date the cancellation date. If cancellation date is more than 42 days prior to the start of the holiday/course beallich has the right to retain the 50% fee already paid. If cancellation date is less than 42 days prior to the start of the holiday/course beallich has the right to retain all fees already paid.

Liability

1. Participants must accept due to the nature of the activities undertaken there are inherent risks and accordingly accept these themselves.
2. Beallich accepts no liability for death or injury to any participant on a holiday/course organised by beallich unless it is due to the proven negligence of a beallich employee or servant. Beallich accepts no liability for the loss of or damage to equipment, clothing etc.

Law

1. These terms and conditions are governed by Scottish Law. All disputes will be resolved under Scottish Law.