



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

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www.beallich.com

winter wonderland – 4 days winter walking

21st -24th January, 2010 and

11th -14th February, 2010

Winter in the Scottish mountains is fantastic: sometimes challenging, sometimes stunningly beautiful. On this holiday we will have 4 days to experience what it is like. The options are great: Cairngorms, Lochnagar, Creag Meagaidh, Monadhliath, Fannichs, Ben Wyvis. We'll go where you want and the conditions are best. This is not a winter skills course, you are on holiday! But there will be the opportunity for you to learn or update your winter skills (winter navigation, ice axe & crampon use etc..) as we go along and the conditions dictate.

Your leader, Patrick Harrison, is a qualified and experienced winter mountain leader. See his profile at <http://www.beallich.com/patrick-harrison.asp>

What's included: 5 nights dinner bed and breakfast, a scrummy packed lunch, local transport*, 4 great days walking, lots of laughs.

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, see list below) and some good humour.

Price – Total £475 / 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 £175 directly to them. If 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.

Walking only price - £300. 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

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.