

**ADVANCED WINTER
NAVIGATION**
2 days, 2 nights

This course is for those wanting to update their skills to confidently navigate in full winter conditions. Should the winter mountains dish up their trickiest of conditions - white-outs - then you will have the skills to deal with them.

The consistency of winter conditions and the subtlety of the terrain found on the high plateau make the Cairngorm Mountains an ideal training ground for this course.

The 2 days focus on obtaining the skills and correct approach for maximising your navigational skill level. We concentrate on contour interpretation and 'play safe' tactical techniques. We cover timing, pacing and compass bearings yet we develop a wide array of skills to avoid the pit-fall of an over reliance on these 3 techniques. You will increase your ability to gather information from the map and be able to apply corrective techniques.



The course takes place in the Cairngorm Mountains - universally recognised as providing Britain's most consistent winter conditions. Through our experience of instructing in this environment Mountain Innovations have developed a clear, concise and structured approach. Our courses are delivered in a fun and progressive manner providing you with a clear understanding of all the necessary skills.

STRUCTURE OF THE COURSE

The course involves 2 practical days in the mountains of detailed map reading and navigational exercises.

COURSE CONTENT

We cover:

- winter route planning and appropriate navigational equipment for winter
- winter navigation tactics and limiting the effect of error
- recognition of contour features and their use as waymarkers in the winter mountains
- problems associated with navigating by certain features in the winter mountains
- recognition and use of different slope forms navigating by and measuring slope aspect
- time and pacing (micro-navigation) techniques
- tactical navigation techniques incl. aiming off, attack points, collection features etc.
- "Inappropriate" and appropriate winter techniques e.g. hand railing and dog-legging

2008 Dates: Arr 18 Jan, dep 20 Jan

Price: £200 (2 days, 2 nights)

all inclusive of:

accommodation Fri & Sat nights at Fraoch Lodge, Boat of Garten; full board (from Sat breakfast to Sun packed lunch); transport between Fraoch Lodge and the mountains if required; transfers between Aviemore Station/Inverness Airport if required

We advise guests to arrive at Fraoch Lodge between 7 - 9 pm if possible.

If you would like to join us for dinner on Friday night please enquire (2 course evening meal - £10). Additional accommodation may also be available to you for the Sunday night - D,B & B at reduced rate of £26 per person.

Mountain Innovations advises all clients to take out suitable insurance cover. For clients resident in the UK we can offer insurance cover against personal accident, cancellation and lost/stolen baggage. Please phone 01479 831 331 for full details.

* Mountain Innovations Ltd will pick up from Inverness airport at approx. 5pm, unless otherwise



arranged.

**FITNESS & EXPERIENCE
INFORMATION**

It's important for your own and the rest of the group's enjoyment, that you choose the right course for your ability. If you are in any doubt to the suitability of a particular course please don't hesitate to give Andrew a ring on 01479 831 331 so we can better advise you.

ABOUT US

Established in 1998, we're an owner-run provider of guided walking holidays and mountain courses in the Highlands of Scotland. We firmly believe 'the day' doesn't finish with the walk; we don't hand you over to someone else, you arrive back to 'Cake O'Clock' - a welcoming mug of tea and some of Rebecca's home baking.

Andrew's knowledge of the mountain environment is extensive. Having a background in geology and being interested in natural history and conservation from an early age, he's a mine of information. The fine food and relaxed atmosphere mean that access to some of the wildest places in Britain is a safe, fun and exhilarating experience.

We are always on hand to ensure your stay exceeds expectations and

are very proud of all the great testimonials we receive. Coma and enjoy an adventure with us.

YOUR HOSTS

Both Andrew and Rebecca have travelled widely. Andrew's mountaineering experience of 15 years is complemented by a number of independent expeditions to such places as the Karakoram mountains of Pakistan, the Indian Himalaya, the Alps, Mount Kenya and the High Atlas of Morocco.

Rebecca has trekked extensively in New Zealand and Australia. She has worked in Taiwan and travelled throughout Asia. She brings her knowledge of global cuisines to the preparation of her highly regarded and creative menus.

FRAOCH LODGE - YOUR ACCOMMODATION

Our Highland base is Fraoch Lodge. The Lodge provides a very comfortable dining room with wood burning stove & a separate lounge with open fire.

Single guests generally share a twin room with a member of the same sex.

If you would prefer single occupancy of a room please enquire for availability (surcharge may apply).

Full details of Fraoch Lodge are available from our web site at www.scotmountain.co.uk

CATERING

Rebecca's meals have been described as 'blue-ribboned events'. Bread is baked daily and all dishes are home-prepared using as much of our organic, home-grown ingredients as possible. There are a variety of options for breakfast. Packed lunches are imaginative but practical. There are home made cakes on our return and the evening meal consists of 2 courses, with the option for seconds, followed by tea or coffee.

We operate a BYO policy for dinner.

RECOMMENDED KIT LIST

- Waterproof jacket (+ old one



if you have it for self-arrest) - a duvet jacket is no substitute.

- Waterproof trousers/salopettes
- Gaiters
- Winter boots* (preferably B2 or B3) which are compatible with crampon use
- Torch (preferably head torch style)
- Crampons*
- Ice axe* preferably approx 55cm
- Walking Poles (optional)
- Rucksack of adequate size (30 litres plus for a day sac)
- Fleece jacket/tops
- Hat & spare
- Warm Gloves & spare
- Warm trousers (not jeans and not made of cotton, preferably fleece or salopettes)
- Walking socks
- Sun block (optional)
- Ski goggles (essential - sun glasses aren't adequate). For those who normally wear glasses you may want to consider contact lenses. Anticipate wearing contact lenses for 8hrs plus alternatively you might want to spray your glasses with de-mister.
- Water bottle/flask preferable (Hydration bladder hoses readily freeze - fill with warm drink & empty hose after each drink)
- Thermal underwear
- Towel
- Slippers/indoor shoes
- Outdoor shoes for bus, etc

* These items can be hired. Please call to check for hire rates. Clients are advised to avoid wearing clothing made out of 100% cotton for mountaineering since cotton

loses a lot of its thermal potential when wet. It is far more versatile to opt for a number of thin layers, as opposed to a couple of thick layers with regards to warm clothing.

If you have any doubts on the suitability of your kit please don't hesitate to contact us: 01479 831 331.

OUR RESPONSIBLE POLICY

On all our holidays we have a 'leave nothing, take only photographs' policy. Our guides are asked to explain and encourage this policy. For example, leaving an apple core or feeding a seagull on a mountain summit may seem innocuous but it detracts from the 'untouched wilderness' aspect and can have a detrimental knock-on effect on the indigenous wildlife. Our guides are there your safety & enjoyment & to informally share their knowledge of the mountain environment - from its geological beginnings through to contemporary land management and its associated politics.

We compost all biodegradable waste in 3 large compost heaps built from scrap wood and use this to fertilise the garden, especially our vegetable patch.

The lodge is mainly heated by a multi-fuel stove which is supplied by wood from the garden, deadfall in the local woods and cutoffs (a waste product) from the sawmill at Carrbridge

We are currently awaiting grading for a Green Tourism Business Award.

TRAVEL TO THE HIGHLANDS

If you are intending to fly you can find all options on the Inverness airport web site at www.hial.co.uk Alternatively you could take the train to Aviemore. Direct services run from London with GNER & Scotrail (the sleeper).

