

WINTER 2014 DATES & PRICES

2014	WINTER MUNROS	WINTER MOUNTAINEER	SNOW & ICE CLIMBER	SKYE CUILLIN IN WINTER
JAN	29th dec - 3 6 - 10 13 - 17 20 - 24 27 - 31	29th dec - 3 6 - 10 13 - 17 20 - 24 27 - 31	29th dec - 3 6 - 10 13 - 17 20 - 24 27 - 31	By request
FEB	3 - 7 10 - 15 17 - 21 24 - 28	3 - 7 10 - 15 17 - 21 24 - 28	3 - 7 10 - 15 17 - 21 24 - 28	3 - 7 10 - 15 17 - 21 24 - 28
MARCH	3 - 7 10 - 14 17 - 21 24 - 28	3 - 7 10 - 14 17 - 21 24 - 28	3 - 7 10 - 14 17 - 21 24 - 28	3 - 7 10 - 14 17 - 21 24 - 28
APRIL	31 march - 4 7 - 11 14 - 18 21 - 25 28 - 2nd May	31 march - 4 7 - 11 14 - 18 21 - 25 28 - 2nd May	31 march - 4 7 - 11 14 - 18 21 - 25 28 - 2nd May	31 march - 4 7 - 11 14 - 18 21 - 25 28 - 2nd May
GUIDING RATIOS	5 : 1	2 : 1	2 : 1	3 : 1
Without accommodation	£400	£450	£500	£600
With Accommodation	£675	£725	£725	£875

PRIVATE GUIDING is available at any time, according to our availability. The cost for private

DATES If the dates you want are not shown—ask & we will try to provide the dates you want.

WE PROVIDE daily car transport, crampons, ice-axe, helmet & harness *No hire charges!*

We meet you at your accommodation at 20.00 on Saturday, and there are five full days of activity ending on Thursday.

Accommodation is included in the cost, or you can choose to arrange your own - some groups prefer self-catering. We have been the same B&B's in Shildaig, Kinlochewe, Glencoe & Carbost for years - all offering exceptional standards of care. They are have good drying rooms & provide huge breakfasts!

FLEXIBILITY WITH DATES we are able to start & finish courses on dates that suit you.

Course fees are inclusive of -

- All daily transport during your course.
- Loan of helmet, harness, crampons & ice-axe if needed.
- All guiding & instruction & use of ropes & hardware.
- Collection from Achnasheen rail station or Inverness Airport, depending on our commitments

CONTACT US

The Granary
Scalehouses
Nr. Renwick
Penrith, Cumbria
CA10 1JY

email: mountainvision@btinternet.com
www.mountainvision.co.uk
www.skyeguide.co.uk

Home tel: 01768 896 718
Kevin's mobile : 07764 186 431
Winky's mobile : 07734 051 867



Winky on the Cuillin



Winky has been working in the outdoors for 25 years, having started her career as a ski -Instructor in Cairngorm. She has the U.K. Mountain-walking Leader Winter Award, as well as the International Mountain Leader Carnet (BAIML). This last allows her to lead groups in the Alps below the glacier line. Winky's favourite mountain area is the Cuillin of Skye, and she runs Cuillin courses, based in Carbost, from April through to the end of June. www.skyeguide.co.uk As well as this we work together throughout the rest of the North West Highlands.

Kevin qualified as an IFMGA Guide in 1992, but has been involved in Instructing in the mountain areas of the UK since 1983. A member of the Association of Mountain Instructors (AMI), as well as the British Association of Mountain Guides. Kevin runs a full Alpine programme from Saas Grund in Switzerland from May to September. See our website

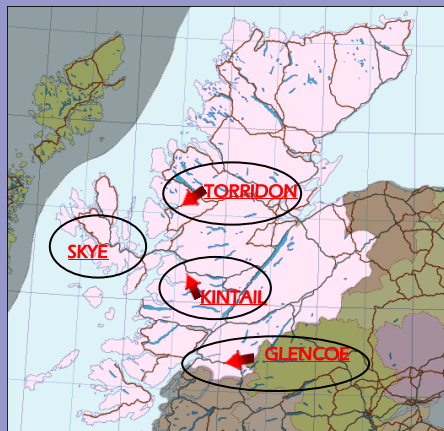
www.mountainvision.co.uk

Where we work
TORRIDON, based in a welcoming B&B in Shildaig, at the head of Glen Torridon. Liathach, Beinn Alligin, Beinn Eighe & Beinn Bhan are the major mountains of this area.

SKYE, the Black Cuillin are of course the main attractions. We run our courses from a comfortable B&B in Carbost, or you may choose bunkhouse, camp or Youth Hostel.

KINTAIL, from our homely B&B in Ratagan, the Five Sisters, the Saddle with the Forcan Ridge, the whole of the South Cluanie Ridge, and numerous other Munros.

GLENCOE, busier, but for more reliable winter conditions. Access to Ben Nevis for snow & ice climbing.



WINTER COURSES in SCOTLAND 2014



no.3 gully Ben Nevis

Kevin O'Neale - IFMGA Guide. Scotland, the Alps & Nepal
Winky O'Neale - BAIML. Winter Scotland Leader

www.mountainvision.co.uk

BRITISH MOUNTAIN
GUIDE



Beinn Bhan Applecross



SKYE CUILLIN IN WINTER 3:1 RATIO

We are based in Carbost for this course. At the head Of Glen Brittle, just 20 minutes drive down the Glen.



Cuillin Munros

As the name of the course suggests - five days is spent trying to ascend as many of the 11 Munros on the Cuillin As the week and conditions Allow. Some of the days will involve the use of the rope for 'moving together' whilst roped. Also some experience in abseiling, or at least a willingness to learn quickly, would be an advantage. This course would suit those people who might have had some experience of the Cuillin in Summer, but would like to experience these beautiful & addictive mountains under snow or at least winter conditions.



Winter traverse of the Cuillin

Cuillin Scrambles

- Five days attempting some of the best Cuillin scrambles. The Pinnacle Ridge of Sgurr nan Gilleann. The 'round of Coire Laggan, including the Inn. Pinn. depending on the time available. Rileys Window on Sgurr Dearg, followed by the Inn. Pinn. The ascent of the Sgurr an Fheadain, followed by the traverse of Bidein Druim nan Ramh. All of these days demand good scrambling ability.



Getting to the top of the In. Pinn.

SNOW & ICE CLIMBING

March Hares Gully (IV)

These courses are run from our two bases in Torridon and in Glencoe. They aim to give a both stepped introduction to winter climbing in Scotland - and for those with previous winter experience to grade II - a development of leading skills.



Winter Climbing 2:1

Good grounding in all styles of winter climbing up to Grade III or IV. We cover avalanche awareness, choice of routes, equipment, use of the rope when tying on, moving together ('short roping') belaying using waist belays & mechanical devices, construction of snow belays & with nuts & Friends. We also do some winter routes! Care is taken to cover the full range of styles of climbing - Gullies, Buttresses, & mixed. There will be opportunities to practice your own leading skills. This course would suite experienced winter walkers with an ambition to climb.

Advanced Winter Climbing 2:1 ratio

For those with previous winter experience to grade II. Progressing onto harder climbs to grade V. Some Instructional input to polish up your technical skills. We travel to where the best ice is - whether the 'Ben, Cairngorms, or Meagaidh. A low 2:1 ratio means close attention to detail, with benefits of speed & personal attention on the routes. March Hares gully (V), Beinn Bhan; Poachers Fall (V), Liathach; West Coast Boomer (V), Alligin; West Buttress (IV) Beinn Eighe - Torridon classics.

WINTER MOUNTAINEER 2:1 RATIO

The itinerary will include ascents of gullies up to Grade II, and the traverse of some of the great ridges in Torridon, Glen Shiel or Glencoe.



Torridon - the traverse of Liathach, the traverse of Beinn Eighe including the Black Carls, the traverse of Beinn Alligin over the Horns of Alligin. The 'Way Up' on Liathach, or Fuselage Gully on Beinn Eighe - good grade I/II gullies in spectacular settings. The first day will be going up to a high Corrie, covering ice-axe arrest, snow-pit analysis as an aid to avalanche prediction, ice-axe belays & using a waist belay, then finishing with an ascent of a grade I/II gully.

Kintail - as with the Winter Munros course, these two areas - Torridon & Kintail, are able to be combined with a base in either. Good Winter Mountaineering objectives in Kintail include the traverse of the Forcan Ridge, the traverse of A'Chralaig (1120m), Ciste Dhubh, and Aonach air Chrith (the Trembling Ridge - so called because of the unusual layering of the rock into slabs, on the summit ridge).

Glencoe - the traverse of the Aonach Eagach is an excellent grade II scramble in winter, and is recommended if the conditions are right. Other challenges include the gullies on Stob Coire nan Lochan - up Forked Gully & down Broad Gully for example. A day (or two) on the 'Ben is part of the itinerary, & there is a huge choice to choose from here - No. 3 Gully onto the plateau, then a descent by the Tourist route. A good grade II is Ledge Route, followed by the Carn Mor Dearg Arete.

This course is a good introduction to the use of the rope for moving together whilst roped, as well as the construction of snow belays for the ascent of grade I & II snow gullies.

- ◆ Use of the rope in moving together.
- ◆ Avalanche theory including snow-pit analysis.
- ◆ Use of the ice-axe & crampons in basic snow & ice climbing.
- ◆ Construction of snow belays & waist belaying methods.
- ◆ Winter navigation & route planning.



Descending the Way Up (Grade I) on Liathach



Moving up Fuselage Gully in Coire Mhic Fhearchair



The Forcan Ridge Glen Shiel

The Forcan Ridge (Grade II) in Kintail



WINTER MUNROS 5:1 RATIO

Torridon - attempting the famous trilogy - Liathach, Beinn Eighe & Beinn Alligin, by their walkers routes in winter conditions. Some fabulous ridge walking & scrambling, in the company of an experienced guide. Some time is spent on this course making sure we cover snow & slope analysis for avalanche risk, movement on snow with crampons & ice-axe, winter navigation, and other essential skills for safety on winter mountains in Scotland.



Kintail - The Saddle, with the Forcan Ridge; the five Sisters of Glen Shiel, as well as the South Clunae Ridge, the 'Trembling Ridge' & some beautifully remote Munros such as Sgur nan Ceathreamhnan from Alltbeithe. A Bothy night would be necessary to reach these mountains in winter, but food & stoves are provided. These two areas could be combined in the one course.



Glencoe - from our base in Onich & Ballachulish. We have Stob Coire nan Lochan; the well known tops on both sides of Glencoe; the Ring of Steall over in the Mamores. Further away to Beinn a Chaorainn by the Ridge, and the less populated Munros alongside the Laggan Valley towards Kingussie.

Looking from Liathach towards Beinn Dearg (914m) and Beinn Alligin (986m)

Skye - see the 'Skye Cuillin' page for details.

Course content - our Winter Munros course would be ideal for keen summer hillwalkers who wish to improve their knowledge of the winter hills in the Scottish Highlands under the guidance of an experienced instructor or guide. It is a chance also acquire skills in the use of crampons & ice-axe, as well as winter mountain navigation, avalanche prediction, and planning an expedition into the hills in winter - what to carry, what not to carry. No roped climbing experience is necessary for this course. An introduction to using the rope in winter would be included if people want this during the course.

The first day is usually spent going up to a high Corrie and practising ice-axe arrest, movement on snow using crampons & ice-axe, and finishing with an ascent to a Munro top. The weather nearly always has an influence on planning the day-to-day itinerary, but we always go out, so you must be prepared for inclement weather, a **full kitlist** is sent on booking.