

## Di Gilbert Mountaineering – Classic Rock

*“the best training was to go to the pub, drink 5 quarts of beer, and talk about climbing” Ron Fawcett*

### Introduction

A course inspired by probably the most famous coffee table rock climbing guidebook ever published – Ken Wilson’s “Classic Rock”.

For such a small compact country, Scotland has a huge variety of rock climbing. During this 5 day course we search out the best of the best. We will tick off some of the original classic rock routes and also include some of the less known gems.

### The Course

This course is designed for rock climbers who are comfortable seconding single pitch rock climbs graded up to Severe/Very Severe grades. Multi pitch climbing experience is not a pre-requirement for this course. This is a non instructional course; rather a guiding experience with instruction given where appropriate.

The course starts off in the Cairngorm National Park but then moves around the Highlands, following the best weather and conditions.

Suggested routes might include:

Final Selection & Afterthought Arete, Cairngorms  
Ardverikie Wall, Binnein Shuas  
Tower Ridge, Ben Nevis  
The Talisman, Cairngorms  
Agags Groove, Glencoe  
Sparten Slab, Glen Etive  
Original Route, Old man of Stoer

### Dates

We are available from May – Oct for this course.

We arrange to meet you on the Sunday evening which enables us to meet one another and come up with a game plan for the week. We will have 5 days out on the rock and finish on Friday evening – normally over a hot chocolate or a pint.

### Price

£475.00 per person

This price includes instruction/guiding services and any technical equipment required.

Accommodation can be arranged in either a Bunkhouse, B&B or Hotel depending on your personal preference.

## Ratio:

This course is run on a 1:2 ratio and requires a minimum of 2 people to go ahead.

## Equipment

- Waterproofs** You need a waterproof jacket & trousers - essential to keep the wind and rain out and the warmth in. I prefer a hard wearing jacket and light weight trousers. Trousers with at least a half leg zip will ensure that they can be put on over boots.
- Clothes** I recommend the layering system so that you can easily regulate your temperature depending on what the weather is doing. I tend to wear a thermal (either short or long sleeve) and a mid layer fleece. Over this I'll wear a thin lightweight and windproof shell. Trousers which can dry out fast are recommended.
- I carry a thin pair of gloves and a woolly hat with even in the best weather forecasts. A sun hat is a good idea too for those hot & sunny days. These must fit under your climbing helmet.
- Spare Clothes** Apart from the clothes that I intend to wear through the day, I'll always carry an extra layer with me. I'm a big fan of the synthetic 'belay jacket' which is a lightweight jacket that can be worn over all my clothes. If you don't have one of these, an extra fleece will suffice. I'll also have a spare pair of big gloves with me.
- Rucksack** Roughly 40-45 litres will be fine for this course. You want to be able to comfortably get all your kit inside. I like simplistic designs with a good size pocket in the lid. I highly recommend [www.deutergb.co.uk](http://www.deutergb.co.uk).
- Everything in your rucksack wants to remain dry so a waterproof liner is a good idea. I'm a big fan of Exped's Fold Dry bags. Failing this, lots of plastic bags will also work.
- Food & Drink** Like any engine, your body needs fuel to perform at its best. Lots of small items that can be munched on throughout the day are ideal. A one litre water bottle should provide enough liquid and/or a flask depending on personal preference.
- Footwear** A pair of walking boots can be used for the approach walk into the crags. Depending on the terrain underfoot I might just wear a pair of approach shoes such as those in the Scarpa x-terrain range [www.scarpa.co.uk](http://www.scarpa.co.uk).

I also want a pair of rock shoes that are comfortable enough to wear all day.

First Aid	Any personal medication and a small first aid kit to deal with common problems such as blisters, sunburn and insect bites.
Head torch	A small head torch with spare batteries. Either Halogen or strong LED's are the best.
Emergency kit	A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle is good for attracting attention and weighs nothing.
Climbing helmet	Essential for any type of climbing activity. This can be provided if indicated on your booking form.
Climbing harness	This makes things much easier – trust me. This can be provided if indicated on your booking.
Climbing hard wear	Please feel free to bring along any personal climbing kit you have.