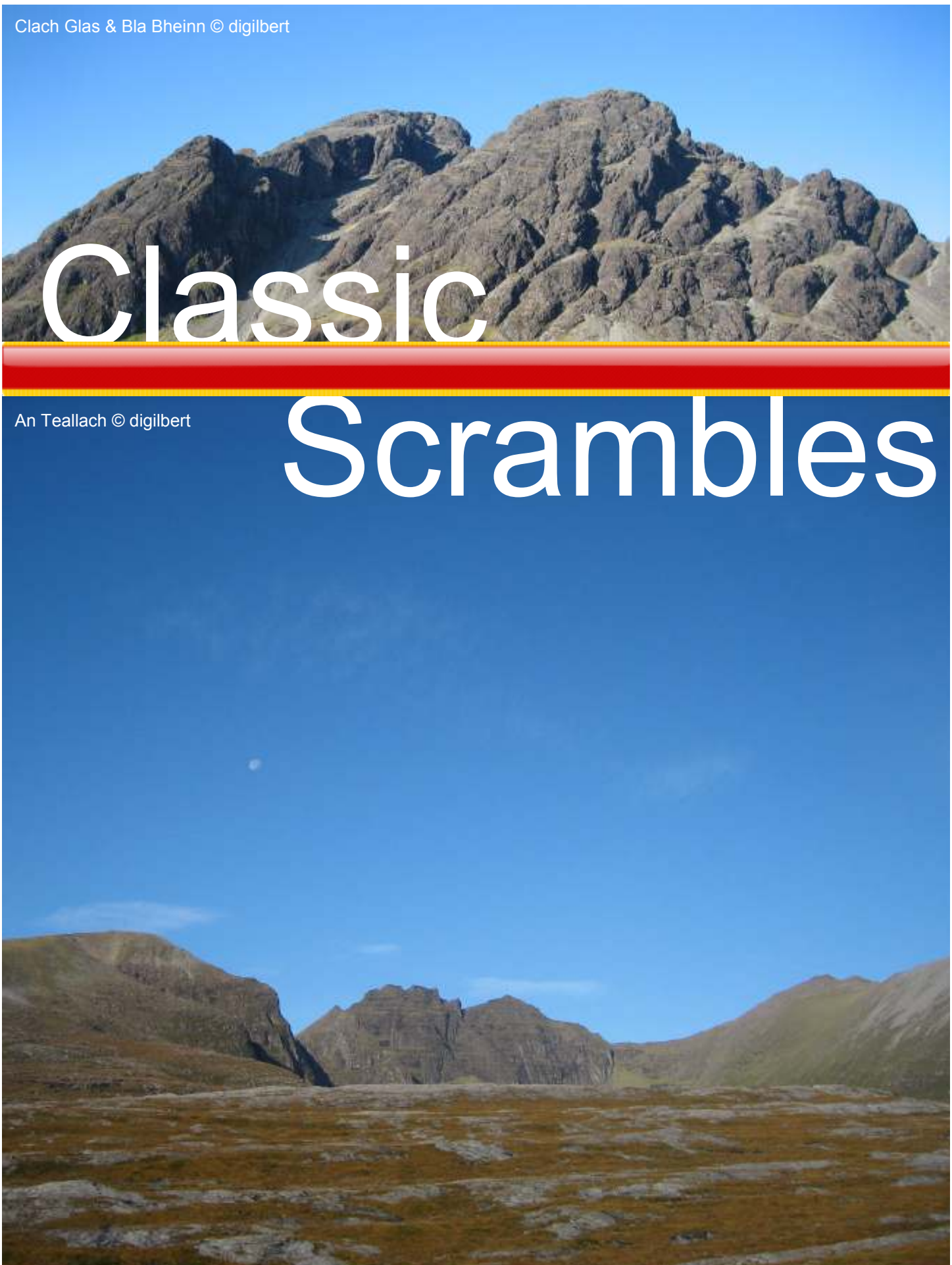


Clach Glas & Bla Bheinn © digilbert

Classic

An Teallach © digilbert

Scrambles



Cir Mhor © digilbert



Rum Cuillin © digilbert



“The rock is a field of battle between our weaknesses and our strength” Royal Robbins

Introduction

A 5 day course inspired by Scotland’s big ridges and amazing views. Scrambling, the funny terrain in between hill walking and rock climbing is one of the best ways to travel great distances.

The Course

This course is designed for hill walkers or rock climbers who want to learn all there is to know about scrambling and experience some of the best scrambles in Scotland.

This course is based on the West Coast with the option of travelling further afield depending on your aspirations and the weather Gods.

Suggested routes may include:

Curved Ridge, Glen Coe
Aonach Eagach Ridge, Glen Coe
Forcan Ridge, Glen Shiel
Castle Ridge, Ben Nevis
Ledge Route, Ben Nevis

Ratio:

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

Dates

We are available from May – October 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 full days out on the mountain and finish on Friday evening – normally over a hot chocolate or 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. We will also try to use some of Scotland's Mountain Huts if possible.

Equipment

Waterproofs

You will require waterproof jacket & trousers. Essential to keep the wind and rain out and the warmth in. I prefer hard wearing waterproofs that will survive the rough rock that we will encounter during the week. 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 base layer along with a mid layer thin fleece and a secondary fleece. Any kind of wicking fabric is recommended and cotton is to be avoided at all costs. Trousers which can dry quickly are recommended.

I carry a thin pair of gloves and a woolly hat despite even the best weather forecasts. A sun hat is a good idea too on those hot & sunny days.

Spare Clothes

Apart from clothes that I intend to wear through the day, I'll always have 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 carry 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.

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.

Clach Glas Traverse © digilbert



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.

Walking boots



There is a huge array of scrambling boots on the market now. I want a light weight boot that is comfortable and has stiff vibram sole. Have a look at Scarpa's Cristallo and Charmoz boots (www.scarpa.co.uk). A good summer boot will also suffice although it must have a reasonably stiff sole.

First Aid

Any personal medication and a small first aid kit to deal with common problems such as blisters, sunburn and insect bites.

Headtorch

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 scrambling 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.



Oi Gilbert Mountaineering