

Winter 2012

# WALKING

"somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb" *Greg Child*

"...as ever your style, care and thoroughness shone out." *Paul Davies*



## DI GILBERT MOUNTAINEERING .....

has been providing mountaineering instruction and guiding worldwide since 1993.

Scotland's mountains have a world famous reputation. Names such as Ben Nevis, Liathach, Ben Alder, Lochnagar and Cairngorm can send shudders down spines and produce sweat on palms.

During this coming winter season, Di Gilbert Mountaineering will be providing courses in an Introduction to winter hill walking.

These are courses aimed specifically at summer hill walkers who wish to make the initial steps to become a self reliant, proficient and safe winter hill walker.

These courses last 2 days and are normally run over a weekend,

based in the heart of the Cairngorm National Park.

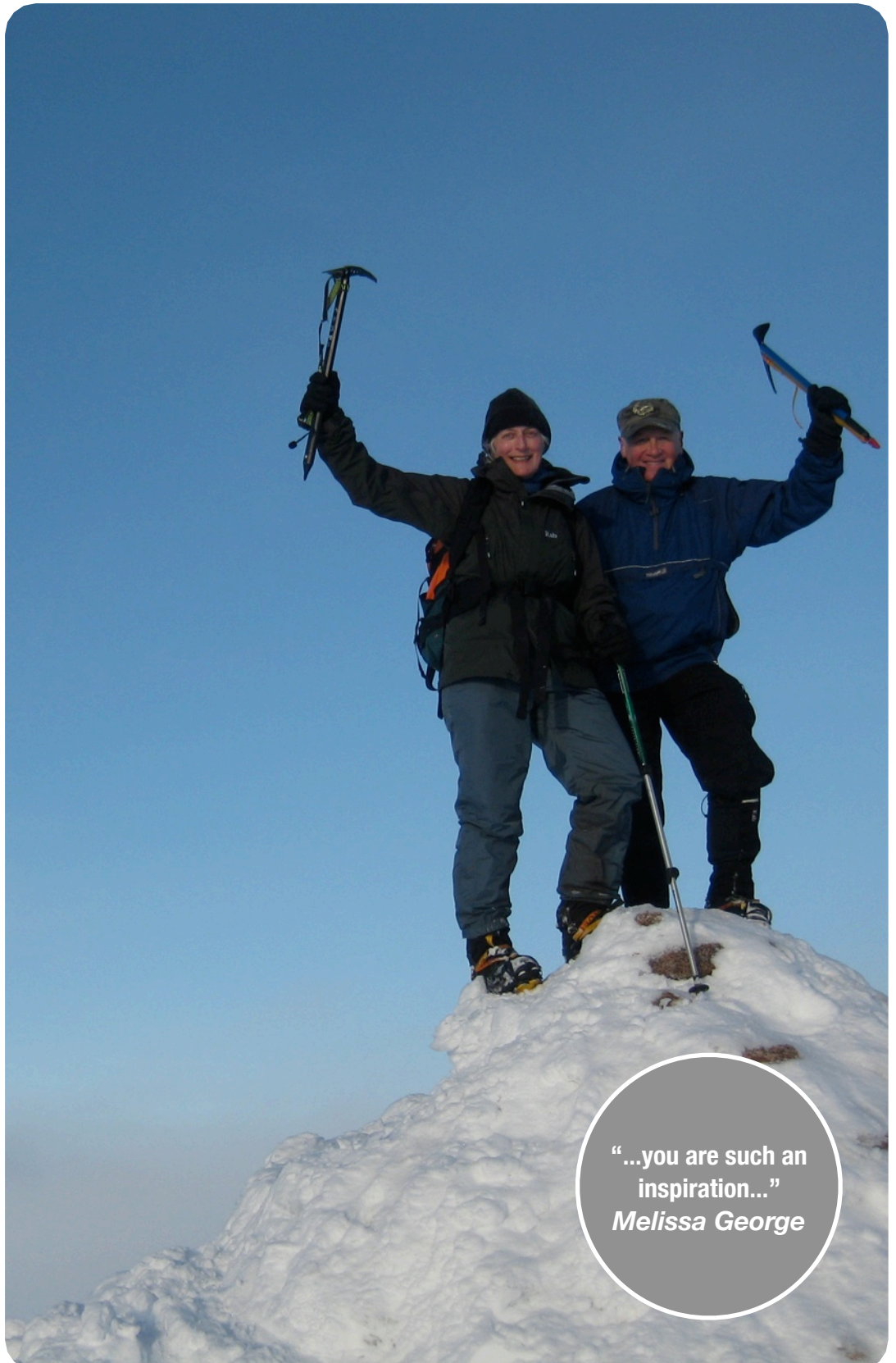
Please contact Di Gilbert directly if you have any questions, if you are unsure if this course is suitable for you or any other enquiries.



The Cairngorm National Park features the highest, coldest and snowiest plateau in the UK. It is also home to 5 of the 6 highest mountains - Ben MacDhui, Braeriach, Cairn Toul, Sgor an Lochain Uaine, and Cairngorm.

# SCOTLAND

# WALKING CLIMBING SKI MOUNTAINEERING



“...you are such an inspiration...”  
*Melissa George*

During this coming Scottish winter season, Di Gilbert Mountaineering will be offering 3 basic instructional courses for you to choose between.

Di will also be providing Ski Mountaineering Courses.

**HILL WALKING**

**MOUNTAINEERING**

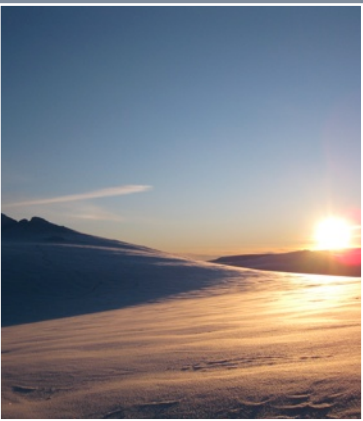
**CLIMBING**

**SKI MOUNTAINEERING**

For more information about all of these course, visit

[WWW.DIGILBERT.CO.UK](http://WWW.DIGILBERT.CO.UK)

# SCOTLAND '12



## Is this the course for you?

Happy to head out into the mountains during the summer months but not quite sure what winter hill walking involves?

This is the course for you.

## Basic information

### Where

The introduction to winter hill walking courses are based in the Northern Cairngorms.

### Who can come

Anyone who has summer hill walking experience will be able to attend. This is to ensure that participants have a basic level of mountain fitness, are familiar with summer hill walking equipment and have probably experienced a wide range of Scottish weather.

### Why will it help me

Everyone at some stage in their mountain development needs a helping hand. By attending this course, Di will help you and train you in the essential skills that are specific to safe mountain travel in the United Kingdom's mountain environments.

### What will we look at

During the 2 days we will cover skills such as:

- using the boot as a tool
- ice axe techniques
- cramponing techniques
- avalanche awareness
- safe route choice
- decision making

We will look at these techniques as we travel through the mountains.

### How do I apply

Complete one of our online booking forms and send to Di Gilbert.

Once you receive confirmation from Di you will be sent final details.



"I wanted to say thank you..."  
*Stephen Bishop*



If you prefer, Di Gilbert Mountaineering can deliver this course at a venue of your choice. This might include the West, Central or North West Highlands. Just drop Di an email with your specific requirements.



**Dates**

Saturday 21st - Sunday 22nd January 2012.

We specifically choose dates early in the season so that you can practice your new skills for the remainder in the season. If these dates are not suitable for yourself, please do not hesitate in contacting us.

**Cost**

£200.00 per person

This price is for instruction only.

You can hire crampons and/or ice axe from Di Gilbert Mountaineering for a small fee.



**Accommodation**

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

**Equipment**

You will be required to provide all your own personal equipment. Any group equipment will be provided by Di Gilbert Mountaineering.

**Ratio**

We pride ourselves with working with small groups. The maximum ratio we work to is 1:6 on this course.

	SCARPA	GRIVEL	DEUTER	EDELRID	OUTDOOR RESEARCH
Di Gilbert is very proud to be associated with some of the best market leaders around today.	have over 50 years experience of making the world's finest mountain boots.	are considered to be one of the world's best brand names in mountaineering equipment.	have over 110 years of rucksack innovation behind them.	believe the basic principles for responsible production of high performance products are quality and safety.	products are <b>Designed by Adventure</b> and every day they work to make their gear reflect the adventures for which they are designed.

# EQUIPMENT LIST

## Introduction to winter hill walking

### Waterproofs

You will require waterproof jacket and trousers. Essential to keep the wind and precipitation out and the warmth in. I prefer a hard wearing set of waterproofs that will cope with the rigours of Scotland's winter season. Trousers with at least a half length leg zip will ensure that they can be put on over boots.

### Clothes

Do not underestimate Scotland's winter climate. I recommend the layering system so that you can easily regulate your temperature depending on what the weather is doing and how hard the conditions are at the time. I tend to wear a thermal top, a mid layer fleece and a toasty warm fleece. I will be able to regulate easily to prevent any sweating. I'm a fan of power stretch trousers which always have kept me warm in the harshest of environments. Hats and gloves have a habit of either flying away or getting wet so I always carry a few pairs with me. At least one pair of thin gloves that I will walk in with and then a big pair for near the summits - make sure that you can actually do things wearing these. I'm also a fan of the 'buff' which can be pulled over my face when its blowing a hooley.

### Spare clothes

Apart from the clothes that I'll expect to wear during the day, I'll 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 carry a spare pair of big gloves.

### Rucksack

Roughly 30 - 35 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).

### 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

A good pair of 4 season winter boots are essential for any type of winter activity. I highly recommend [www.scarpa.co.uk](http://www.scarpa.co.uk). If you have 'floppy' boots you will not be able to use your boot effectively as a tool.

### Gaiters

Quite a good idea in winter since it stops your boots getting filled with snow.

### Ski goggles

Essential for Scotland's winter. Make sure that the vents are covered up with foam or they will just fill up with spindrift.

### Personal first aid

Any personal medication and a small first aid kit to deal with common problems.

### Head torch

A small head torch with spare batteries. Either Halogen or strong LED's are the

### Map & compass



"thanks di, yer a star!" graeme

OS Sheet 36, 1:50,000 and a compass - I use a Silva Type 4. Don't forget a map case if you're not using laminated maps. I prefer the orblieb cases.

### Crampons

Most definitely nothing less than a set of 12 point crampons that are compatible with your boots. Make sure that they are easy to put on and that you can adjust them easily wearing big gloves. These can be hired from Di Gilbert for a small fee.

### Mountaineering axe

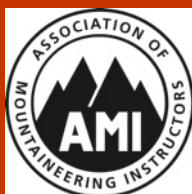
Not wanting to get into the great ice axe length debate, basically an axe between 50 - 60 cm should suffice, preferably with a leash that can be removed easily. This can be hired from Di Gilbert for a small fee.

### Emergency kit

A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle for attracting attention and weighs nothing.

### Climbing helmet

This will be provided for use during the course if indicated on the booking form.



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