

Winter 2012

SKI MOUNTAINEERING

"a new and most delectable pleasure to mountain going"
Sandy Wedderburn



DI GILBERT MOUNTAINEERING

has been providing mountaineering instruction and guiding worldwide since 1993.

Individuals who become addicted to ski mountaineering in Scotland would claim that this combination of skiing and winter mountain walking brings added interest, enjoyment and excitement to both sports.

During this coming winter season, Di Gilbert Mountaineering will be providing introductory courses in ski mountaineering.

These are courses aimed specifically at individuals who would like to know what is involved in the sport.

The courses last 2 days and are normally run over a weekend. This coming season, we are running 2

courses, one based in Braemar, the other in the Aviemore areas.

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.

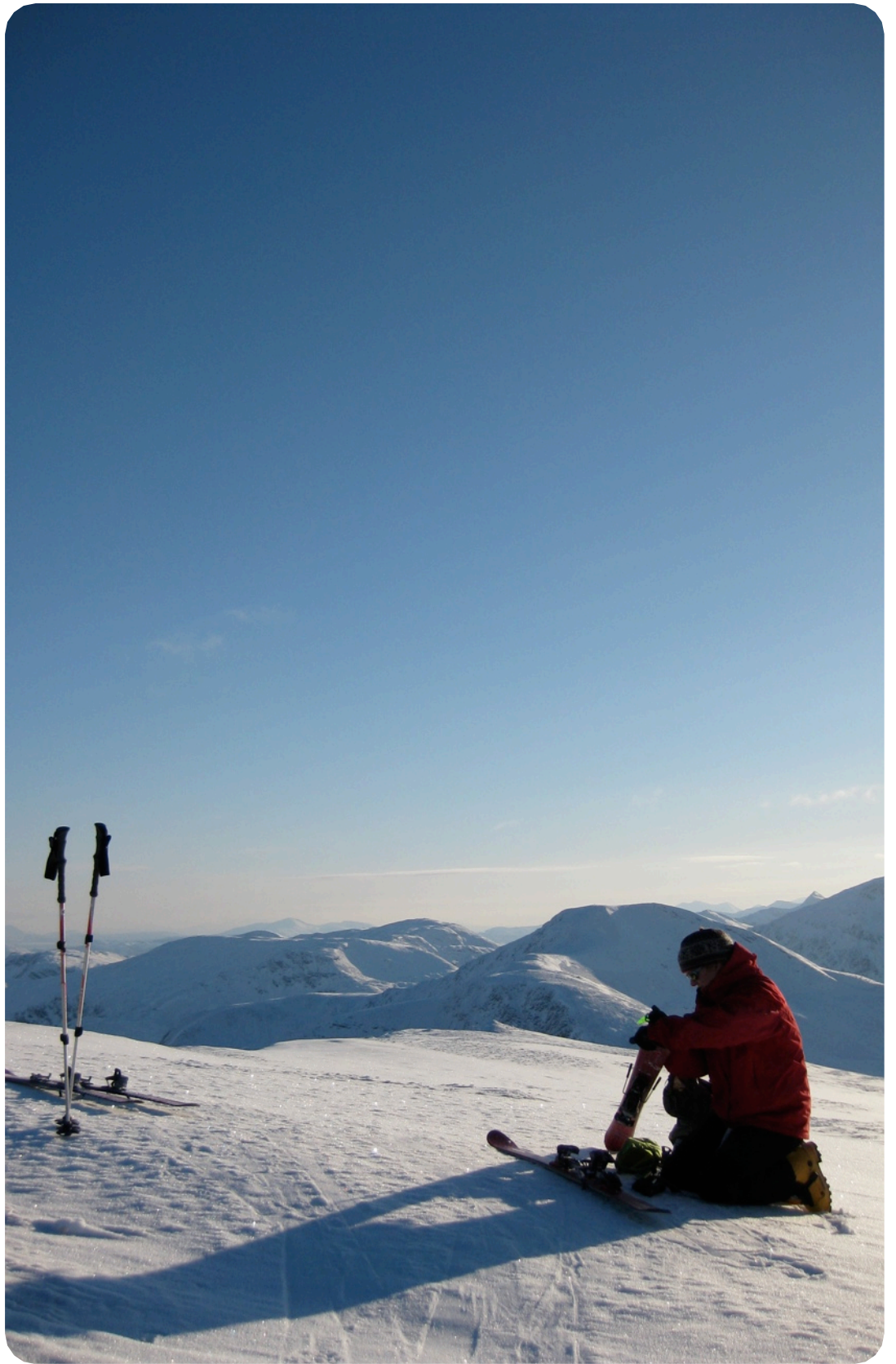
"... I always look forward to our days on the hill together. I look forward to them for 2 reasons. The first is that whilst looking at the snow in front she seems to have eyes in the back of her head and keep an eye on me too! Secondly, I know that we'll be smiling whatever the conditions throw at us!"
Alison Culshaw, Off Piste Performance (Chamonix)



In 1953 Norman Clark made the first ski traverse of the four Cairngorm 4000ft mountains and in 1978 Mike Taylor and David Grieve accomplished the Scottish High Level Route. This long and demanding expedition, joining Ben Avon to Ben Nevis, requires a week of good weather and good snow cover.

SCOTLAND

SKI MOUNTAINEERING



During this coming Scottish winter season, Di Gilbert Mountaineering will be offering 4 basic instructional courses for you to choose between.

HILL WALKING

MOUNTAINEERING

CLIMBING

SKI MOUNTAINEERING

For more information about all of these courses, visit

WWW.DIGILBERT.CO.UK

SCOTLAND '12



Is this the course for you?

Have you often sat on a ski poma or chair and looked across to see individuals walking uphill with ski's on and wondered what they were doing? And more importantly why?

Welcome to the dark side of the ski world.

Basic information

Where

The introduction to ski mountaineering courses are based in the Cairngorm National Park. One weekend is based around the Braemar area and one weekend is based around the Aviemore area.

Who can come

This course is aimed at people who would like to know what is involved in the sport. You should be able to ski in control in a groomed area on red runs, have some experience of slopes off piste and you should be able to cope with a winter mountain walking day.

Why will it help me

You will be introduced to many skills associated with ski mountaineering, combining your piste skiing skills and mountain walking experience.

By attending this course, Di will help you learn some specific skills related to travel over mountain terrain on ski's.

What will we look at

During the 2 days we will cover skills such as:

- basic technical equipment
- ice axe and crampon

techniques

- skinning techniques
- kick turns
- booting techniques
- ski cramponing
- avalanche awareness
- safe route choice
- decision making

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

How do I apply

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

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





NOTE: Di Gilbert is not a ski instructor and has no intention in becoming one. She has been skiing for over 30 years all over Europe, North America and Antarctica.
 Di represented Great Britain in the ISMF World Ski Mountaineering Championships, Claut (Italy) and sits on the Ski Touring Advisory Group (STAG), part of the Mountaineering Council of Scotland



Dates

Saturday 28th & Sunday 29th January 2012 (Braemar).
 Saturday 3rd & Sunday 4th March 2012 (Aviemore).

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.

Ski mountaineering equipment can be hired in both Aviemore & Braemar.

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 you 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.

This course requires 2 people to run.



	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 Designed by Adventure and every day they work to make their gear reflect the adventures for which they are designed.

EQUIPMENT LIST

Introduction to ski mountaineering

Waterproofs

You will require waterproof jacket and trousers. Essential to keep the wind and precipitation out and the warmth in.

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 on the uphill skins, and wrap up warm for the downhill blasts. 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 and for the descents - 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. I highly recommend www.outdoorresearch.com.

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 40 - 45 litres will be fine for this course. You want to be able to comfortably get all your kit inside with the exception of ski's. Your rucksack should have a system to carry ski's - normally side compression straps. I like simplistic designs with a good size pocket in the lid. I highly recommend 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.

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 best.

Ski mountaineering boots

A pair of specific ski mountaineering boots. I highly recommend www.scarpa.co.uk.

Skis

Ski mountaineering ski's with bindings either personal or hired.

Skins

Climbing skins make uphill travel possible.

Ski crampons



Useful if there is lots of water ice around and you need extra purchase.

Ski Poles

Adjustable poles with baskets on the end.

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

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

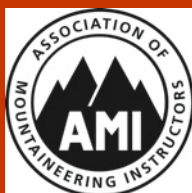
A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle for attracting attention and weighs nothing.

Climbing helmet

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

Avalanche Transeiver

This can be hired from Di Gilbert for a small fee.



www.digilbert.co.uk
info@digilbert.co.uk

