

Summer 2011

ISLE OF SKYE

"Happiness is a byproduct of doing things"
Radio 2 caller



"thank you for a great week in Skye"
Dean Gartley

DI GILBERT MOUNTAINEERING

has been providing mountaineering instruction and guiding worldwide since 1993.

The Black Cuillin of Skye are without any doubt, the most dramatic mountains in Scotland. With an Alpine atmosphere, the mountains are almost entirely rocky with narrow crests and steep sides. Combined with unreliable weather, intense navigation and route choice, the Cuillins of Skye are the most challenging mountain range in the UK.

There are 11 Munro's (mountains over 3,000ft), with one being magnificently isolated. They nearly all require some scrambling to reach their summits. The famous Inaccessible Pinnacle requires some rock climbing skills.

During this coming summer season, Di Gilbert Mountaineering will be offering courses on the Isle of Skye.

These courses are aimed specifically at individuals who wish to gain a better insight into a very complex mountain range.

We spend 5 days walking, scrambling and climbing in and around the Black Cuillin.

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.



"Good climbing and good company often go together: each is essential to the enjoyment of the other..." Tom Patey

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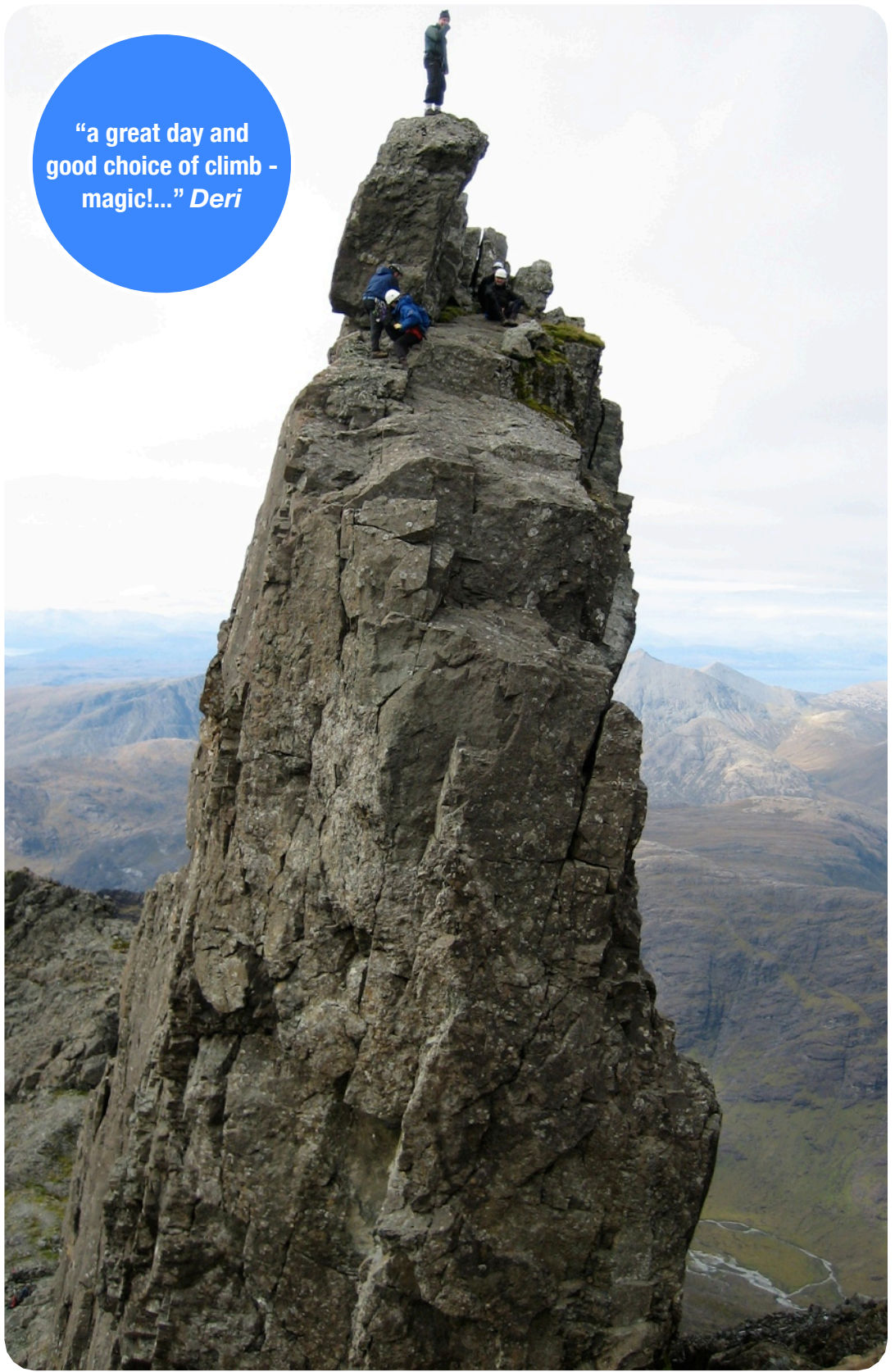
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“a great day and good choice of climb - magic!...” *Deri*



During this coming Scottish summer season, Di Gilbert Mountaineering will be offering a variety of introduction courses.

MOUNTAIN NAVIGATION

ROCK CLIMBING

SCRAMBLING

ISLE OF SKYE

For more information about all of these courses or for the other summer courses, visit

WWW.DIGILBERT.CO.UK

SCOTLAND '11



Is this the course for you?

Do you wonder what it is like to be in the most complicated terrain in the United Kingdom?

Are you up for a real challenge?

Do you have a good head for heights?

This is the course for you.

Basic information

Where

We base ourselves on the Isle of Skye, near the Black Cuillin. We will try to visit the 3 main sections - North, South & Central with the possibility of heading to Blaven.

Who can come

Anyone who wishes to experience the joys of journeying through the mountains on Skye.

This can be a very physically and mentally challenging course and you should be prepared for 5 long mountain days.

Why will it help me

You will be able to gain experience in a very complex range which will increase your personal knowledge and technical skills.

What will we look at

This is mainly a guided experience and we shall try to visit the summits of all 11 Munro's over

the week via some of the most dramatic routes available to us. Such routes might include

- Pinnacle Ridge, Sgurr nan Gillean
- East Ridge, Am Basteir
- North Ridge, Sgurr Mhic Choinnich
- East Ridge, Inaccessible Pinnacle

How do I apply

You need to print off a booking form which is available from the website and send to Di Gilbert.

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





The Cuillin Traverse

This is the possibility one of the best traverse's in the UK. If you wish to attempt a traverse of the Cuillin, drop Di an email.



Dates

Monday 13th - Friday 18th June 2011
 Monday 29th August - Friday 2nd September 2011
 If these dates are not suitable for yourself, please do not hesitate in contacting us.

Cost

£650.00 per person*
 This price is for instruction only.

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. Helmets and harness can be provided by Di Gilbert Mountaineering if indicated on your booking form at no extra cost. 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 1:2 on this course.

* This prices assumes that there will be 2 people booked onto the course. If there is only 1 person booked on the course, there will be an extra supplement to pay.



	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 the Isle of Skye

Waterproofs

You will require waterproof jacket and trousers. Essential to keep the wind and rain out and the warmth in. I prefer trousers with at least a half length zip to ensure that they can be put on over boots. I prefer hard wearing waterproofs that will survive the notorious rough Gabro on the Ridge.

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/or a waistcoat. Any kind of wicking fabric is recommended and cotton is to be avoided at all costs. Trousers which can dry out fast are a bonus.

I carry a thin pair of gloves and a wooly hat with even the best weather forecasts. A sun hat is a good idea on those hot and sunny days. Hats need to fit under your climbing helmet. 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.

Rucksack

Roughly 35-45 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. Everything in your rucksack wants to remain dry so a

waterproof liner is a good idea. 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.

Footwear

There is a huge array of scrambling boots on the market now. I want a light weight boot that is comfortable and has a stiff vibram sole. I highly recommend www.scarpa.co.uk.

Personal first aid

Any personal medication and a small first aid kit to deal with common problems such as blister, sunburn or 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 for attracting attention and weighs nothing.

Navigation tools

For Skye I prefer to use the specific Harvey maps. Silva compasses (type 4) are the best in my opinion.

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 form.

Climbing hard wear

Please feel free to bring along any personal climbing equipment you have.



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