

WINTER PROGRAMME 2023/24



Welcome to our 2023/24 Mountain Event Guide

Please enjoy looking through the different courses on offer this year, but remember that if you don't see what you are looking for, maybe the dates are not suitable or you wish to discuss arranging an event for you or your party please get in touch with us directly (contact details below) *

Winter in the Scottish mountains is a magical time of the year and our experienced staff look forward to enjoying them with you. Our qualified and friendly staff have your safety as the number one priority and as such Ancrum only use fully qualified and experienced staff to deliver our courses.

Working on a non-residential basis we are able to take advantage of the best weather and venues Scotland has to offer. Once a booking has been made you will be contacted and meeting points discussed. Single day trips will meet at the venue or travel is available from Dundee.

Those courses which run over 2-3 days may require accommodation if conditions are not suitable in the local area to reduce the daily travel, this cost, if required, is not included in the course fees. Please keep an eye on our webpage/social media as we often advertise additional dates to take advantage of the weather and conditions.

A discount of 10% is offered to clients who book onto additional courses in the same season, please contact the centre directly to secure this offer. The discount is only available when a client books onto any additional winter course in the same winter season. It is for the individual only, and not offered for group bookings. Please note, the second day of a winter walking skills course is already discounted, further discount is not available on this course.

We are passionate about ensuring you have the best possible experience and have tried to answer as many questions as possible, but we love to hear from you.

Just get in touch and we will be more than happy to chat to you and answer your questions.

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At a glance

Course		Dates
REC First Aid		Mon 29 & Tues 30 January 2024
Dry Slope Beginner Ski Block	5 to 9 years	Mon 20, 27 Nov & 4, 11 Dec 2023 Tues 9, 16, 23 & 30 Jan 2024 Mon 5, 12, 19 & 26 Feb 2024
	10 to 16 years	Thurs 23, 30 Nov & 7, 14 Dec 2023 Tues 9, 16, 23 & 30 Jan 2024 Mon 5, 12, 19 & 26 Feb 2024
	Adults	Thurs 23, 30 Nov & 7, 14 Dec 2023 Wed 17, 24, 31 Jan & 7 Feb 2024 Thurs 29 Feb & 7, 14, 21 March 2024
Glenshee Alpine Ski – Beginner (12 years+)		Saturday 13 January 2024
Glenshee Alpine Ski – Beginner (ADULT)		Wednesday 10 January 2024 Thursday 18 January 2024
Glenshee Alpine Ski – Intermediate (ADULT)		Thursday 8 February 2024 Wednesday 6 March 2024
Mountain Ski Tour (ADULT)		Saturday 16 March 2024
Introduction to Ski Touring (ADULT)		Saturday 3 February 2024 Saturday 2 March 2024
Winter Walking Skills (1 day)		Saturday 20 January 2024 Saturday 10 February 2024
Winter Walking Skills (2 days)		Sat 20 & Sun 21 January 2024 Sat 10 & Sun 11 February 2024
Winter Mountaineering		Mon 12 & Tues 13 February 2024
Winter Climbing		Dates & costs available on request

**Glenshee Days only run if the ski centre is open and the weather is suitable.
Please get in touch to book (ancrum.centre@leisureandculturedundee.com)**



Rec First Aid Course

The award is for anyone who works or plays outdoors. Well-known and respected in the outdoor world the REC scheme has been delivering first aid training for the last 20 years. Nationally recognised and quality assured this is the course of choice for the two out of the three national outdoor centres.

This is a 2-day 16-hour first aid course suitable for NGB awards.

This course covers BLS, hypothermia, Head and Spinal injuries, breaks, bleeding, medical conditions and remote or long-term care. The course is very practical with an emphasis on scenario learning.

The course director is an experienced outdoor professional with many years involvement within a rescue team setting.

The feedback from this course consistently states this is the best first aid course people have ever been on.



Course Dates:	29 & 30 January 2024
Course Venue:	Clatto Visitors Centre, Clatto Park, Dundee
Course Duration:	Two days
Course Cost:	£130
Course Age Group:	Adults



Dry Slope - Beginner Ski Block

Fancy learning a new sport this winter or planning for a ski holiday?

Learn to ski on Dundee's only Dry Ski Slope at Ancrum Outdoor Centre.

This course is only suitable for absolute beginners with no prior experience.

Our highly qualified instructors will teach you the basics of skiing which includes getting familiar with the equipment, practising balance, body management and movement through the introduction to sliding and snow ploughing.



Course Duration: 4 x 1-hour sessions over a 4-week period

Course Cost: £55 (includes equipment and tuition)

Age Groups	Dates	Times
5 to 9 years	Mon 20, 27 Nov & 4, 11 Dec 2023	16:30 to 17:30
	Tues 9, 16, 23 & 30 Jan 2024	16:30 to 17:30
	Mon 5, 12, 19 & 26 Feb 2024	16:30 to 17:30
10 to 16 years	Thurs 23, 30 Nov & 7, 14 Dec 2023	17:00 to 18:00
	Tues 9, 16, 23 & 30 Jan 2024	18:00 to 19:00
	Mon 5, 12, 19 & 26 Feb 2024	18:00 to 19:00
Adults	Thurs 23, 30 Nov & 7, 14 Dec 2023	18:30 to 19:30
	Wed 17, 24, 31 Jan & 7 Feb 2024	19:00 to 20:00
	Thurs 29 Feb & 7, 14, 21 March 2024	19:00 to 20:00



Ancrum 'Come & Try Skiing' Sessions

Come and have a go on Dundee's only dry ski slope! If you've ever wanted to give skiing a go but haven't gotten around to it, this is your chance!! You will learn from our qualified, experienced instructor in a group of 8 people maximum who have never tried skiing before either.

Who knows, maybe you'll enjoy it so much you'll want to book one of our 4-week blocks on the dry slope?!

Please note these sessions are only for complete beginners. Prices include equipment and tuition.



Course Duration: 1.5 hour

Course Cost: £15

Dates	Times	Age Group
Saturday 9 December 2023	09:30 to 11:00	5-9 years
	11:30 to 13:00	10-16 years
	14:00 to 15:30	Adults
Wednesday 27 December 2023	As Above	As Above
Thursday 28 December 2023	As Above	As Above
Wednesday 3 January 2024	As Above	As Above
Thursday 4 January 2024	As Above	As Above
Friday 5 January 2024	As Above	As Above
Saturday 20 January 2024	As Above	As Above



Glenshee Alpine Ski

The largest ski area in Scotland is only a 1-hour drive from Dundee so we take full advantage of that and are regular visitors. The terrain there gives us the ideal opportunity to learn and progress to getting around the area.

Recent improvements in lifts and ski equipment make learning to ski easier than it's ever been. All ski equipment, clothing, helmet, lift pass and return transport are included in the price.

The below dates are planned to run should suitable weather/snow conditions allow & additional dates may be added if sufficient snowfall.



NOVICE (for those who have never been skiing/completed an Ancrum 4-week dry slope ski block)

Course Dates: Wednesday 10 January 2024 (adults)
Saturday 13 January 2024 (12+ years)
Thursday 18 January 2024 (adults)

Course Duration: One Day

Course Cost: £90 adults/£70 under 16's

INTERMEDIATE (can ski on beginner / Green & easy Blue slopes and had around 8 hours of ski instruction)

Course Dates: Thursday 8 February 2024 (adult)
Wednesday 6 March 2024 (adult)

Course Duration: One Day

Course Cost: £90 adults/£70 under 16's

Glenshee Days only run if the ski centre is open and the weather is suitable. More dates will be added in the New Year if conditions are suitable.

Please get in touch to book (ancrum.centre@leisureandculturedundee.com)



Ski Touring Introduction

The fastest growing part of Snowsports is the growth in Skiing in the Backcountry. Modern ski touring equipment is now lighter and easier to use than ever before.

This course will give you a taste of what it's like to use your skis to access snow fields away from the lifts as skis are the best vehicle to see our Scottish mountains in all their winter glory. Course will cover avalanche avoidance and self-rescue, route choice, safe travel and descent techniques and how to use the equipment.

A ski touring lift pass (£15 approx.) may be bought to help us reach further out away from the ski area if applicable.

Please note this course is for those 18 years old and over.



Course Dates: Saturday 3 February 2024
Saturday 2 March 2024

Course Duration: One Day

Course Cost: £90 per person



Mountain Ski Tour

The aim for this day is to explore a mountain, practice our skills and look for some nice fresh snow to ski down.

You should already have attended an intro course or have some experience of ski touring so not suitable to total beginners to touring.

As we will be looking ascend a mountain you should have a reasonable degree of fitness.

All equipment supplied. You should be a confident off-piste skier to get the best out of the day.

Please note this course is for those 18 years old and over.



Course Date: Saturday 16 March 2024

Course Duration: One Day

Course Cost: £90 per person



Winter Walking Skills

Enjoyed hillwalking during the summer months and don't want to stop....

This course is for you, suitable for anyone who wants to enjoy walking all year round, don't let the snow or short days stop the adventure.

This is a practical 2 days with the emphasis on giving you the skills, knowledge and strategies to enable you to plan and enjoy your own adventures. With this focus we aim to do more than just teach you the 'how to' of winter skills, your instructor will continually share their decision-making process and give you the tools to travel safely in winter. If the wonderful Scottish weather allows we will aim to reach the summit of at least 1 Munro over the 2 days.



Sample literary:

Day one:

- Core winter skills; Be Avalanche aware, weather forecasts, route planning, equipment and clothing
- Mountain journey; Decisions, route options, avalanche and safe travel, how to use Ice axe and crampons, practice arresting a trip and slide, walking in crampons.

Day two:

- Space to revisit core skills and application of them on a mountain journey
- Navigation
- Emergency Techniques
- Increased emphasis on self-reliance and independent travel, your experienced instructor will be on hand to coach you through all the "what if" questions and things like when to put crampons on.

Course Dates: Sat 20 & Sun 21 January 2024
Sat 10 & Sun 11 February 2024

Course Duration: Two days

Course Cost: £170 per person



Winter Walking Skills

Not sure about two days winter walking? Or maybe you can't make the second day? Attend day one only, ideal for a refresher or as an introduction, you can book onto the second day at a later date.

Working on a non-residential basis we are able to take advantage of the best weather and venues Scotland has to offer.

Sample literary:

- Core winter skills; Be Avalanche aware, weather forecasts, route planning, equipment and clothing
- Mountain journey; Decisions, route options, avalanche and safe travel, how to use Ice axe and crampons, practice arresting a trip and slide, walking in crampons.



Course Dates: Saturday 20 January 2024
Saturday 10 February 2024

Course Duration: One day

Course Cost: £90 per person



Winter Mountaineering

Done some winter walking? Inspired by pictures of soaring ridges or wish to ascend some of the great Scottish gully's? If so this could be the two days you are looking for.

Moving on from winter walking, these two days will explore the 'grey' area between walking and climbing developing skills and movement techniques to safely ascend graded ground.

As with all our courses our low numbers and client focused staff allow plenty of flexibility in both venue and the difficulty of terrain. Mountaineering is broad scope and includes both roped climbing and moving over complex terrain without a rope. The aim of these two days is to develop your mountaineering skills and knowledge in this most exciting and amazing type of terrain.



These two days are suitable for those who have some experience in winter, for example you will have attended a winter skills course and one season of winter walking. Any experience of summer scrambling or climbing is an advantage but not essential.

Day one:

- Refresh of core winter skills: Planning, forecasts, equipment, route options, avalanche and safe travel, use of Ice axe and crampons, winter navigation
- Movement skills on steeper ground
- Introduction and development Rope and technical skills

Day two:

- A self-led supported ascent of a graded winter climb with your instructor alongside allowing you the space to develop skills in a controlled environment

Course Dates: Monday 12 & Tuesday 13 February 2024

Course Duration: Two days

Course Cost: £280 per person



Winter Climbing

An ideal course for someone who has experience of winter walking and some climbing, these three days aim to introduce you to the joy of winter climbing.

Working with your instructor you will develop skills that are required to become an independent winter climber. This course will take you into more technical ground than mountaineering, using 2 climbing specific axes, pitched climbing and winter protection such as ice screws.

As winter walking and mountaineering skills will be used to access climbing venues previous experience of winter walking and summer climbing is essential. If you are not sure please contact the centre or look to attending the 'winter mountaineering' course.



DATES AND PRICES AVAILABLE ON REQUEST

Sample Itinerary

Day 1:

- Core winter skills recap
- Mountaineering ground and use of rope

Day 2

- Guided winter climb

Day 3

- Self-led climb

Topics normally covered:

- development of movement skills on steeper ground - snow/ice and scrambling type terrain
- Use of guide books and route choices
- use of a rope, slings and karabiners
- construction and use of snow anchors
- selection and use of rock anchors
- abseiling in a winter environment
- winter skills - navigation, route selection and preparation
- avalanche knowledge



Navigation

Join our experienced winter mountain leader for a day focused on navigation and avalanche awareness.

- Navigation on and off path
- Winter specific navigation challenges
- GPS and phone navigation
- Be Avalanche Aware process
- Avalanche forecasting
- Safe travel strategies

Course Dates: Saturday 13 January 2024

Course Duration: One day

Course Cost: £70 per person



Staff Qualifications

In the UK Mountaineering qualifications are provided by mountain training UK <https://www.mountain-training.org/>

Why is this important for you to know?

These qualifications allow you to know with confidence that your instructor is not only qualified to the highest of standards but also very experienced.

Your instructor has had years of experience, both personally and in a professional capacity, and will be looking forward to sharing this with you.

Here is a little information on the qualifications so that you can book with confidence.

Winter Mountain leader WML: <https://www.mountain-training.org/qualifications/walking/winter-mountain-leader>

A degree level qualification, this award is the qualification to lead parties in the mountains when winter conditions are present. For guided winter walking or a winter skills course you should expect your instructor to hold this award.

Winter mountaineering and Climbing Instructor WMCI: <https://www.mountain-training.org/qualifications/climbing/winter-mountaineering-and-climbing-instructor>

The highest mountaineering award in the UK, award holders have years of knowledge and experience to share with you. For any course involving ropes or steep ground in winter you should expect that your instructor holds this award.

If you are not sure ask, remember those of us who hold these awards are proud of the achievement and will be happy to explain the qualifications.

Association of mountaineering instructors: <https://www.mountain-training.org/membership/ami>

This is the professional body representing and ensuring quality, to be a member your instructor will not only hold the award but you can be sure they are current by attending regular continue professional development.

Skiing & Snowboarding

Skiing and Snowsports qualifications in Scotland provided by Snowsports Scotland/Irish Association of Snowsports instructors/British Association of Ski instructors.

All staff working on ski courses are qualified to the appropriate level for the terrain they will be working in. If you wish to know more about the qualifications staff hold please ask and we will be more than happy to let you know.



Snowsport Equipment Hire

To hire equipment, simply pop into the Centre during office hours 9am-5pm Monday to Friday and bring 2 forms of identification and a payment card in your name.

These must include a photographic identity card and 1 utility bill showing your current address within last 3 months. If you do not get any paper utility bills, we will accept being shown any formal online bill such as a bank statement with your current address from your banking app at the time of hire.

We have the following sets available for hire:

- Ski / Snowboard Set
- Snowsport Clothing Set
- Snowsport Equipment and Clothing Set
- Sledging Set
- Ski Touring Set
- Ski Touring and Avalanche Set
- Winter Walking Set (18+)

Ski & Snowboard Servicing

Ancrum is the very best Ski and Board Repair Centre in the Tayside area and by far the most competitive in terms of value for money, quality of repair and our World Host accredited customer care.

Just bring your kit to the Centre, complete your service card and our talented ski technicians will inspect, service and contact you when they are finished. If the inspection identifies anything more needed other than what you have selected, the technicians will call you to discuss.

