

WINTER PROGRAMME 2022/23



WELCOME TO OUR 2022/23 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.

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.

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.



AT A GLANCE

Course		Dates
Winter Walking		17 th December 2022
REC First Aid		19 th & 20 th December 2022
Dry Slope Beginner Ski Block	5 to 9 years	Thu 12 th , 19 th , 26 th Jan & 2 nd Feb 2023 Thu 16 th , 23 rd Feb & 2 nd , 9 th March 2023
	10 to 16 years	Thu 12 th , 19 th , 26 th Jan & 2 nd Feb 2023 Thu 16 th , 23 rd Feb & 2 nd , 9 th March 2023
	Adults	Thu 12 th , 19 th , 26 th Jan & 2 nd February 2023 Thu 16 th , 23 rd February & 2 nd , 9 th March 2023
Dry Slope Saturday Ski Tasters	8+ years	Saturday 21 st January 2023 Saturday 4 th February 2023 Saturday 18 th February 2023
Dry Slope Beginner Snowboard	Adults	Mon 30 th Jan & 6 th Feb 2023
	12 to 16 years	Mon 20 th & 27 th Feb 2023
Glenshee Alpine Ski - Novice		14 th January 2023 11 th February 2023 25 th February 2023
Glenshee Alpine Ski - Intermediate		25 th March 2023
Glenshee Snowboard		14 th January 2023 4 th February 2023 25 th February 2023
Ski Touring Introduction		11 th February 2023 11 March 2023
Mountain Ski Tour		12 th March 2023



Winter Walking Skills	14 th & 15 th January 2023 30 th & 31 st January 2023 6 th & 7 th February 2023 4 th & 5 th March 2023
Winter Skills	14 th January 2023 30 th January 2023 6 th February 2023 4 th March 2023
Winter Mountaineering	16 TH & 17 TH January 2023 18 th & 19 th February 2023 16 th & 17 th March 2023
Winter Climbing	3 rd to 5 th March 2023 8 th to 10 th March 2023

Glenshee Days only run if the ski centre is open and the weather is suitable.
Waiting list bookings only!! Email: ancrum.centre@leisureandculturedundee.com



WINTER WALKING

Excited for winter.... Or maybe a little bit nervous.... Or just want to escape the Christmas preparations – Join our experienced winter mountain leader for a day to remember in the Scottish mountains.

Planning to summit a Munro, this day trip is all about having a great day on the Scottish mountains, depending on conditions you may experience walking in snow, but even if there is no snow the day will spend time looking at preparing yourself and your equipment for winter.

Winter and its short days, mean that walking in darkness is very likely, this day will be no exception and we have planned this day to take advantage of this. Under the watchful eyes of your experienced guide you have the chance to experience moving from day into night and gain the skills to feel confident when moving across the hills in the dark.



Key skills that will be covered include:

- Safety equipment and what to carry
- Weather and route planning
- Navigation
- Ice axe use (If snow)
- Winter weather and avalanche considerations
- Walking in darkness

Course Date: 17th December 2022 (11 am meet)

Course Duration: One Day

Course Cost: £80

Course Age Group: Adults



REG FIRST AID COURSE

This award is for anyone who works or plays in the outdoors.

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.



Course Dates:	19 th & 20 th December 2022
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 Beginner Ski Blocks run over a 4 week period

Course Cost: £49 (this includes equipment and tuition)

Age Groups	Dates	Times
5 to 9 years	Thu 12 th , 19 th , 26 th January & 2 nd February 2023	16:30 to 17:30 (JS3)
	Thu 16 th , 23 rd February & 2 nd , 9 th March 2023	16:30 to 17:30 (JS4)
10 to 16 years	Thu 12 th , 19 th , 26 th January & 2 nd February 2023	18:00 to 19:00 (SS3)
	Thu 16 th , 23 rd February & 2 nd , 9 th March 2023	18:00 to 19:00 (SS4)
Adults	Thu 12 th , 19 th , 26 th January & 2 nd February 2023	19:30 to 20:30 (AS3)
	Thu 16 th , 23 rd February & 2 nd , 9 th March 2023	19:30 to 20:30 (AS4)

We are also running Saturday taster ski sessions (for age 8+ years) on our dry slope:

Course Duration: 2 hours

Course Cost: £15

Course Dates: Saturday 21st January 2023
Saturday 4th February 2023
Saturday 18th February 2023



DRY SLOPE - BEGINNER SNOWBOARD

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

Learn to snowboard 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 instructor will teach you the basics of snowboarding which includes getting familiar with the equipment, practising balance, body management and movement.



Course Duration: 2 x 1 hour Beginner Ski Blocks run over a 2 week period

Course Cost: £30 (this includes equipment and tuition)

Age Groups	Dates	Times
Adults	Mon 30 th January and 6 th February 2023	18:00 to 19:00 (SB1)
12 to 16 years	Mon 20 th and 27 th February 2023	18:00 to 19:00 (SB2)



GLENSHEE ALPINE SKI

The largest ski area in Scotland is only an 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.

Novice

If you've never been skiing before or completed one of our dry-slope ski blocks, then this is the day for you.



Course Dates: 14th January 2023
28th January 2023
25 February 2023
These dates are planned to run should suitable weather/snow conditions allow and additional dates may be added if sufficient snowfall.

Course Duration: One Day

Course Cost: £80 adults, £65 under 16. Under 12s must be accompanied by an adult

Intermediate

Can ski on beginner / Green and easy Blue slopes and have had around 8 hours of ski instruction

Course Dates: 25th March 2023
These dates are planned to run should suitable weather/snow conditions allow and additional dates may be added if sufficient snowfall.

Course Duration: One Day

Course Cost: £80 adults, £65 under 16. Under 12s must be accompanied by an adult

Glenshee Days only run if the ski centre is open and the weather is suitable.
Waiting list bookings only!! Email: ancrum.centre@leisureandculturedundee.com



GLENSHEE SNOWBOARD

Our aim is for you to have the best experience possible in Scotland's largest snowboard resort.

We have snowboarding courses that will fit your needs from novice through to early intermediate level.

Our instructors are BASI / Snowsport Scotland qualified coaches who will help you reach your full potential in this fantastic sport.

You can expect a warm, friendly and most of all productive coaching experience from our staff.



Novice

Someone who has never ridden a snowboard or has had a very short experience on one, ie, one short lesson. A novice will have no or limited experience of using lifts.

Course Dates:	14 th January 2023 4 th February 2023 25 th February 2023 These dates are planned to run should suitable weather/snow conditions allow.
Course Duration:	One Day
Course Cost:	£80 adults, £65 under 16.

Glenshee Days only run if the ski centre is open and the weather is suitable.
Waiting list bookings only!! Email: ancrum.centre@leisureandculturaldundee.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.



Course Dates: 11th February 2023
11th March 2023

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.



Course Date: 12th March 2023

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: 14th & 15th January 2023
30th & 31st January 2023
6th & 7th February 2023
4th & 5th March 2023

Course Duration: Two days

Course Cost: £145 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: 14th January 2023
30th January 2023
6th February 2023
4th March 2023

Course Duration: One day

Course Cost: £80 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.

Sample Itinerary:

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.

Max Ratio of 1:2



Course Dates: 16th & 17th January 2023
18th & 19th February 2023
16th & 17th March 2023

Course Duration: Two days

Course Cost: £300 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.



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



Maximum ratio 1:2

*10% 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. The second day of a winter walking skills course is already discounted, further discount is not available on this course.

Private (1:1 or 1:2) guiding / instruction rates available on request

Course Dates:	3rd to 5 th March 2023 8 th to 10 th March 2023
Course Duration:	Three days
Course Cost:	£420 per person



STAFF QUALIFICATIONS

Winter Walking and Climbing courses

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 will have 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 and Snowboard courses:

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-Friday and bring the following 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 AND 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.

