

# ANCRUM OUTDOOR CENTRE WINTER 2019 PROGRAMME



## WINTER MOUNTAINEERING

### WINTER SKILLS INTRODUCTION (WHS1) (AGE 18+)

Are you an experienced summer hill walker? Ever wanted to try hill walking in winter?

Come along for a day's hill walking with one of our highly experienced instructors where you will bag a Munro. This is an ideal course as an introduction to the Winter Mountains or as a refresher and can be combined with the Advance Winter Hill Skills course (WHS2), which together will give you a sound base of knowledge for winter walking.

In this Intro course you will gain knowledge and learn skills such as:

- ✚ Additional equipment required in winter
- ✚ How to carry and use an ice axe
- ✚ How to fit and use crampons
- ✚ Understand weather and avalanche forecasts and how they affect you
- ✚ Navigation in a winter environment

Course Duration: 1 day      Max 6 participants      Course Cost: £60.00

Course Dates:

Saturday, 12 January, 2019 - 08:30 to 17:00

Monday, 21 January, 2019 - 08:30 to 17:00

Saturday 16 March, 2019 – 08:30 to 17:00

### WINTER SKILLS ADVANCE (WSA) - AGE 18YRS+

This Advance course builds on the knowledge of a previous Winter Hill Skills course and is also ideal for improving existing winter walking skills.

Working in a small group with your instructor, you will cover topics such as:

- 🧥 clothing and equipment
- 🌤️ weather and avalanche forecasting
- 🗺️ choosing a route
- 🧭 navigation and safe travel in the winter mountains
- 👣 walking in steeper terrain (Grade 1 ground)
- 🏠 emergency snow shelters

Course Duration: 1 day Course Cost: £60.00 (Max 6)

Course Dates:

Sunday, 13 January, 2019 - 08:30 to 17:00

Tuesday, 22 January, 2019 - 08:30 to 17:00

Sunday 17 March, 2019 - 08:30 to 17:00

### **3 DAY WINTER MOUNTAINEERING COURSE (WMC1)**

This 3 day course will help you develop your winter walking and mountaineering skills. Working in a small group with your instructor, the first day of the course will involve meeting other participants and discussing everyone's aims and objectives. Your instructor will then tailor the course to ensure you get the most you can out of the 3 days.

Topics normally covered:

- 🧥 Winter clothing and equipment
- 👣 Winter walking skills
- 🧭 Development of movement skills on steeper ground-Snow/Ice and scrambling type ground
- 🧶 Use of a rope, slings and karabiners
- 🧭 Navigation in a winter environment
- 🔧 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

#### **Equipment and Kit Information**

All equipment will be provided, but bring along a packed lunch and plenty water. Transport from Dundee is available during the course.

Course info

Winter Mountaineering (WMC1) Adult Intermediate

Ages: 18+ Course Cost: £330.00 (max 4)

Course Dates:

Wed, 23/01/2019 - 08:30 to 17:00

Thu, 24/01/2019 - 08:30 to 17:00

Fri, 25/01/2019 - 08:30 to 17:00

**The winter skills courses running on 21st and 22nd January can be combined with the mountaineering course running on the 23-25th January to give a full week of winter mountaineering instruction. If wishing to book these days together, please contact the centre to benefit from a 20% discount.**

## **DRY SLOPE SKIING LESSONS**

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 Dates:

5 to 9 years - Thurs 17 January, Thurs 24 January, Thurs 31 January, Thurs 7 February

10 to 15 years - Thurs 17 January, Thurs 24 January, Thurs 31 January, Thurs 7 February

16+ years - Thurs 17 January, Thurs 24 January, Thurs 31 January, Thurs 7 February

5 to 9 years - Tues 12 February, Tues 19 February, Tues 26 February, Tues 5 March

10 to 15 years - Wed 13 February, Wed 20 February, Wed 27 February, Wed 6 March

16+ years - Wed 13 February, Wed 20 February, Wed 27 February, Wed 6 March

## **ALPINE SKIING**

### **SKIING FOR BEGINNERS AT GLENSHEE**

This is a really popular one day all-inclusive trip to the snow slopes of Glenshee to learn the basics of skiing in the beginner's area. Your instructor will give you plenty tips and tricks to ease you into this fantastic sport and they will have you sliding along in no time. There are 2 tows on site that will help you progress and give you the thrill of skiing.

What's included?

Skis, Boots, Helmet, Lift pass, Instruction, Ski clothing and Transport to/from the slopes from our base here. Your lesson will last approx. 2-2.5 hours in the morning and you'll have plenty time to practice in the afternoon before we leave at 1500.

Times are 0800 depart, return 1645.

Cost £60 for under 16, £70 for over 16. (Glenshee sets the age limit for junior lift passes at 16).

Prior booking is essential and all participants need to attend the Centre to get skis and clothing measured up and issued at least one day prior to trip.

In circumstances where Glenshee cannot be used, we shall endeavour to use the Lecht Ski Centre which is about 2 hours from Dundee. This would involve an earlier start time leaving our Centre at 7.15am and departing Lecht Ski Centre at around 2.45pm for a 5pm finish in Dundee.

Dates: Sat 12 Jan, Sat 19 Jan, Sat 26 Jan, Sat 02 Feb, Sat 09 Feb, Sat 16 Feb, Sat 23 Feb, Sat 02 Mar, Sat 09 Mar, Sat 16 Mar.

### **INTRODUCTION TO ALPINE SKI TOURING / SKI MOUNTAINEERING**

Ski touring has seen a huge explosion of popularity over the last few years. With equipment getting lighter, stronger and easier to use, this is no longer the preserve of expert skiers and mountaineers. This one day course will give you a flavour of what it's like use skis for your uphill travel as well as accessing remote and untouched snow fields. We will choose where we go on the day to get the best of the conditions and weather and may involve going to a ski resort to use their uplift to get the most of the day. If we do that you will need to buy a ski touring lift pass (approx. £12). You must be a confident skier on Red runs

minimum in all conditions and maybe some off-piste skiing experience. The uphill won't be huge but you need to be fit enough to skin uphill for around an hour or so.

What's included?

Touring Skis & Boots, Helmet, Transceiver, Shovel, Probe, Instruction, Ski clothing and Transport to/from the slopes from our base here. We will cover avalanche safety, safe travel methods and how to use touring skis.

Times are 0800 depart, return 1645.

Cost: £70      Age: 18+

Dates: Sat 16 Feb, Sat 09 Mar, Sat 23 Mar

## **SNOWBOARDING**

### **SNOWBOARD FOR BEGINNERS AT GLENSHEE**

Learn how to ride the slopes and use the tows to access more of the ski area. Our instructor will explain the basics to you and you'll have loads of time to put this into practice throughout the day.

Snowboard, Boots, Helmet, Lift pass, Instruction, Ski clothing and Transport to/from the slopes from our base here. Your lesson will last approx. 2-2.5 hours in the morning and you'll have plenty time to practice in the afternoon before we leave at 1500.

Times are 0800 depart, return 1645.

Cost £60 for under 16, £70 for over 16. (Glenshee sets the age limit for junior lift passes at 16).

Prior booking is essential and all participants need to attend the Centre to get boards and clothing measured up and issued.

In circumstances where Glenshee cannot be used, we shall endeavour to use the Lecht Ski Centre which is about 2 hours from Dundee. This would involve an earlier start time leaving our Centre at 7.15am and departing Lecht Ski Centre at around 2.45pm for a 5pm finish in Dundee. Our team will liaise with you in the lead up to the ski day to confirm plans based on weather forecasts.

Dates:

Sat 19 Jan, Sat 09 Feb, Sat 02 Mar.

