

## COURSE OVERVIEW

This course is designed to help you transition from winter hillwalking into steeper, more technical mountaineering terrain and climbing winter routes.

We'll introduce key techniques such as using a rope for security on exposed ground, using snow anchors, and moving efficiently on climbing routes and graded mountaineering ground.

We aim to get hands-on with real mountaineering challenges - whether ascending gullies, tackling rocky ridges, or navigating complex mixed ground. We will progress your skills towards using two axes to tackle steeper climbs.

By the end of the course, you'll have a clearer understanding of how to approach technical winter ground with greater independence, confidence, and awareness.

## SKILLS COVERED

- Movement on snow, ice, rock, and mixed terrain
- Use of crampons and ice axe techniques for climbing
- Climbing with two axes
- Rope-work fundamentals: tying in, belaying, and rope management
- Moving safely as a roped team on exposed or steep ground
- Building and using snow anchors
- Gear placement for winter climbing
- Route planning with weather and avalanche awareness
- Judgement and decision-making in dynamic mountain environments

[For more information visit the course page](#)



# MEETING DETAILS

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## MEETING LOCATION:

### Day 1:

Tiso Cafe, Aviemore  
Retail Park,  
Aviemore  
PH22 1RH

Google Maps Link:

🌐 Explorer Cafe Aviemore · Retail Park, Aviemore PH22 1RH, United Kingdom

What3words:

🌐 ///relished.mixer.cutlets

### Parking info:

- The car park is on the retail park in Aviemore
- You can stay in this car park for a maximum of 3 hours

## MEETING INSTRUCTIONS:

- Please meet your instructor for 8:00am
- We will meet inside the cafe (upstairs in Tiso)
- On arrival, there will be a briefing to outline the day's plan and itinerary.
- The instructor will check for any medicals
- We will ensure everyone has the correct kit. Please follow the kit list - without the right equipment, we may not be able to proceed for safety reasons.
- We will provide your hire equipment if not already done so on the previous evening
- Please arrive ready to go with your bags packed, ready for the day on the hill

### Day 2:

Cairngorm Mountain Resort  
Cairngorm Ski Area  
Aviemore  
PH22 1RB

Google Maps Link:

🌐 Cairngorm Mountain · Cairngorm Ski Area, Aviemore PH22 1RB, United Kingdom

What3words: 🌐 ///regrowth.dozen.delight

### Parking info:

- The car park is situated at the very top of the road
- Follow the one way system until you can't drive any further

- On arrival, turn right and drive down the ramp into the lower car park
- This car park isn't well maintained but this is the walkers/climbers car park
- It is separate to the main ski car park

## MEETING INSTRUCTIONS:

- Please meet your instructor for 8:30am
- We will meet in the car park
- We will ensure everyone has the correct kit. Please follow the kit list - without the right equipment, we may not be able to proceed for safety reasons.
- Please arrive ready to go with your bags packed, boots on and ready for the day on the hill
- It can windy at this car park so you need to as ready as possible to avoid getting ready in the poor weather



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## KIT LISTS:

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Kit lists can be found here - [KIT LISTS - LDM](#)

Please ensure you have the following equipment:

## MOUNTAIN CLOTHING:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Insulated layer (down or Primaloft)
- Rucksack 40-45L and waterproof dry bags/liner
- Warm hat & gloves (+spares)

## OTHER ITEMS:

- Flask
- Water bottle
- Small first aid kit and/or personal medication
- Head torch + spare batteries
- Walking pole(s)

## WINTER EQUIPMENT:

- B2 or B3 boots\*
  - C2 Crampons\*
  - Technical Ice Axe(s)\*
- STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

## TECHNICAL EQUIPMENT:

- Helmet\*
- Harness\*
- Belay device\*

STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

*ROPES AND HARDWARE ARE SUPPLIED BY LDM BUT PLEASE BRING YOUR OWN IF YOU HAVE THEM*

## OTHER USEFUL INFORMATION:

The guide will be carrying all safety equipment for the day. This includes a first aid kit, group/emergency shelter and map and compass.

Winter mountaineering boots should be rigid and for climbing/mountaineering rated to B2 minimum. B3 boots are also fine - B2 boots can be rented from LDM

Please make sure crampons are compatible with your boots (we can advise) - these can be rented from LDM

We recommend the Petzl Sum'tec ice axe if looking to buy (if buying one axe buy the adze, if you buy the pair they can climb up to Grade III) - ice axes can be rented from LDM

40-45L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day.

Please don't bring duffle bags. Any items that don't fit inside won't be able to come on the hill - they will get blown off by the wind (this includes all extra technical kit - crampons, helmets, harnesses).

Ice axes are the only thing stored on the outside of the rucksack using the clipper slots

Silva Expedition 4 compass are what is recommended. It has all measuring scales for all maps, a long baseplate and is reliable.

We recommend a minimum of three pairs of gloves, as they get wet in the snow. At least one pair should be thick and warm for higher elevations.

Gore-Tex Pro or Paramo waterproof clothing is recommended - we can advise. This is your armour against the winter conditions.

Strictly no jeans and no cotton.

Ski Goggles are essential, as the wind will blow the snow into your eyes.

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them. A waterproof jacket can be used as a windproof jacket even when it's not raining.

HERE IS A BLOG WRITTEN FOR PACKING AND EQUIPMENT IN WINTER CONDITIONS:

🌐 [Hints & tips, equipment and kit recommendations for winter mountaineering and climbing](#)



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