



LAKE DISTRICT
MOUNTAINEERING

WINTER MOUNTAIN SKILLS 2 DAY - THE CAIRNGORMS



COURSE OVERVIEW

This Winter Mountain Skills Course is designed to equip you with the knowledge and practical skills needed to move confidently and safely in snow and ice. With a strong emphasis on mountain preparedness, the course covers winter equipment, navigation, avalanche awareness, and emergency procedures.

Day one focuses on core skills and safe practices in a winter environment. On day two, we'll put those skills into action with a mountain journey — potentially summing a winter Munro such as Cairn Gorm or Ben Macdui, or traversing the Northern Corries — offering the chance to consolidate everything learned in a real-world setting.

SKILLS COVERED

- Route planning and decision-making
- Winter gear, equipment, and clothing
- Weather interpretation and its impact on the mountain environment
- Efficient movement and walking techniques on winter terrain
- Navigation in poor visibility and snow-covered ground
- Winter kit management and organisation
- Staying safe and managing yourself in harsh conditions
- Emergency procedures and hill safety
- Movement on snow and mixed ground
- Ice axe use for support and security
- Crampon techniques for various slope angles
- Ice axe braking / self-arrest
- Avalanche awareness and terrain

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



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MEETING DETAILS

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:

Google Maps Link: [@ Cairngorm Mountain · Cairngorm Ski Area, Aviemore PH22 1RB, United Kingdom](#)

What3words: [@ ///hourglass.packets.otherwise](#)



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KIT LISTS:

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 - Down or Primaloft jacket)
- Warm hat
- Gloves (+spares)
- Sun hat or cap (you never know!)
- Sun screen - still important in winter with snow on the ground
- Rucksack (40L ish)

OTHER ITEMS:

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

NAVIGATION EQUIPMENT:

- Relevant maps include:
 - [**1:50,000 - Landranger Sheet 36 \(Aviemore & Grantown\)**](#)
- Map case (or waterproof maps)
- Compass – **Silva Expedition type 4 is the recommended model**
- Timing card (provided)
- Stopwatch (watches are best like Casio style watch)

WINTER EQUIPMENT:

- B2* or B3 boots
- C1 or C2 Crampons*
- Walking/Mountaineering Ice Axe
- STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED 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 mountaineering rated to B2 minimum. B3 boots are also fine - B2 boots can be rented from LDM (B1 boots are often not rigid enough, and are more a summer scrambling boot)

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

We recommend the Petzl Sum'tec ice axe if looking to buy

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 etc)

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 helmets, which we wear when operating in crampons 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/snowing.



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