



**LAKE DISTRICT
MOUNTAINEERING**

WINTER MOUNTAINEERING: DEVELOPMENT

2 DAY - BEN NEVIS & GLEN COE



COURSE OVERVIEW

This course is designed to help you transition from winter hillwalking into steeper, more technical mountaineering terrain and winter climbing routes, in the dramatic landscapes of Ben Nevis and Glen Coe.

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.

Expect to tackle real winter objectives - gully climbs, mountaineering ridges, and mixed terrain - developing sound judgement and movement techniques along the way.

By the end of the course, you'll be better equipped to approach technical winter ground with greater confidence, independence, and awareness of the challenges involved.

SKILLS COVERED

- Movement on snow, ice, rock, and mixed terrain
- Use of crampons and ice axe techniques for steep terrain and scrambling
- Climbing with one and 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**](#)



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MEETING DETAILS

MEETING LOCATION:

Day 1:

Costa
North Rd,
Fort William
PH33 6SU

Google Maps Link: [Costa Coffee · Drive Thru, North Rd, Fort William PH33 6SU, United Kingdom](#)

What3words: [///community.acre.peach](#)

Parking info:

- Costa Coffee is on the A82 and means we can have course intros before heading out on the hill
- We will look to use Ben Nevis or Aonach Mor from here

MEETING INSTRUCTIONS:

- Please meet your instructor for 7:45am (unless otherwise stated in email)
- We will meet inside the cafe
- 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
- Please arrive ready to go with your bags packed, ready for the day on the hill



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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 41 - Ben Nevis](#)
- 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
- C2 Crampons*
- Walking/Mountaineering Ice Axe

TECHNICAL EQUIPMENT:

- Helmet*
- Harness*
- Belay device*

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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