

# Ski Mountaineering in the Cairngorms



G2 Outdoor  
[www.g2outdoor.co.uk](http://www.g2outdoor.co.uk)

## 2 Day programme

### Day 1:

On the hill based introduction to ski mountaineering equipment and how it all works.

We will look at the use and care of skins for climbing up the hills.

Route finding and planning.

Ski techniques and tips for skiing down hill in the Scottish powder!

### Day 2:

Again on the hill based looking at some of the basic winter skills such as snow and avalanche awareness, use of ice axe and snow shelters.

Digging pits and use of transceivers.

How to ski in a group off piste.

Clothing and equipment for the hills in winter.

All courses are run by experienced qualified staff.

Some equipment is supplied although hard wear such as ski mountaineering skis, boots, skins, ice axes and crampons are not. Hire can be arranged through us if needed.

Personal over night equipment such as sleeping bags and gortex bivi bags are not.

A full equipment list will be sent out once booking is made.

## The 5 day programme

### Day 3:

Putting the skills in to practice on a journey in the hill for a full day you will get the chance to lead the group on short legs.

Lots more navigation practice and tips.

More off piste ski techniques for challenging snow conditions.

### Day 4/5:

Over the last few days we will look to expend your experience by touring in a few different areas not just Cairngorm.

Tips for skiing with a large ruck sack and the use of ropes for basic group safety.

Planning where to go next!

We pride ourselves on the level of our coaching. Ski mountaineering and the environment within which we operate have risks. G2 take measures to reduce that risk. We would always recommend that you take out personal accident insurance before taking part in any adventurous activities.

Course fee  
2 day £120 and  
5 day £275

