



Dear Tranee,

Thank you for your interest in our Winter Mountain Leader Training courses.  
Course dates 30 January - 4 February and 20-25 February 2012 course cost £442.50 \*(see details below)

During the course we will aim to cover all the main aspects of the syllabus, which can be downloaded from [www.mltuk.org/docs/downloads.html](http://www.mltuk.org/docs/downloads.html) We hope that as well as being informative, the course will be a lot of fun and provide a realistic learning environment where winter skills can be explored with like minded folk.

Every day on the winter hills is unique and offers its own challenges, our choice and knowledge of venues helps us to work with the best conditions available.

The programme below gives an example of how we anticipate the week running the week. Conditions do sometimes dictate changes. The evening discussions and talks aim to finish by 7pm providing you with time for reflection and refuelling in the comfortable atmosphere of Dalshian House.

#### **Course Outline**

The Winter Mountain Leader Training course is largely practical and based outdoors on the mountains, one night will be spent snow holing in a high mountain setting. You should ensure that you are fit enough for a full winter week and that your equipment is in good condition. The course will start at 8.30am on the first day and finish by 4.30 pm on the last day.

#### **The Winter Mountain Leader Scheme.**

The Winter Mountain Leader Award mirrors the Summer Award in many ways so you will be familiar with the format but please note if you are a winter climber you will need to get winter walking/mountaineering experience. Short days in and out from a winter crag are not generally QMD's. The notes below outline the stages of the scheme.

You will have successfully passed the summer ML.

You must have experience of 20 Quality Mountain Days in winter conditions and register for the winter scheme with the Mountain Leader Training Scotland This ensures that you will feel comfortable with the course content and see how the skills that you will learn can be applied. (MLTS - Allen Fyffe on 01479 861248 or e-mail [MLts@aol.com](mailto:MLts@aol.com))



Sample Winter Mountain Leader Training Course programme			
	Morning	Afternoon	Evening
			Arrive and settle in
Day 1	Introduction to scheme Snow Craft: Movement / Snow pack evaluation Use of Ice axe / crampons - teaching these techniques.		Refresh rope work skills
Day 2	Movement - basic skills continued with introduction of snow belays. Emergency snow shelters		Winter weather, safe travel and snow pack evaluation
Day 3	Security on Steep Ground - construction and use of Snow Anchors in ascent and descent.		Winter Navigation
Day 4	Mountain Day allowing further practice of skills in the context of a day journey.		Expedition Skills
Day 5	Expedition : see where the best snow is !!!! Party management, Route choice, day and night navigation, Snow Shelters		
Day 6	Between Training and Individual debrief Course Departs		

Attend an MLTS approved training course. (for those with a strong winter mountaineering background, there is the option of applying for exemption from training and going straight to assessment)

Consolidate experience and skills gaining a minimum of 40 QMD's and 10 named grade 1 gullies.  
Attend a five day assessment which includes a three day expedition.



**Valley base and accommodation details.**

The Pitlochry courses will be based at Dalshian House [www.dalshian.com](http://www.dalshian.com), a very comfortable traditional guest house set in its own grounds 5 minutes drive south of Pitlochry. Pitlochry is within easy access of a choice of venues such as Glen Shee, Dromochter and Ben Lawers to name several, providing options throughout the week depending on prevailing conditions.

We have negotiated a very reasonable rate of £29.50 per night which includes a superb menu of cooked breakfasts, including a full Scottish breakfast.

Most rooms are en suite with T.V and are on a shared basis. If you require a single room there is a supplement of £10.50 per night (subject to availability. \*If no shared rooms are available the cost will be £40 per night).

The well equipped Guest House kitchen is available for you to use in the evenings up to 9pm to cook a meal or you may choose to eat out in a number of local venues. The local Co-op is nearby for supplies, open 8am - 10pm. Often the course choose to cook together which makes for a sociable evening and cost effective cooking.

Accommodation will be required for five nights, Sunday to Thursday, as we will be on a snow hole expedition Friday night. Showers will be available on our return from expedition to Dalshian where spare kit may be stored while we are away.

The cost of 5 nights, Sunday to Thursday, at Dalshian House will be £147.50 shared or £200 single. View Dalshian House details at [www.dalshian.com](http://www.dalshian.com)

**Booking (payment can be by cheque or online bank transfer)**

When I receive your booking form and non returnable deposit of £100 I will confirm your place.

The course fee due to High Expectations is £295 on a self drive\*\* / self catering basis. The course balance must be paid four weeks prior to the start of the course.

It will be your responsibility to book and pay for your accommodation directly with Dalshian House. Dalshian can accept debit/credit card payment.

Please call me on 01796 473916 if you need any further help or clarification.

I look forward to hearing from you.

Yours sincerely

Steve Spalding

Confirmation of your booking along with course details and invoice for the balance will be sent out to you on receipt of your booking fee. \*\*This means course members can share rather than use a single mini bus.

