

WINTER SKILLS TRAINING COURSE IN SCOTLAND

25TH FEB - 3RD MARCH 2017

**COME TO SCOTLAND FOR A WEEK
WITH ESSEX BOYS & GIRLS CLUBS
TO IMPROVE YOUR PRACTICAL MOUNTAIN SKILLS**

The course covers: An introduction to crampons and ice axe techniques including arresting a fall with an ice axe. Snow slope profiling, avalanche risk assessment and avoidance. Use of snow anchors, rope belay methods and ascent of a grade one snow slope or ridge. Mountain journey involving navigation techniques. Overnight snow hole expedition, conditions permitting.

The minibus departs from Essex on the evening of Saturday 25th Feb for an overnight journey, returning on the evening of Friday 3rd March. Accommodation will be in the Isles of Glencoe Hotel. The course is led by experienced Winter Mountain Leaders from Essex Boys & Girls Clubs.

Places are limited and will be dependent on previous mountain experience.

Cost: £330 for over 18s, £140 for 16-18 yr olds.

To find out more and reserve your place, please contact Steve Hutson
steveh@essexboysandgirlsclubs.org or 01245 264783

Essex Boys and Girls Clubs is a registered charity working with youth clubs in Essex and East London to support young people to fulfil their potential.

Registered Charity Number 301447. www.essexboysandgirlsclubs.org

