



Scottish Winter Mountain Walking Adventures 2014

Professional guiding and instruction in a small group with all specialist equipment supplied.

Based in the stunning valley of Glen Coe and close to our tallest mountain, Ben Nevis.

Five magical days in the mountains and six relaxing nights in a woodland cottage.

Food, transport when you're there and technical evening workshops included.

Great value at £495 with a 10% discount for multiple and repeat bookings.

Call 07946 331916 or email winter@mountainmagic.org.uk to book.

5th - 11th January

2nd - 8th February

2nd - 8th March



Walking in Glen Coe

"It was pretty special wasn't it! Exactly what we were looking for and more." - Jodie





- Guide** Paul has been a mountaineer for 25 years and he gained professional membership of the Association of Mountaineering Instructors in 2002. He is an enthusiastic guide, a patient instructor and he has an excellent safety record.
- Skills**
- Selecting the right winter clothing and equipment for your comfort and safety.
 - Using avalanche reports, weather forecasts and timing to plan your day well.
 - Preparing for the worst winter weather that the mountains will throw at you.
 - Moving safely on a range of snow and ice slopes with ice axe and crampons.
 - Stopping slips, trips and falls with an ice axe in a wide variety of scenarios.
 - Navigating in the dark, in snow, in poor visibility and full white-out conditions.
 - Understanding how snow pack forms and changes to assess avalanche risk.
 - Following emergency procedures and digging emergency snow shelters.
- Group** A maximum of 6 people so that you can enjoy nature's beauty and learn at your own pace with plenty of 1:1 coaching time.



The Cairngorm Plateau

“Paul is a fantastic, patient, experienced and companionable teacher.” - Annie





Daytime We leave the cottage at 8:30am and return by 5:30pm each day. On the first day we will make sure you are comfortable walking with an ice axe and crampons. Our route choice will depend on the weather, snow conditions and energy levels within the group but a typical itinerary could look like this:

Garbh Bheinn (The Rough Hill)	867m	7km	5 hours
Ben Nevis (The Mountain of The Clouds)	1344m	10km	8 hours
Coire Gabhail (The Lost Valley)	500m	6km	4 hours
Buachaille Etive Mor (The Great Herdsman of Etive)	1022m	10km	7 hours
Bidean nam Bian (Peak of The Mountains)	1150m	7km	6 hours

Ability You can carry a rucksack and wear walking boots on 8-hour summer mountain walks and you are ready to rise to the challenge of winter mountain walking.

Transport The Mountain Magic mobile will carry you and your kit with space to spare. It also makes coffee, plays music, wears snow tyres and picks you up from the station.



Ben Nevis

“Thanks a million for a cracking weekend. It was everything I was looking for .” - Adam





- Cottage** A warm and comfortable cottage, located in natural woodland at the heart of Glen Coe. Winner of the Gold Award for Green Tourism, this is a wonderful and peaceful place to call home for the week... www.glencoe-cottages.com
- Evenings** Dinner, conversation, checking kit, readings from classic Scottish mountaineering literature, inspiring documentaries, slide shows, avalanche awareness workshops, navigation classes and single malt whiskey... the first bottle is on us!
- Food** Paul loves to cook and he knows about mountain nutrition. He will prepare your breakfast, lunch and dinner, including dinner when you arrive and breakfast before you leave. See the complete menu below for more details...
- Equipment** You will be given an ice axe, crampons, a map, a compass and a head torch. You will need to bring your own winter mountain boots, waterproofs, warm clothing and a rucksack. See the kit list below for more advice...



Buachaille Etive Mor

“Thanks again for a great trip. We had a whole bunch of fun and learned a lot from you. Thanks for being such a patient teacher.” - Kersey





- Menu The food is healthy, nutritious, ideal for mountain days, sourced as locally as possible, caters for vegetarians and we will adapt it to your individual needs.
- Breakfast Beef or vegetarian sausage, scrambled eggs, spinach, cherry tomatoes and wholemeal toast. Porridge is also available with banana, cinnamon and honey.
- Lunch Oatcakes, blackstrap molasses flapjack and a trail mix of nuts, seeds and dried fruit. You can also make sandwiches if you request the ingredients in advance.
- Dinner Rich and saucy beef or mushroom spaghetti bolognese.
Spinach and chickpea coconut curry with wholemeal rice.
Lamb or vegetable stew with swede, parsnip and curly kale.
Free range chicken or tofu and vegetable stir-fry with egg noodles.
Baked fish or roast vegetables with broccoli and sweet potato carrot mash.
Three bean vegetable chilli burritos with spicy salsa, sour cream and guacamole.
Just one of these evening meals will be served each day.



The Aonach Eagach

“We had great fun with our extremely helpful and experienced guide.” - Thomas





Kit List

Things you need to bring. Please feel free to ask any questions...

Lightweight Base Layers - for wicking sweat and moisture away from your skin
Warm Mid Layers - made from fibre pile, fleece, synthetic fibres or wool
Waterproof & Breathable Jacket - with a good hood to close around your face
Waterproof & Breathable Trousers - that will easily go on over your boots
Warm Hat & Balaclava - you need to cover your head and your face in a blizzard
Warm Gloves or Mittens - your hand protection must be very warm and windproof
Warm Walking Socks - thick and comfortable without being too tight in your boots
Winter Walking Boots - comfortable, warm, waterproof, compatible with crampons
Gaiters - to prevent deep snow and water from getting inside your boots
30 - 40 Litre Rucksack - that fits your back well and feels comfortable when full
Waterproof Rucksack Liner - thick, robust and NOT a dustbin liner
Sunglasses or Ski Goggles - to help you see in bright light and blinding blizzards
Water Bottle + Hot Flask - 1 to 1.5 litres, robust and leak proof
Walking Poles - not essential but good for walking efficiency and balance



Rime Ice

"We had an amazing time. It was awesome. Thank you!" - Laura

