

Winter 09-10



Falkirk Council

Community Services

Falkirk Council has been offering outdoor activities for over 14 years, giving everyone the opportunity to experience the outdoors in a safe and exciting way. At the Outdoor Base we are able to offer a wide range of activities for all ages and abilities. Whatever your sport and level of interest we can offer a day to remember.

Before joining us on activity please.....

- Provide us with current medical and emergency contact details (forms can be downloaded from our internet page or picked up at the base).
- Check equipment list (also available over the internet).
- Ensure full course fee has been paid.

Equipment

If you're worried about having to shell out for lots of expensive new equipment in order to join us - don't panic! Our stores have a wide range of equipment available for most shapes and sizes and hire is included in all course prices. (Axes - Walking & Technical, Crampons, Boots and waterproofs all available)

Course Fees

All our course fees are dependant upon activities and staffing requirements. Details of prices can be found alongside our list of course dates. Payment can be made by cash or cheque (cheques to Falkirk Council).

To see our full bookings and cancellation policy please visit www.falkirk.gov.uk/outdooractivities

THE PROGRAMME

All our courses start at the stated times leaving from the Outdoor Base, Victoria Buildings.
Our skills courses finish between 17.00 and 18.00. Other courses will finish later.

Days out

Rambles – Our winter rambles are aimed at keen walkers who just want to avoid all the wintry conditions of the high mountains, possibly taking in a Graham or Corbett.

High Tops – A chance to enjoy Scotland's mountains in winter conditions. The days will involve a high top, possibly a Munro, so you will need to have previous winter walking experience. The first few high top days will include a teaching element for those who just want to re-visit old skills. For more comprehensive instruction join us on a winter skills 1 course before coming out so you can learn the essentials.

Mountaineering Day – Last year we called this course classic mountain ridges. This year the course is essentially the same with the addition of some grade 1 gully's. The days will involve the use of just a walking axe (not technical climbing axes) however could take us into some very exposed areas.

Winter Climbing – For those of you who wish to get onto steeper ground with technical tools our climbing days should tick all the right boxes. Venues dependent on conditions.

Summer Climbing – Cold fingers and lots of friction - providing it's dry! These days will appeal to the hardened climbers or those with very warm jackets. If weather is bad we may be based indoors.

Skills Days

Winter Mountain - This winter we are running 4 skills based days on the hill.

Winter Skills 1 - Winter Skills 2 - Safe Travel - Winter Navigation

Through the 4 courses we hope to give you some of the building blocks that will enable you to enjoy walking in Scotland's winter environment. All our skills days stand alone or can be **linked** to provide progression.

Please note that if you book 3 skills days at the same time you will get them for the discounted price of £60.

Paddlesports –Sea and River Kayaking

These days are aimed at those wishing to develop their skills. Whatever stage you're at our professional coaches can teach you something new.

Trips

This winter we have a variety of trips to suit everyone.

2 day Skills x2 - Climbing x2 Mountaineering long weekend - Snow hole

All our trips (unless stated otherwise) are based in dormed hostels and are staffed by fully qualified instructors. All prices include accommodation, transport, equipment if required and instruction. Food and gas are not included.

Evening Clinics

Cost: **£10 per clinic**

Our evening clinics are aimed at anyone wanting to progress a specific skill. The evenings are not for beginners and will focus on progression and development. So if you need to practice your rope work, gain confidence with a map or just pick the brains of one of our instructors these are the evenings for you.

DECEMBER

<u>Date</u>	<u>Activity</u>
01/12/09 @ 18.30	<u>Eve Clinic – Night Navigation</u> Venue: Out on the hill Cost: £10 This clinic will be a practical evening out on the hill. A chance to practise skills in an environment when you need them the most.
03/12/09 @ 07.00	<u>High Tops</u> Venue: Ben Ime 5.8km + 825m ascent Cost: £20 The highest hill in the Arrocher Alps, Ben Ime gives a straight forward ascent from Butterbridge.
03/12/09 @ 07.00	<u>Ramble</u> Venue: Glen Kinglas to Ardlui 12.6km Cost: £15 This is a through-walk from Butterbridge to the northern shore of Ben Lomond at Ardlui, following Glen Kinglas and Strath Dubh-uisage. Most of the ramble is on paths but there is a section near the end where we follow deer runs.
07/12/09 @ 09.00	<u>River Kayak</u> Venue: Dependant on water levels Cost: £25 A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available on the day for those wanting to progress there ability Previous recent experience is required.
08/12/09 @ 19.30	<u>Slideshow Eve</u> Venue: Outdoor Base Cost: Free Our yearly slide show is an open evening for everyone to come and enjoy. Either reminiscing about the year and all the fantastic days out or coming along to see what we get up to at Outdoor Activities. It's usual to follow the show with a few end of year drinks at a local watering hole.
09/12/09 @ 09.00	<u>L2 Climb / Crag day</u> Venue: TBC Cost: £20 This is a day at a single pitch crag aimed at all levels of climbers. If you're starting out or just wanting to go for a climb this is the day for you. This is the first time we have offered rock climbing in winter so be prepared for cold hands, but lots of friction (unless its wet -then we'll be indoors).
11/12/09 @ 07.00	<u>Classic Mountaineering day</u> Venue: Dinnertime buttress & Zig Zags Cost: £25 These two classic glen Coe scrambles provide a great outing in winter. We start the day up Dinnertime buttress, head over to the summit of Stob Coire nan Lochan and then finish down the Zig Zags.
14/12/09 @ 09.00	<u>Sea Kayaking</u> Venue: TBC Cost: £25 A Coaching day for anyone from absolute beginners to keen paddlers wanting to progress their skills on inshore waters. This course will open your eyes to the great potential we have living on an island with over 1180km of coast in Scotland alone.

JANUARY Cont....

DECEMBER Cont.....

15/12/09 @ 18.30	<p align="center"><u>Eve Clinic – Ropework for climbers</u></p> <p>Venue: Outdoor Base (based indoors) Cost: £10</p> <p>This evening clinic will be run in the comfort of our outdoor base. If you want to learn or practice any rope system before heading for the crags, then this is evening is here to help.</p>
17/12/09 @ 08.00	<p align="center"><u>Winter Skills 1</u></p> <p>Venue: TBC Cost: £20</p> <p>An essential day for anyone who wants to enjoy Scotland's mountains in winter conditions. This is a full day on the hill and will consist of looking at all basic winter skills and equipment.</p>
20/12/09 @ 07.00	<p align="center"><u>High Tops</u></p> <p>Stob a Choire Odhair & Stob Gabhar Cost: £20</p> <p>There two Munros sit at the southern end of the Blackmount and are easily accessed from Loch Tulla. A good track followed by a nice path take us to a steep ascent of Stob a Choire Odhair which offers good views of Rannoch Moor. A continuing ridge leads to Stob Gabhar before we follow the south ridge back down.</p>

JANUARY

<u>Date</u>	<u>Activity</u>
06/01/10 @ 07.00	<p align="center"><u>High Tops</u></p> <p>Venue: Central Mamores Cost: £20</p> <p>11.8km + 1300m ascent</p> <p>Beginning at Mamore Lodge, this round takes in the Munros Na Gruagaichean, Stob Coire a Chairn and Am Bodach. A good stalkers path takes much of the sting out of the ascent.</p>
06/01/10 @ 07.00	<p align="center"><u>Ramble</u></p> <p>Venue: Mamore Lodge to Kingshouse Hotel Cost: £15</p> <p>14.9km</p> <p>This ramble follows a section of the West Highland Way through Kinlochleven and over the Devil's Staircase to the famous Kingshouse Hotel on the edge of Rannoch Moor.</p>
08/01/10 @ 09.00	<p align="center"><u>L2 Climb / Crag day</u></p> <p>Venue: TBC Cost: £20</p> <p>This is a day at a single pitch crag aimed at all levels of climbers. If you're starting out or just wanting to go for a climb this is the day for you. This is the first time we have offered rock climbing in winter so be prepared for cold hands but lots of friction (unless its wet then we'll be indoors).</p>
10/01/10 @ 08.00	<p align="center"><u>Winter Skills 1</u></p> <p>Venue: TBC Cost: £20</p> <p>An essential day for anyone who wants to enjoy Scotland's mountains in winter conditions. This is a full day on the hill and will consist of looking at all basic winter skills and equipment.</p>

11/01/10 @ 09.00	<p align="center"><u>River Kayak</u></p> <p>Venue: Dependant on water levels Cost: £25</p> <p>A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available on the day for those wanting to progress there ability</p> <p>Previous recent experience is required.</p>
12/01/10 @ 18.30	<p align="center"><u>Eve Clinic – Night Navigation</u></p> <p>Venue: Out on the hill Cost: £10</p> <p>This clinic will be a practical evening out on the hill. A chance to practise skills in an environment when you need them the most.</p>
13/01/10 @ 08.00	<p align="center"><u>Winter Skills 1</u></p> <p>Venue: TBC Cost: £20</p> <p>An essential day for anyone who wants to enjoy Scotland's mountains in winter conditions. This is a full day on the hill and will consist of looking at all basic winter skills and equipment.</p>
17/01/10 @ 07.00	<p align="center"><u>Classic Mountaineering day</u></p> <p>Venue: Ben Cruachan Horseshoe Cost: £25</p> <p>12.8km + 1460m ascent</p> <p>Straightforward winter scrambling is to be had during the traverse of this impressive West Highland mountain. There are two Munros en route, Ben Cruachan and Stob Diamh with a fine ridge in-between. This is a big day out with a fair bit of ascent involved.</p>
18/01/10 @ 09.00	<p align="center"><u>Sea Kayaking</u></p> <p>Venue: TBC Cost: £20</p> <p>A Coaching day for anyone from absolute beginners to keen paddlers wanting to progress their skills on inshore waters. This course will open your eyes to the great potential we have living on an island with over 1180km of coast in Scotland alone.</p>
20/01/10 @ 08.00	<p align="center"><u>Safe Travel</u></p> <p>Venue: TBC (Dependant on conditions) Cost: £25</p> <p>Our safe travel days are aimed at those who already enjoy being out in winter, but would like to know more about safety in the mountains. The days will include aspects of <u>Winter Navigation</u> and <u>Avalanche Awareness</u>.</p>
23 – 24 /01/10 07.00 sat 19.00 sun	<p align="center"><u>Winter Skills Weekend (West Coast)</u></p> <p>Venue: Aite Cruinnichidh Hostel. Cost: £65</p> <p>This weekend trip will be based at Roy Bridge, staying at Aite Cruinnichidh Hostel. We depart Falkirk on Saturday morning, head up to the snow to hone our winter skills and stay at the hostel overnight. On Sunday we will head back out to consolidate what we've learnt and then go home, returning to Falkirk late. We will probably take in a summit or two over the trip. Creag Meagaidh, The Grey Corries, The Ben or Aonach Mor are all options we could explore. We will go where the snow will give us most to work with for the course. Skills covered will depend on the make up of the group. We will start with the essential winter skills and take it from there.</p> <p>Please note that there will be an additional gondola cable car charge if we opt for Aonach Mor.</p>

JANUARY Cont....

26/01/10 @18.30	<p align="center"><u>Eve Clinic – Ropework for climbers</u></p> <p>Venue: Outdoor Base (based indoors) Cost: £10</p> <p>This evening clinic will be run in the comfort of our outdoor base. If you want to learn or practice any rope system before heading for the crags, then this is evening is here to help.</p>
27/01/10 @07.00	<p align="center"><u>Skiing</u></p> <p align="center">Glen Coe, Glen shee or Cairngorm</p> <p>Join us for a day on the piste. Enjoy the mountain as part of the group or on your own. Half day lessons are on offer in the morning and afternoon and will suit all abilities.</p> <p align="center">Without lesson... £5 ½ Day lesson ... £20</p> <p align="center">Lift pass and ski hire not included</p>
29/01/10 @07.00	<p align="center"><u>Winter Climbing</u></p> <p>Venue: TBC Cost: £35</p> <p>This Winter we've decided not to pre-plan specific routes so we have the flexibility to find the best winter conditions. This is a chance to be guided up one of Scotland's classic climbs, either on west coast ice or east coast mixed ground.</p> <p align="center">Previous climbing experience is essential</p>
31/01/10 @07.00	<p align="center"><u>High Tops</u></p> <p align="center">Dreish & Mayar 14km + 930m[^] Cost: £20</p> <p>These two Munros sit at the head of Glen Clova and are ascended by going up from adjacent Glen Doll. Good paths lead through forestry to Coire Fee from where we can reach the plateau. An easy round follows before dropping back down Glen Doll and home.</p>

FEBUARY

Date	Activity
01/02/10 @ 09.00	<p align="center"><u>River Kayak</u></p> <p>Venue: Dependant on water levels Cost: £25</p> <p>A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available on the day for those wanting to progress there ability</p> <p align="center">Previous recent experience is required.</p>
03 – 04 /02/10 07.00 - Wed 19.00 - Thurs	<p align="center"><u>Winter Skills OVERNIGHT (East Coast)</u></p> <p>Venue: Cairngorm Cost: £65</p> <p>Based in Kingussie at the Lairds Bothy, this trip will be focussing on covering the fundamental winter mountaineering skills over the two days. We will have quick access to the snow in the Northern Cairngorms and may take in a high top or two if conditions allow.</p>
03 – 04 /02/10 07.00 - Wed 19.00 - Thurs	<p align="center"><u>Climbing OVERNIGHT (East Coast)</u></p> <p>Venue: Cairngorm Cost: £85</p> <p>There is an abundance of winter climbing to be had in the Northern Cairngorms. Both Coire an t-Snechda and Coire an Lochain come into winter nick often thanks to their aspect and height. Add to this the easy access from the ski car park and you can appreciate why this is the most popular winter climbing venue in Scotland. Accommodation will be at the Lairds Bothy in Kingussie.</p>

FEBUARY Cont....

08/02/10 @ 09.00	<p align="center"><u>Sea Kayaking</u></p> <p>Venue: TBC Cost: £25</p> <p>A Coaching day for anyone from absolute beginners to keen paddlers wanting to progress their skills on inshore waters. This course will open your eyes to the great potential we have living on an island with over 1180km of coast in Scotland alone.</p>
10/02/10 @ 09.00	<p align="center"><u>Winter Navigation (Nav 3)</u></p> <p>Venue: TBC Cost: £25</p> <p>Our winter navigation course is the final and most demanding of our navigation days, so previous experience with a map and compass is essential. The day will be based on the hill and will involve safe travel elements.</p>
11/02/10 @ 07.00	<p align="center"><u>High Tops</u></p> <p align="center">Meall Chuaich Cost: £20</p> <p align="center">15.2km + 690m ascent</p> <p>This isolated Munro lies at the north end of the plateau of the Drumochter Hills. A good track leads past the bothy then up straightforward slopes to the summit. The views into Glen Tromie to the north east are said to be stunning.</p>
15/02/10 @07.00	<p align="center"><u>Skiing</u></p> <p align="center">Glen Coe, Glen shee or Cairngorm</p> <p>Join us for a day on the piste. Enjoy the mountain as part of the group or on your own. Half day lessons are on offer in the morning and afternoon and will suit all abilities.</p> <p align="center">Without lesson... £5 ½ Day lesson ... £20</p> <p align="center">Lift pass and ski hire not included</p>
19/02/10 @ 08.00	<p align="center"><u>Winter Skills 1</u></p> <p>Venue: TBC Cost: £20</p> <p>An essential day for anyone who wants to enjoy Scotland's mountains in winter conditions. This is a full day on the hill and will consist of looking at all basic winter skills and equipment.</p> <p align="center">*LINK*</p>
20/01/10 @ 08.00	<p align="center"><u>Safe Travel</u></p> <p>Venue: TBC (Dependant on conditions) Cost: £25</p> <p>Our safe travel days are aimed at those who already enjoy being out in winter, but would like to know more about safety in the mountains. The days will include aspects of <u>Winter Navigation</u> and <u>Avalanche Awareness</u>.</p>
21/02/10 @08.00	<p align="center"><u>Winter Skills 2</u></p> <p>Venue: TBC (Dependant on conditions) Cost: £25</p> <p>A more advanced day than our first winter skills course, with the emphasis on snow pack analysis, snow anchors and rope work.</p> <p align="center">*LINK*</p>
22/02/10 @ 09.00	<p align="center"><u>River Kayak</u></p> <p>Venue: Dependant on water levels Cost: £25</p> <p>A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available on the day for those wanting to progress there ability</p> <p align="center">Previous recent experience is required.</p>

FEBUARY Cont....

23/02/10 @18.30	<p><u>Eve Clinic – Ropework for climbers</u> Venue: Outdoor Base (based indoors) Cost: £10 This evening clinic will be run in the comfort of our outdoor base. If you want to learn or practice any rope system before heading for the crags, then this is evening is here to help.</p>
24/02/10 @07.00	<p><u>Winter Climbing</u> Venue: TBC Cost: £35 This Winter we've decided not to pre-plan specific routes so we have the flexibility to find the best winter conditions. The day will be guided by one of our instructors and will include one of Scotland's classic winter routes. Previous climbing experience is essential</p>
25/02/10 @ 07.00	<p><u>Classic Mountaineering day</u> Venue: Ben Lui - Central Gully (Bike/Grade 1 gully) Cost: £25 18km + 1050 ^ The bikes will take the sting out of a long day, eating up 14km and 300 mva of the route. Followed on by a classic gully climb to the top of the "mountain of the calf". Bikes will be dependant upon conditions.</p>
28/02/10 @07.00	<p><u>High Tops</u> Creag Meagaidh 16km + 1110m ^ Cost: £20 A mountain of superlatives, Creag Meagaidh takes on even more grandeur in winter. Ascent will be by Coire Ardair, conditions permitting, passing some of the most impressive winter climbing crags in the country.</p>

MARCH

Date	Activity
01/03/10 @ 09.00	<p><u>Sea Kayaking</u> Venue: TBC Cost: £25 A Coaching day for anyone from absolute beginners to keen paddlers wanting to progress their skills on inshore waters. This course will open your eyes to the great potential we have living on an island with over 1180km of coast in Scotland alone.</p>
4-7 /03/10 13.00 Thurs 19.00 sun	<p><u>High Tops Climb Trip</u> Venue: Sail Mhor Croft Hostel Cost: £125 Winter climbing +£10 per day Sat or Sun. Please State when booking which days you wish to climb Our big annual winter trip will take place this season in the wonderful North West. Based at Sail Mhor Croft Hostel by Dundonnell we will be attempting a complete traverse of mighty An Teallach, a mountaineering outing of the highest calibre. Once this objective has been achieved we will split the party into two groups, climbers and high toppers. Winter climbs in the area include numerous routes on the north aspects of An Teallach and nearby Beinn Dearg as well as options on Sgurr Mor in the Fannichs. For the High Tops crew we have Beinn Dearg to the east, the Fannichs to the south east and Fisherfield to the south; Beinn a Claidheimh being the obvious hill to be done there. If the white stuff has been blown east we have the option of all heading down to the Cairngorms on Sunday to play in the snow.</p>

MARCH Cont....

09/03/10 @18.30	<p><u>Eve Clinic – Night Navigation</u> Venue: Out on the hill Cost: £10 This clinic will be a practical evening out on the hill. A chance to practice skills in an environment when you need them the most.</p>
10/03/10 @08.00	<p><u>Winter Skills 2</u> Venue: TBC (Dependant on conditions) Cost: £25 A more advanced day than our first winter skills course, with the emphasis on steeper ground, snow anchors and rope work.</p>
11/03/10 @07.00	<p><u>Winter Climbing</u> Venue: TBC Cost: £35 This Winter we've decided not to pre-plan specific routes so we have the flexibility to find the best winter conditions. The day will be guided by one of our instructors and will include one of Scotland's classic winter routes. Previous climbing experience is essential</p>
11/03/10 @ 07.00	<p><u>High Tops</u> 18km + 1260m^ Cost: £20 Beinn a' Chrechain and Beinn Achaladair A high level walk over two Munros that border the south of Rannoch Moor. We ascend through the fine Caledonian Forest remnant of Crannach before climbing onto the ridge at Chrechain. A high level traverse takes us over Achaladair before descending to the castle and the minibus.</p>
15 – 16 /03/10 07.00 - Mon 19.00- Tues	<p><u>West Coast Climbing Trip</u> Venue: Ben Nevis Cost: £85 Two days climbing on west coast ice, with lots of venues available including the north face of the Ben. A chance to climb long classic winter routes. The trip will be staying over night.</p>
21/03/10 @08.00	<p><u>Winter Skills 2</u> Venue: TBC (Dependant on conditions) Cost: £25 A more advanced day than our first winter skills course, with the emphasis on steeper ground, snow anchors and rope work.</p>
22/03/10 @ 09.00	<p><u>Sea Kayaking</u> Venue: TBC Cost: £25 A Coaching day for anyone from absolute beginners to keen paddlers wanting to progress their skills on inshore waters. This course will open your eyes to the great potential we have living on an island with over 1180km of coast in Scotland alone.</p>

MARCH Cont....

<p>25/03/10 @ 09.00</p>	<p style="text-align: center;"><u>Winter Navigation (Nav 3)</u></p> <p>Venue: TBC Cost: £25</p> <p>Our winter navigation course is the final and most demanding of our navigation days, so previous experience with a map and compass is essential. The day will be based on the hill and will involve safe travel elements.</p>
<p>28/03/10 @ 07.00</p>	<p style="text-align: center;"><u>High Tops</u></p> <p style="text-align: center;">Lochnagar Cost: £20</p> <p style="text-align: center;">18.2km + 990m ascent</p> <p>Ascending from the Spittal of Glenmuick, this is a big day out on famous Dark Lochnagar. The summit is actually Cac Carn Beag which is reached after passing the top of the spectacular northern coire. The lengthening daylight at the end of March should assure we get off before dark.</p>
<p>29 – 30 /03/10</p> <p>08.00 mon 19.00 Tues</p>	<p style="text-align: center;"><u>Overnight Snow-hole</u></p> <p>Venue: TBC Cost: £60</p> <p>This is a great chance to experience something unique: learn how to be safe and comfortable in an extreme environment, feel cosy in your sleeping bag whilst others are plodding home in the dark, wake up high on the mountain fresh for the day ahead. You will need to bring your own food but all transport, instruction and specialist equipment is included in the price.</p>

APRIL

<u>Date</u>	<u>Activity</u>
<p>08/04/10 @ 07.00</p>	<p style="text-align: center;"><u>High Tops</u></p> <p style="text-align: center;">Ben Alder & Beinn Bheoil Cost: £20 (mountain bike approach)</p> <p style="text-align: center;">34.4km +575m ascent (bike), 14.3km 1080m ascent</p> <p>This is a great finish for our winter High Tops season. Ben Alder is very remote for a Munro for the Central Highlands. A big bike in, initially down the side of Loch Ericht, on good estate tracks will bring us to Culra Bothy. From there we will ascend the Long Leachach ridge up to Ben Alder before nipping round to bag Beinn Bheoil, another nearby Munro, before returning to Culra and the long bike back out.</p>
<p>15/04/10 @07.00</p>	<p style="text-align: center;"><u>Winter Climbing</u></p> <p>Venue: TBC Cost: £35</p> <p>This Winter we've decided not to pre-plan specific routes so we have the flexibility to find the best winter conditions. The day will be guided by one of our instructors and will include one of Scotland's classic winter routes.</p> <p style="text-align: center;">Previous climbing experience is essential</p>

Winter 09-10

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To keep up to date with all the latest news at the Outdoor Base, send your email address to

outdooractivities@falkirk.gov.uk

Or look us up on the web

www.falkirk.gov.uk/outdooractivities



Falkirk Council

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