



Press Release

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For immediate release

Now is the time to #ThinkWINTER!

Discover where to find the information you need to make the most of winter adventures in the hills this year

As the weather turns colder, and with more snow forecast to fall over the next few weeks, mountain safety organisations are coming together to encourage people to 'ThinkWINTER' and ensure that those heading for Scotland's winter hills and mountains can easily access the right information and advice.

With more people than ever before going out into the Scottish mountains, it's important for people to know where to find the information they need to plan winter days out. But with so much content now available online, it can be hard to know which sources to trust. To cut through the misinformation, Scotland's leading mountain experts have teamed up again for the annual ThinkWINTER campaign - providing clear, relevant, and knowledgeable sources of information on winter activities.

Mountaineering Scotland's Senior Mountain Safety Advisor, Ross Cadie, explained: "When winter arrives in Scotland's mountains, we need to make sure we do our homework before heading out. Planning and preparation from trusted sources and matching your adventure to your level of skill and conditions will help you return home safely."

Now in its fifth year, the ThinkWINTER campaign is a joint venture between Mountaineering Scotland, Scottish Mountain Rescue, Mountain Training Scotland, Glenmore Lodge, Developing Mountain Biking Scotland, Snowsport Scotland, The Scottish Avalanche Information Service and Police Scotland.

Mark Diggins, from The Scottish Avalanche Information Service, said "Cold temperatures and the arrival of the first winter snowfall is an exciting time for all those who enjoy the winter mountains - we provide winter avalanche hazard information to help with your choices and planning. Even on those first days, ThinkWINTER and be switched on from day one."

Shaun Roberts, Principal of Glenmore Lodge, Scotland's National Outdoor Training Centre, said: "The winter mountains have a habit of finding you out if you have not planned well. There is a wealth of information at your fingertips – avalanche hazard information, mountain weather information, winter equipment advice – use it well and have some amazing adventures this winter"

George McEwan, Mountain Training Scotland Executive Officer, added "The winter mountains are a definite step up in terms of hazards and effort required for an enjoyable journey compared to going out in summer conditions. This challenge is part of the appeal for many and those who are qualified to work in the winter mountains are committed to staying up to date with the ever-changing weather and avalanche forecasts."

It's not only walkers and climbers who are being asked to ThinkWINTER. Anyone who takes part in winter activities – from ski and snowboard touring to mountain biking - should also make sure they prepare for Scotland's winter conditions. Graeme McLean, Head of Developing Mountain Biking in Scotland, said: "The winter months bring additional considerations to mountain biking safely. We are keen to help provide good advice to our mountain bike community to help keep them safe and riding responsibly through the winter months. Over the last couple of years, many new people have taken up mountain biking and we are therefore delighted to again be part of the #ThinkWINTER campaign to help get these important messages out to as wide an audience as possible."

Snowsport Scotland CEO, Scott Simon, added: "We are blessed with some of the world's finest scenery and terrain in which to ski-tour or split-board in Scotland. To maximise your experience and adventures, we recommend you get trained, get educated and get active in all the necessary skills and training required to take advantage of the conditions and Scottish weather. Snowsport Scotland has an array of courses delivered by some world leading providers and education resources accessible to members on its website. Time to #ThinkWINTER, get those edges and skills sharpened, to enable you to enjoy a fun, safe and adventurous winter season."

Scotland's volunteer mountain rescue teams have also been preparing for the winter season and assisting anyone who gets into difficulty in the mountains. Scottish Mountain Rescue Chair, Bill Glennie, said: "Do go out into the outdoors and enjoy Scotland's mountains when many would say they are at their finest, but do it safely, with the appropriate

skills and equipment, as highlighted in the #ThinkWINTER campaign. And remember, if you are lost, injured and in need of assistance or in an emergency, dial 999 ask for POLICE then MOUNTAIN RESCUE.”

Inspector Matt Smith, Police Scotland’s MRT lead added, “We are delighted to support this year’s ThinkWINTER campaign and with the first real winter conditions set to hit in the coming days being prepared and properly planning for being in our hills becomes ever more important. As ever, our amazing volunteer mountain rescue teams will be there to support those in difficulty right through the season whatever the weather.”

ThinkWINTER will continue throughout the winter season, providing useful information, updates and tips, shared across the organisations’ social media platforms and websites, as well as a series of winter skills talks, all using the hashtag #ThinkWINTER.

- ENDS -

Trusted information sources for winter mountaineering include:

General mountaineering information:

- www.mountaineering.scot/safety-and-skills/thinkwinter – planning, decision making, equipment, skills and more.

Skills courses and training:

- Mountaineering Scotland: www.mountaineering.scot/safety-and-skills/courses-and-events/courses
- Glenmore Lodge: www.glenmorelodge.org.uk/winter-mountain/
- Mountain Training’s winter qualifications: Winter Mountain Leader, Winter Mountaineering and Climbing Instructor. More info: www.mountain-training.org

Avalanche and weather information:

- Scottish Avalanche Information Service: www.sais.gov.uk/
- Free training in avalanche awareness for hill walkers and climbers: [Be Avalanche Aware](#)
- Mountain Weather Information Service: www.mwis.org.uk/
- Met Office Mountain forecasts: www.metoffice.gov.uk/weather/specialist-forecasts/mountain

Images

You can download an image to illustrate this story [here](#)

Caption: Now is the time to ThinkWINTER on hills like Ben Vane (pictured) / **Credit:** Helen Gestwicki

For further information, quotes, and images, please contact:

Fiona McNicol, Communications Officer, Mountaineering Scotland
E: fiona@mountaineering.scot | 01738 493 941

Information for editors:

Mountaineering Scotland

Mountaineering Scotland is the membership and representative organisation for hill walkers, climbers, mountaineers and ski tourers in Scotland, with a membership of 16,000 individual and club members and 150 affiliated clubs. We aim to inspire and encourage people to enjoy the benefits of walking, climbing and ski touring and provide information and skills training to mountain users to promote safety, self-reliance and responsible access in Scotland’s mountains and climbing venues.

Web: www.mountaineering.scot | Twitter: [@Mountain_Scot](https://twitter.com/Mountain_Scot)
Facebook: [@MountaineeringScotland](https://www.facebook.com/MountaineeringScotland) | Instagram: [@mountaineeringscotland](https://www.instagram.com/mountaineeringscotland)

Scottish Mountain Rescue

Scottish Mountain Rescue (SMR) represents 25 Mountain Rescue Teams (MRTs) made up of highly trained volunteers who are available 24 hours a day, 365 days a year to respond to emergencies and carry out a specialist search and rescue service in the mountains and remote communities in Scotland to keep people safe and help people if and when they get into difficulty.

Web: www.scottishmountainrescue.org | Twitter: [@ScottishMR](https://twitter.com/ScottishMR)
Facebook: [@ScottishMountainRescue](https://www.facebook.com/ScottishMountainRescue) | Instagram: [@scottishmountainrescue](https://www.instagram.com/scottishmountainrescue)

Mountain Training Scotland

Mountain Training Scotland is the awarding organisation for mountaineering leadership qualifications and skills courses in Scotland. Mountain Training Scotland is part of the Mountain Training network, a member of Mountain Training UK and Ireland, and leads on mountain safety matters in Scotland. Mountain Training Scotland's [Winter Mountain Leader](#) qualification builds on the Mountain Leader qualification to train and assess candidates to lead groups on winter walks in the mountains in winter conditions.

Web: www.mountain-training.org | Twitter: [@mtntraining](https://twitter.com/mtntraining)
Facebook: [@MountainTraining](https://www.facebook.com/MountainTraining) | Instagram: [@mtntraining](https://www.instagram.com/mtntraining)

Glenmore Lodge

Glenmore Lodge is Scotland's National Outdoor Training Centre. Our role is to inspire adventure by offering the best instruction with the best equipment available. We have over 250 weekend and five-day courses to choose from that cover rock and winter climbing, mountaineering, navigation, mountain biking, river/sea/surf kayaking and open boating.

Web: www.glenmorelodge.org.uk | Twitter: [@glenmorelodge](https://twitter.com/glenmorelodge)
Facebook: [@GlenmoreLodge](https://www.facebook.com/GlenmoreLodge) | Instagram: [@glenmorelodge](https://www.instagram.com/glenmorelodge)

Developing Mountain Biking Scotland

Developing Mountain Biking in Scotland is responsible for overseeing the delivery of the Scottish Mountain Bike Strategy and delivering many of the actions within it. We are proud to be part of Scottish Cycling.

Web: www.dmbins.com | Twitter: [@dmbins](https://twitter.com/dmbins)
Facebook: [@dmbins](https://www.facebook.com/dmbins) | Instagram: [@dmbins](https://www.instagram.com/dmbins)

Snowsport Scotland

Snowsport Scotland is appointed by sportscotland (the National Agency for sport) to act as the Scottish Governing Body (SGB) for snowsports in Scotland. As such we work in partnership with like-minded organisations to encourage more participation in snowsports and to develop and support our best athletes to perform on the world stage.

Web: www.snowsportscotland.org | Twitter: [@Snowsport_Scot](https://twitter.com/Snowsport_Scot)
Facebook: [@SnowsportScotland](https://www.facebook.com/SnowsportScotland) | Instagram: [@snowsport_scot](https://www.instagram.com/snowsport_scot)

Scottish Avalanche Information Service

The Scottish Avalanche Information Service (SAIS) provides daily forecasts of the avalanche hazard for the six most popular areas of Scotland during the most popular period of the winter season.

Web: www.sais.gov.uk | Twitter: [@coordinatorsais](https://twitter.com/coordinatorsais)
Facebook: [@ScottishAvalancheInformationService](https://www.facebook.com/ScottishAvalancheInformationService) | @Instagram: [@scottishavalancheservice](https://www.instagram.com/scottishavalancheservice)

Police Scotland

Police Scotland's purpose is to improve the safety and wellbeing of people, places and communities in Scotland. This focuses on keeping people safe in line with our values of integrity, fairness and respect.

Web: www.scotland.police.uk | Twitter: [@PoliceScotland](https://twitter.com/PoliceScotland)
Facebook: [@PoliceScotland](https://www.facebook.com/PoliceScotland) | Instagram: [@policescotlandofficial](https://www.instagram.com/policescotlandofficial)