



• 50 YEARS : 1970 - 2020 •

**Streap Alba Geamhradh 2020  
International Scottish Winter Climbing Meet  
22 to 29 February 2020**

**GUEST INFORMATION**

**START AND FINISH VENUE**

- Aviemore Youth Hostel. 25 Grampian Road, Aviemore PH22 1PR ([Map](#))

**DATES**

- **Dates:** Saturday 22 to Saturday 29 February 2020.
- **Arrival:** Saturday 22 February 2020 (no climbing on this day). Check in from 15:00 Evening meal 19:00
- **Departure:** Saturday 29 February 2020 (no climbing on this day). Check out by 10:00

**PROGRAMME**

- **Introductory Talk and Welcome:** Saturday 22 February 20:00
- **Climbing:** Sunday 23 to Friday 28 February. On these days our host climbers will take you climbing in a variety of venues across the Scottish Highlands.
- **Evening celebration event:** Tisos Aviemore, Friday 28 February. Evening meal 19:00. Presentation by renowned Scottish climber Guy Robertson 20:00.

**TRAVEL**

- Guests are encouraged to use public transport to reach Aviemore which has good public transport links. Travel time is 3 to 4 hours – for more information on train and bus links, visit [Traveline Scotland](#).
- Aviemore Youth Hostel is a 7 minute walk from the train station ([Directions](#))

**EXPERIENCE**

- Climbers should be physically fit. A typical Scottish winter climbing day is 8 to 12 hours long and involves a 2-3 hour uphill approach.
- Please note that the host climbers will **not** be acting as mountain guides or climbing instructors. Hosts and guests will be matched according to ability and experience and will climb together as an equal partnership.

**ACCOMMODATION & MEALS**

- The first night will be in Aviemore Youth Hostel. For the next five nights everybody will stay at different climbing huts for 1-2 nights. The final night will be back in Aviemore Youth Hostel.

- There are full facilities at Aviemore Youth Hostel, but please note that washing facilities are limited at the huts.
- Evening meals, and ingredients to make your own breakfasts and packed lunches will be provided.

## **KIT LIST – PLEASE BRING**

### **Climbing equipment**

- 1 x rope: 50m or 60m long and 8.2 – 9 mm diameter. It is most common to climb on two half ropes and your host will also provide one
- Helmet, harness, belay device, crampons, ice tools
- Climbing rucksack (35 to 45l)
- Winter climbing boots (ensure they are comfortable and well broken in as you will be walking 3 to 4 hours a day)
- Water bottle
- Small first aid kit
- Walking poles (optional but useful for walking to CIC Hut)

### **Clothing**

- Temperatures on Scottish winter cliffs range from 0 to -10 deg C and it is often very windy. Unlike winter climbing in many other places that are cold and dry, the environment in Scotland is cool and damp (which makes the climbing conditions so good!)
- Waterproof jacket and trousers. Goretex (or a similar breathable fabric) is recommended
- Climbing clothes (windproof is recommended)
- Thermal underwear
- Gaiters
- Snow goggles (not often used but helpful in stormy conditions)
- Lightweight insulated jacket (for wearing on belays)
- Warm hat (balaclava)
- Gloves (bring several pairs)
- A complete change of clothes as you may get wet!

### **Bedding and Towels**

- Light sleeping bag (you will need to carry this up to the CIC Hut – a 2 hour walk)
- Towel & wash kit

### **Other**

- Spending money (£ Sterling) for travel from airport to Aviemore and drinks at Youth Hostel and final celebration event
- Compass
- Mobile phone and charger
- PLB/Tracker (if you have them)
- Re-useable bag for packing your lunch
- Rock climbing shoes as contingency if it is too warm to winter climb

### **Optional**

- A small rack of hardware: nuts, camming devices and quick draws

## FURTHER INFORMATION

Read about the last three winter meets on the BMC website:

[BMC International Meet 2016](#)

[BMC International Meet 2014](#)

[BMC International Meet 2012](#)

More detailed reports (search for “winter meet”) are available at [www.scottishwinter.com](http://www.scottishwinter.com)

**The following books provide good insight into Scottish winter climbing:**

**Scottish Winter Climbs, Andy Nisbet, Rab Anderson and Simon Richardson (Scottish Mountaineering Club 2008):** A selected guidebook covering the finest and most popular climbs within the major Scottish winter venues.

**Chasing the Ephemeral: 50 Routes for a Successful Scottish Winter, Simon Richardson (Mica Publishing 2016):** A combination of guidebook and instruction manual that focuses on Scottish winter climbing tactics.

**Scotland’s Winter Mountains, Martin Moran (David & Charles 1998):** A well-written and thorough text book describing winter climate, weather and snow conditions together with instructional advice on skills and techniques.

**Cold Climbs, Ken Wilson, Dave Alcock and John Barry (Diadem Books 1991):** The classic compilation of great snow and ice climbs across the British Isles.

**The Great Mountain Crags of Scotland, Guy Robertson and Adrian Crofton (Vertebrate Publishing 2014):** An inspirational large format book describing 33 of the finest mountain cliffs in Scotland with first hand accounts of recent cutting-edge climbs.

**Ben Nevis, Britain’s Highest Mountain, Ken Crocket and Simon Richardson (Scottish Mountaineering Trust 2009):** This comprehensive history of mountaineering on Ben Nevis also provides a good summary of the evolution of winter climbing across Scotland.

This event is supported by:

