



Press Release

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For immediate release

Winter warning for mountaineers

Remember proper winter precautions and preparation

With winter conditions at last established in Scotland's mountains, mountaineers are reminded not to get carried away by excitement.

After a winter which has been characterised by warmer than usual temperatures and lack of good snow, many keen hill walkers, climbers and ski tourers are eager to get out into the white stuff and make the most of the pleasures of the winter mountains.

But experts have cautioned people to remember the golden rules of winter mountaineering: be prepared, be equipped and check conditions before you go.

Heather Morning, Mountain Safety Adviser for Mountaineering Scotland, said "People are understandably excited now that proper winter conditions seem to have finally settled in – I'm looking forward to getting some great quality mountain days myself.

"But don't let that excitement overrule your hill sense. There has been a lot of fresh snow and a lot of wind, which creates often complex situations regarding avalanche risks on different parts of the mountains, so it is absolutely essential that you pay close attention to the advice from the Scottish Avalanche Information Service at www.sais.gov.uk as well as a good mountain-specific weather forecast."

This week has seen over 50 UK and international winter climbers busy on Scotland's icy cliffs and gullies and avalanche risk has been one of the main considerations each evening when planning which routes to go for the following day. Some long-cherished goals have been put to one side as approach-routes to some of the cliffs have been at risk of avalanche, with the old rule at the front of everyone's minds: "The mountains will always be there: the trick is to make sure that you are too."

Planning and safety advice for winter mountaineering is available on the Mountaineering Scotland website at www.mountaineering.scot/thinkwinter

Ends

Notes for editors:

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About Mountaineering Scotland:

- Mountaineering Scotland is the national representative organisation for hill walkers, climbers and ski-tourers in Scotland.
- Mountaineering Scotland provides training and information to mountain users to promote safety, self-reliance and the enjoyment of our mountain environment.
- The Mountaineering Scotland is a membership organisation with over 14,500 members and is funded through a combination of membership subscriptions, non-governmental grants and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain training and the development and promotion of mountaineering activities.
- Mountaineering Scotland also acts for 75,000 members of the BMC or British Mountaineering Council on matters related to Landscape and Access in Scotland.
- Mountaineering Scotland landscape and access work is supported financially by the Scottish Mountaineering Trust and the BMC
- Mountaineering Scotland also runs the ClimbScotland initiative to encourage young people to participate in climbing and support their progression.
- Mountaineering Scotland is the national governing body for sport climbing. It offers pathways to climbing coaching, organises and promotes a range of regional and national climbing competitions, and manages the Scottish climbing and bouldering teams. It contributes to the management of the GB teams with the ultimate aim of seeing a Scottish athlete achieve a podium position in the Olympic Games.
- The MCoFS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.
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