



Press Release

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For immediate release

Midnight mountaineering

Seeing the midsummer sunrise from a mountain

Strange things happen in Scotland's mountains around midsummer.

At a time when most are heading home after a day in the hills, some walkers can be seen getting out of their cars and heading upwards into the summer twilight, only to return in the morning, tired but happy after a sleepless night on the tops.

Indeed, there's a tradition amongst many hill walkers of climbing a hill with a view through the night just to catch the glories of a midsummer sunrise. Some will take time off midweek, while others settle for the weekend before or after, but the spectacle can be a marvellous one whichever date is chosen – assuming Scotland's notoriously fickle weather plays ball!

Alan Rowan, the 'Midnight Mountaineer', has teamed up with Mountaineering Scotland to offer some advice to walkers contemplating the midsummer nightshift, when the hours of actual darkness are very short.

Five tips on Midnight Mountaineering

1 Around midsummer, twilight levels can last for most of the night. Pick warm, settled, clear weather to take advantage of this. Avoid nights of low cloud, wind or rain. Apart from safety issues, this is meant to be fun!

2 Dress well. It may be midsummer, the days may be hot, but on a cloudless night in the mountains the temperature can drop considerably, so make sure you have plenty of warm clothes – and waterproofs.

3 Don't go alone. There is safety in numbers as well as comfort – the quiet stillness, interspersed with the sounds of night on a mountain, increase the feeling of solitude and can be unnerving at first.

4 It may seem obvious but even at midsummer there will be a couple of hours when you really need some extra illumination. So take a torch. In fact take two, so that you have a spare in an emergency.

5 Stick to the path. You might see what looks like a shortcut, but even well-made paths can be hard to find again in the dark once you've stepped off them.

Read more about night-time hill walking on the Mountaineering Scotland website, at www.mountaineering.scot/activities/hillwalking/dusktodawn

Read about the adventures of author and 'Midnight Mountaineer' Alan Rowan at www.munromoonwalker.com

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About Mountaineering Scotland:

- Mountaineering Scotland is the only recognised representative organisation for hill walkers, climbers and ski-tourers who live in Scotland or who enjoy Scotland's mountains.
- 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 14,000 members representing hill walkers, climbers and mountaineers, 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 has launched the ClimbScotland initiative to encourage young people to participate in climbing and support their progression. It offers a dedicated website and a development team, which will introduce young people to climbing at schools, climbing walls and via youth organisations with a range of activities and events, while developing kids clubs and providing specialist support to parents, volunteers and teachers.
- Mountaineering Scotland is the national governing body for sports 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.
- Mountaineering Scotland is the new name for the Mountaineering Council of Scotland (MCofS), which acts to represent, support and promote Scottish mountaineering.
- Mountaineering Council of Scotland remains the registered company name.
- The MCofS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.

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