

SNOW SHOEING

Fun way to keep getting out there in the fluffy white stuff. Get in touch to be kept in the loop. Short day taster sessions available from Stirling every 10 days, plus at other times to suit you. Take place at a suitably snowy location. Price includes use of snow shoes and poles. Bring winter walking gear and sturdy boots and the usual stuff for a winter day out.

WINTER SKILLS

Essential practice sessions for those wishing to do winter mountain walking. Dates from January through to March.

DAYS - Intro to use of ice axe and crampons, part of basic winter equipment, for safe movement on snow and ice; looking at and assessing the snowy landscape.

WEEKENDS – All of the above but more in-depth; plus creating emergency snow shelters; equipment choice; weather judging; snow pack analysis.

(GM) FOR THE GENTLY MATURING

Walks of all sorts taken at a relaxed pace, especially for those who want to savour the countryside as they go. Get in touch for advice if you're not sure

EQUIPMENT

The success of the day may depend on how well equipped you and the rest of the group are. The following are the essential items that you will require. Get in touch with us if you do not have any of these.

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| <input type="checkbox"/> 35 litre rucksack with waterproof (plastic) liner | <input type="checkbox"/> Trousers (NOT DENIM) or shorts |
| <input type="checkbox"/> Short or long sleeve wicking shirt | <input type="checkbox"/> Spare trousers if walking in shorts |
| <input type="checkbox"/> Waterproof (over) trousers | <input type="checkbox"/> Waterproof jacket with hood |
| <input type="checkbox"/> Spare fleece or warm sweater | <input type="checkbox"/> Walking boots and socks |
| <input type="checkbox"/> Personal first aid kit | <input type="checkbox"/> Sunscreen / insect repellent |
| <input type="checkbox"/> Warm hat and gloves | <input type="checkbox"/> Survival bag / whistle |
| <input type="checkbox"/> Packed lunch / snacks | <input type="checkbox"/> Hot / cold drink |
| <input type="checkbox"/> Sun glasses / sun hat | <input type="checkbox"/> Share of group safety equipment issued by the leader |
| <input type="checkbox"/> Gaiters or Stop Tous (optional) | <input type="checkbox"/> Camera / binoculars (optional) |

For winter grade 3 and 4 walks you will also need

- | | |
|--|---|
| <input type="checkbox"/> 45 litre rucksack with liner | <input type="checkbox"/> 4 season walking boots |
| <input type="checkbox"/> Ice axe and crampons (provided by us if required) | <input type="checkbox"/> Several extra sets of gloves and extra hat |
| <input type="checkbox"/> Mitts | <input type="checkbox"/> Extra warm clothing |
| <input type="checkbox"/> Gaiters | <input type="checkbox"/> Head torch & spare battery |
| <input type="checkbox"/> Snow Goggles | |

GRADES:

1. Easy pace, flattish terrain
2. Undulating ground, some off path
3. Moderate pace, lumpy
4. Hilly / mountainous, probably rough in places, purposeful
5. As 4 plus good head for heights and hands frequently required for balance.

HOW TO BOOK:

- ☎ Telephone: 01786 445703
- 💻 Online using our secure server www.cndoscotland.com

Full payment is required at the time of booking. In event of cancellation by you, a full refund will only be made if more than 5 working days notice before the event is given. If C-N-Do has to cancel, a full refund will be made. For any trip with an overnight component, please ask for the full holiday booking conditions.

PAYMENT METHODS:

Cash, Cheque / postal order payable to C-N-Do Scotland Ltd, Visa / MasterCard credit cards - 1% surcharge if over £50, Maestro (Switch) / Visa Debit (Delta) debit cards.

TO CHECK AVAILABILITY:

Contact us on 01786 445703 or admin@cndoscotland.com.

*DISCOUNT OFFERS (only 1 offer can be claimed at a time):

- > 3 or more people booking together for the same walk – 5% off.
- > Folk booking & paying for 3 or more walks at once – 5% off
- > Group walks get in touch.

OPERATING RATIO:

Walking Grade 1 & 2 - 1 leader to 13.
Grade 3 & 4 - 1 leader to 10 (Winter conditions - 1 to 6).
Scrambling 1 instructor to 5 (Aonach Eagach).

INCLUDED:

Qualified leader, licensed transport from and back to Stirling, free use of essential safety and technical equipment.

CHILDREN:

Youngsters are very welcome so long as the activity is suited to their age and ability. Please chat it over with us before booking though. C-N-Do is licensed through the Adventurous Activities Licensing Authority, to take unaccompanied under 18s. Of course we are very happy for youngsters to bring an adult with them any time they like!

PARTICIPATION STATEMENT:

Outdoor activities are potentially hazardous and, although C-N-Do takes due care to minimise risk to clients, a certain level of responsibility must fall on each participant for his / her own personal safety in the outdoors. In addition, it is your duty to dress and equip yourself appropriately, to inform the leader if concerned about any situation during the activity, or of any personal, medical or health condition which may be affected by being active, and to abide by the instructions of the leader during the course of the activity. We reserve the right to alter activities and locations for reasons of weather, safety or local access situations.

PRIVATE GUIDING

Want to do something different or our dates don't suit and you have a small group? Then contact us for details of private guiding.

"Folks – If you can't find here what you'd really like to do, don't keep it to yourself, TELL US! Round about May time the next series will be getting made up so, if it's possible, your special request can be put in. Contact details are overleaf."



Day Walks



Snowshoeing



Winter Skills

January – April 2012

www.cndoscotland.com

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JANUARY

Wed 11 **CAMPSIE GLEN TO CORT-MA-LAW & LECKET HILL** - Grand elevated walk on the eastern end of the Campsie Fells. Harvey Map / Hills Around Glasgow, grade 3, 6mils. £25

Sat 21 **SNOW SHOEING** – Short day taster somewhere snowy or another chance to have some fun – includes equipment. £30

Sat 28 **M SGAIRNEACH MHOR** – Big hill on the west side at Drumochter that makes a great day out. OS 42, grade 4, 8mils. £35

FEBRUARY

Wed 1 **SNOW SHOEING** – Short day taster somewhere snowy or yet another chance to have more fun – includes equipment. £30

Wed 8 **LIME CRAIG AND THE MENTEITH HILLS** - Straddling the Highland Boundary Fault, these hills give good sport and fine views over the Trossachs National Park. Harvey Map / Ben Venue, grade 3, 7mils. £25

Sat 11 **SNOW SHOEING** – Day taster somewhere snowy with more time to practise – includes equipment. £30

Sun 12 **WINTER SKILLS** – Absolute minimum skills course, or refresher, for those who wish to venture on to the winter hills and mountains. £60

Wed 15 **LOCH ORDIE TRACKS & TRAILS** – Fantastic area seamed with routes and thick with wildlife. OS53, grade 2, 8-10mils. £30

Wed 22 **SNOW SHOEING** – Day taster somewhere snowy with more time to practise – includes equipment. £30

Sat 25 **M MEALL GREIGH** – Most easterly of the Lawers range and likely to have the better weather. Harvey Map / Ben Lawers, grade 4, 6mils. £35

MARCH

Sat 3 **WINTER SKILLS** – Absolute minimum skills course, or refresher, for those who wish to venture on to the winter hills and mountains. £60

Sun 4 **SNOW SHOEING** – Day taster somewhere snowy, perhaps up a wee hill – includes equipment. £30

Wed 14 **G MEALL REAMHAR** - Excellent hill for the time of year, between Kirkton Glen and Gleann Crotha near Balquhiddy. Harvey Map / Ben Ledi, grade 3, 8mils. £30

Sat 17 **SNOW SHOEING** – Day taster somewhere snowy, perhaps up a mountain – includes equipment. £30

Sun 18 **M SGIATH CHUILL** – Fairly shapely mountain between Glens Lochay and Dochart. Harvey Map / Crianlarich, grade 4, 8mils. £35

Wed 28 **M MEALL GHAORDAIDH** – Placed at the corner of a wild, mountainous glen makes this a fine viewpoint and a worthwhile ascent. Harvey Map / Ben Lawers, grade 4, 8mils. £35

APRIL

Wed 11 **M BEINN HEASGARNICH** – Noted for retaining its winter snows, this mountain gives excellent sport and has a useful high start point. OS51, grade 3, 6ml. £35

Sun 15 **C MEALL AN T-SEALLAIDH** – Easy tracks and paths lead to the long lumpy bumpy ridge; great stuff. Harvey Map / Ben Ledi, grade 3, 9mils. £30

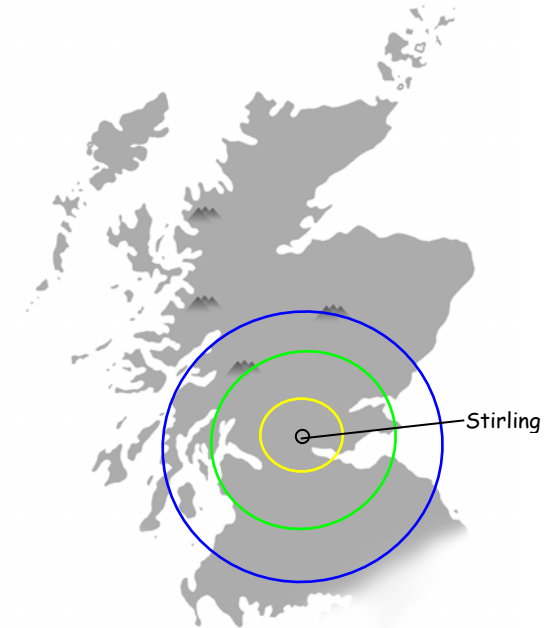
Wed 25 **M BEINN NA LAP** – Remote but with a good high start, this mountain can be done between trains from Bridge of Orchy. (Price does not include train tickets). OS41, grade 3, 7mils. £33

M - A Munro – hill over 3000' (~914m)

C - A Corbett – hill over 2500' (~762m)

G - A Graham – hill over 2000' (~610m)

CHOOSE YOUR OWN GUIDED WALK DATES



Price zones:-

Yellow £125 (up to 4 people) / £155 (5-8)
Green £195 (up to 4 people) / £225 (5-8)
Blue £250 (up to 4 people) / £295 (5-8)

Included:-

- Qualified walking guide
- Transport from and back to Stirling
- Group safety equipment
- VAT at 20%

Optional Extras:-

- Additional driver for A to B routes £120
- Packed lunches (+£6 per person)
- Hire of personal equipment

Guide only rate (up to 8 people, no group transport, meet guide on site):-

Yellow £135
Green £195
Blue £250

Prices include VAT at 20%. If this changes, prices may change.