

ONE DAY SKILLS COURSES

WINTER SKILLS DAY	February 11	£53
WINTER SKILLS DAY	February 21	£53
WINTER SKILLS DAY	March 4	£53
WINTER SKILLS DAY	March 21	£53

NIGHT NAVIGATION EVENING	February 27	£34
NIGHT NAVIGATION EVENING	October 9	£34
NIGHT NAVIGATION EVENING	November 6	£34
NIGHT NAVIGATION EVENING	December 4	£34

GPS INTRODUCTION	TBA	£57
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Winter Skills price includes use of ice-axe / crampons. GPS price does **not** include use of GPS unit (Garmin Etrex preferred).

NORDIC WALKING INTRODUCTION SESSIONS

STIRLING	January 18	£25
GLASGOW	February 14	£25
STIRLING	March 1	£25
EDINBURGH	April 5	£25
STIRLING	May 2	£25
GLASGOW	June 14	£25

Nordic Walking price includes use of poles. Transport from Stirling is **NOT** provided for these sessions.

SNOW HOLING EXPEDITION

The price includes 1 night in a hostel on a self catering basis (no meals included) plus 1 night in a snow hole with food for 1 dinner and 1 breakfast. Equipment provided:- stove / gas / pots, snow shovels / saw, group safety gear. Participants must have done a Winter Skills course and have practised snow hole building methods before. Detailed list of equipment to bring (or acquire) will be provided.

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

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| <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 | <input type="checkbox"/> Camera (optional) |

Prices include VAT at 15%. If this changes the prices may change.

GRADES:-

1. Easy pace, flattish terrain
2. Undulating ground, some off path
3. Moderate pace, lumpy
4. Hilly / mountainous, possibly rough, 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

OPERATING RATIO:

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

INCLUDED:

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

&

NORDIC WALKING



JANUARY - JUNE

2009

www.cndoscotland.com

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Tel / Fax: 01786 445 703

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JANUARY

Sun 11	C BEINN EACH – Great starter hill for the winter. Harvey Maps (Ben Ledi), grade 3, 5mls. £32
Thur 15	CAMPSIE MUIR & HOLEHEAD HILL – Wee hill a bit off the beaten track (we use that to get back on). OS57, grade 2-3, 9mls £30
Sat 17	G BEN VENUE – Well placed Trossachs hill providing good sport well beyond its height. Harvey Maps (Ben Venue), grade 3, 7mls. £32
Wed 21	H KNOCK OF CRIEFF & GLEN TURRET DISTILLERY – Stretch the legs, see the view, do the tour, have a coffee (or wee dram). OS56, Grade 1, 5mls £28
Sun 25	MENTEITH HILLS – Sometimes in the Highlands and sometimes in the Lowlands we'll follow the ridge along the 'fault' to the end. Harvey Maps (Ben Venue), grade 2-3, 8mls. £30
Sat 31	M BEINN DUBHCHRAIG – Black crags hopefully covered in the white stuff but excellent walk regardless. Harvey Maps (Crianlarich), grade 4, 9mls £32

FEBRUARY

Tue 3	G TINTO HILL – Highest hill and ancient volcano in Lanarkshire. OS72, grade 3, 7mls. £32
Sat 7	GLEN AMPLE – Fine walk through one of the hunting forests of the Stewart kings. Harvey Maps (Ben Ledi), grade 2-3, 8mls. £30
Thur 12	G MEALL BUIDHE (& BEINN LEABHAINN) - At the top of Glen Ogle these 2 hills provide great views and fine sport. OS51, grade 2-3, 8mls. £30
Sun 15	TOMATIN & GARREL HILL – Two excellent wee hills overlooking Carron Valley reservoir. OS57, grade 2, 8-10mls. £30
Wed 18	M BEINN NARNAIN – Really excellent hill in the Arrochar Alps. Harvey Map (Arrochar Alps), grade 4, 5mls. £32
Sun 22	SNOW-HOLE PRACTICE – Walk up high in the Lawers range to somewhere suitable to practise digging various types of snow hole in preparation for doing the real thing next weekend. OS51, grade 4, 6mls £32
Tue 24	NORTH QUEENSFERRY TO BURNTISLAND – Historic, picturesque, snowdrops, bracing.... OS65 & 66, grade 1-2, 10mls. £30
Fri 27- Sun 1	M CAIRNGORMS SNOW-HOLE EXPEDITION – One night hostel accommodation then 2 days out, overnighing in a snow-hole in between. Expedition dinner & breakfast food, stove /pots provided. (Must have done winter skills course + snow-hole practice before). Harvey Maps (Cairngorms) or OS36, grade 4, 10mls. £240

MARCH

Thur 5	M AN CAISTEAL – Grand Crianlarich mountain for the time of year. Harvey Maps (Crianlarich), grade 4, 7mls £32
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Wed 11	WILD NIGHT OUT / FULL MOON WALK – Rise above the chilly valley bottom in the evening, as the moon comes up to light our way to a top. Mad cap but great fun! Harvey Maps (Ochil Hills) or OS57, grade 2, 6mls £15
Tue 17	M BEN VORLICH (L.Lomond) – Large imposing mountain to the west of Loch Lomond. Harvey Map (Arrochar), grade 4, 8mls £32
Sun 22	M MEALL GHAORDAIDH – Big but interesting lump in Glen Lochay we aim to traverse. OS51, grade 4, 8mls. £32
Thur 26	PERTH TO STANLEY – Fine riverside walk following the Tay to the old mill village. OS58, grade 1, 8mls £28
Tue 31	M CRUACH ARDRAIN & BEINN TULAICHEAN – Two fine hills for a winter day. Harvey Map (Crianlarich), grade 4, 9mls £32

APRIL

Sat 4	M GLAS TULAICHEAN – Grand hill near Spittal of Glenshee that holds the snow well into spring. OS43, grade 4, 10mls £32
Wed 8	G DOUNE HILL, BEINN LOCHAIN & BEINN EICH – Excellent circuit in the Luss Hills group. OS56, grade 3, 8mls £32
Sun 12	C MEALL TAIRNEACHAN – Interesting hill between Straths Tay & Tummel. Up the easy way by the track and back some other way. OS52, grade 2, 9mls £30
Thur 16	STRONACLACHAR TO KATRINE PIER – Sail up to the start, then walk back along the south side of the loch and over the Bealach nam Bo. Wild walk with stunning views. Price inc. ferry. Harvey Maps (Ben Lomond), grade2-3, 9mls. £38
Tue 21	C HART FELL & SADDLE YOKE – High hills north-east of Moffat. OS78, grade 3, 10mls. £32
Wed 29	C MEALL AN T'SEALLAIDH – Fine undulating ridge leads to an excellent viewpoint. Harvey Maps (Ben Ledi), grade 3, 9mls. £30

MAY

Sun 3	C THE COBBLER – Easily recognised Arrochar mountain. Tackle the North and the Centre peak (through The Window) if you want. Harvey Maps (Arrochar Alps), grade 4 (5), 6mls. £32
Thur 7	GLEN ALMOND THRO' GLEN LOCHAN – Really interesting walk past ruined villages and shielings, and along a Wade road. OS52, grade 2, 12mls £30
Sat 9	M CARN MAIRG & ITS NEIGHBOURS – Classic mountain circuit of 4 big tops in Glen Lyon, and hopefully with some snowy patches for glissading. Harvey Maps (Ben Lawers), grade 4, 12mls. £32
Tue 12	ARDGARTAN TO LOCHGOILHEAD – Good wild walk across the top of the Ardgail Peninsula. Harvey Maps (Arrochar Alps), grade 2, 8mls. £30

Sat 16	C BEINN RESIPOL – Grand Corbett in Ardgour. Price inc. ferry. OS40, Grade 3-4, 9mls. £35
Wed 20	GLEN LYON TO ACHALLADER – Wild historic drovers' and traders' route between the hills. OS51 & 50, grade 3, 15mls £35
Sat 23	INVERLOCHLARIG TO INVERARNAN – Ancient route often used by Rob Roy and other drovers and traders – really good walk. OS56 (& 57), grade 2-3, 10mls. £30
Thur 28	M AONACH EAGACH – Forming one side of Glencoe, is the most challenging ridge for walkers on the UK mainland. Definitely hands out of pockets time, this is a serious graded scramble. Harvey Maps (Glencoe), grade 5, 6mls £59

JUNE

Tue 2	ISLAND OF LUING – Interesting island in the Firth of Lorn, great for wildlife, flowers.....and of course exploring. Price inc. ferry. OS55, grade 1-2, 9mls. £35
Sun 7	M BEINN NAN AIGHENAN – Hidden away in the wilds of the Blackmount range, this hill's an excellent day out. Harvey Maps (Glencoe), grade 4, 10mls. £32
Wed 10	ABERLADY BAY TO NORTH BERWICK – Great for spying birds, beach combing, ambling along spotting this and that.... OS66, grade 1, 9mls. £30
Sat 13	LOCH TULLA TO INVERAWE – Big walk through wild, big mountain country. OS50, grade 3, 20mls £35
(Wed 17) – Thur 18	LAIRIG GHRU – Fantastic classic pass threading through the high Cairngorms. Price includes 1 night hostel B&B. Harvey Maps (Cairngorms), Grade 3, 18mls. £125
Sat 20	M BUACHAILLE ETIVE MOR – Absolutely stunning viewpoints all along this iconic mountain. It's massive and it's challenging. Harvey Maps (Glencoe), grade 4, 10mls. £32
Tue 23	C DOLLAR LAW - Fine high level circuit, with lots of blips and bumps, at the end of Manor Valley near Peebles. OS72 & 73, grade 3, 8mls. £32
Sat 27	M AONACH EAGACH – Forming one side of Glencoe, is the most challenging ridge for walkers on the UK mainland. Definitely hands out of pockets time, this is a serious graded scramble. Harvey Maps (Glencoe), grade 5, 6mls £59

M A Munro – hill over 3000' (~914m)

C A Corbett – hill over 2500' (~762m)

G A Graham – hill over 2000' (~610m)

H Easy-ish ½ day walk + visit to local heritage site (entry price not included).

WINTER SKILLS, GPS, NIGHT NAVIGATION and NORDIC WALKING one day course dates are shown overleaf and details on these are also available in specific leaflets. Give us a call to request or to book.