

Winter Programme

2024- 2025



Feel
FALKIRK

www.falkirkleisureandculture.org



Winter Programme

Welcome

Welcome to our winter adult community programme. This year we are running single-day outings, linked skills courses as well as exciting trips. We hope we have something for everyone whatever your aspirations and ability.

Information and Bookings

Our office hours are:

Tuesday to Thursday 09:00 – 16:30 & Friday 09:00 – 12:30

Outdoor Activities Base - NEW PREMISES

Bothkennar Hub, Main Street, Skinflats, FK2 8NU

Tel: 01324 506846

Email: outdooractivities@falkirk.gov.uk

Web: <https://www.falkirkleisureandculture.org/fit-and-active/get-outdoors/>

For information about any of our winter courses please telephone or email the Outdoor team using the above details.

Bookings can be made by downloading **Falkirk Leisure App** | **Falkirk Council** <https://falkirkcouncil.courseprogress.co.uk/onlinejoining/home> and selecting your courses. Please ensure you have the skillset to take part in any courses you are booking. Details of course prerequisites are written in the course descriptions.

Full payment must be made before a course can be booked. Details of prices can be found alongside our list of course dates.

Participants are strongly advised to take out travel insurance to cover the cost of our courses in the event of unforeseen circumstances preventing them attending any course which falls outwith our cancellation period

Equipment

Our modern and comprehensive stores have a full range of equipment for all our courses. The stores will be open on the morning of your course for you to borrow anything you need. All this is **included in the course fee**. Of course you are welcome to use any of your own equipment on our courses if agreed with the instructor on the day.

A winter kit list will be emailed to you when you book a course.

Transport and Venues

All our courses start and finish from our main office at Bothkennar Hub and transport to the venue and back is **included in the course fee**. Your vehicle can be left in our car park.

Start times are listed with the course dates and finish times will vary. Please ensure you plan on being out with us all day - if conditions are good we will make the most of them.

Venues are dependent on Mother Nature and may be decided on the day of activity.

Contents	Page
Welcome	2 - 3
Outdoors Winter Staff team	4 - 5
Seasonal Highlights	6 - 7
Winter Mountain Skills Courses	8 - 9
Winter High Tops	10 - 13
High Tops and Winter Skills Trips	14 - 15
Winter Mountaineering	16 - 17
Winter Climbing	18 - 19
Climbing and Mountaineering Trips	20 - 21
Ski Touring	22 - 23
Ski Touring Trips	24 - 25
At a Glance	26 - 27

FALKIRK COUNCIL

Find us on  **Falkirk Outdoors**

■ Outdoors Winter Staff Team



John Jackson

John heads up the Community Programme and is the manager of the Outdoors team. He is a Winter Mountaineering and Climbing Instructor, Mountain Ski Leader and has a host of paddlesports qualifications. He has climbed and skied extensively in the European Alps as well as other mountain areas throughout the world.



Michael Hunt

Mike has an extensive skiing background. He holds the BASI 2 award and is a Mountain Ski Leader. He immerses himself in all aspects of skiing including telemarking. He is also a Mountain Bike Leader, Winter Mountain Leader and is responsible for coordinating the Outdoors team's delivery of activities for schools.



Craig McLaren

Craig is a Winter Mountain Leader; he is responsible for planning the High Tops days and trips and delivering our winter skills courses. He has been wandering the Scottish hills in all weathers for well over 40 years. This time in the mountains has allowed him to build up a very good knowledge of the Scottish hills.



Martin Holland

Martin has been climbing for well over 40 years. He is a Winter Mountaineering and Climbing Instructor and is a very active all-round climber. His specialty is seeking out esoteric new winter routes, especially in the Southern Highlands.



Euan Whittaker

Euan is a British Mountain Guide. He has been instructing and guiding mountain activities for 28 years. These days, he splits his time between the European Alps, Norway and Scotland delivering courses in alpine mountaineering, rock and ice climbing, off piste skiing and ski touring.



■ Seasonal Highlights



- **Torridon & Skye mountaineering or winter hillwalking trips**
- **Early season Cairngorm mixed winter climbing trip**
- **Ski touring mountain expedition**
- **Snowholing expedition for walkers or skiers**
- **Beginners and intermediate winter climbing and ski touring**
- **Linked winter skills courses and weekends**

Winter Mountain Skills Courses

Introduction to Scottish winter skills, Winter navigation and avalanche awareness, and winter ropework for hillwalkers.

With these three courses we hope to give you some of the building blocks that will enable you to enjoy journeying through Scotland's winter environment. These skills days stand alone or can be linked providing progression.



Introduction to Scottish winter skills

Starts at 07:00 • Cost: £45

This is an essential day for anyone who wants to enjoy Scotland's mountains in winter conditions. This is a full day on the hill and will consist of looking at equipment for winter hill walking and skills such as 'using the boot as a tool', cramponing techniques, walking with an axe and self-arrest.

Previous summer hill walking experience is essential.

20/12/24	30/01/25	23/02/25	08/03/25
11/01/25	08/02/25	27/02/25	27/03/25



Winter Navigation & Avalanche Awareness

Starts at 07:00 • Cost: £45

Our winter navigation course is for hill walkers who have some experience of using a map and compass navigating in the mountain environment. This course will cover winter navigation tactics and will include an element of avalanche avoidance and safe travel.

Previous winter hill walking experience or completion of a recent winter skills course is essential

23/01/25	05/03/25
11/02/25	

Winter Ropework for Hillwalkers

Starts at 07:00 • Cost: £45

In full winter conditions the Scottish hills can have serious consequences if you are unprepared. Sometimes, taking a rope for unplanned use will be prudent. As always though, kit is only as good as the person using it! This course will give a practical introduction for hill walkers using a rope on the hill in winter. Selection of appropriate snow anchors as well as belay and abseil techniques will be covered. Expect lots of digging! **Participants should be competent winter walkers with a basic awareness of snowpack analysis.**

14/01/25	10/03/25
13/02/25	

■ Winter High Tops

Starts at 07:00 • Cost £55

The days will involve a High Top - either a Munro or one of our finer Corbetts - so you will need to have previous hill walking experience. Once the snow gets firm enough for winter tactics to come in to play folk need to have the skills to cope with conditions. Our winter skills course is recommended for anyone needing to learn the basics or improve rusty technique.

All winter High Tops are weather dependent. We sometimes go by more interesting, less frequented routes. If there is a high avalanche risk on the slopes we're planning to go on to we will change the route or the hill. If storm winds are blowing we may have to take in a shorter, lower hill. Occasionally we might have to cancel the walk.

For bike access walks you will need to be competent cycling tracks with a heavy pack wearing winter boots. If conditions on the day are deemed too snowy or icy for cycling we will do an amended walk instead.

Previous winter walking experience, or completion of a recent winter skills course, is an essential prerequisite for these walks.

Ben Vane & Beinn Ime

BIKE ACCESS

9.3km with 250 metres of ascent
Bike - 10.4km
with 1230 metres of ascent Walk

Biking in to Ben Vane from Inveruglas is at the shorter end of justifiable wheeled excursions due to the faff factor of groups on bikes, but it's worth it if we add another hill on to the day. The walking starts just before the big old quarry on the south of Ben Vane and the way up is steep and craggy all the way to the top. Continuing west down to the Lag Uaine then up to the Glas Bhealach leads to the broad north ridge of Beinn Ime. After the summit the tourist path heads down south then forestry tracks lead back to the bikes. Lots of ascent means it'll be a bit of a workout.

12/12/24

Ben Lomond & Cruinn a' Bheinn

BIKE ACCESS

16km with 190 metres of ascent
Bike - 8km
with 1020 metres of ascent Walk

Escape the hordes on this excellent bike & hike up our most southern Munro, with a bonus Graham thrown in for interest and to make a fine circuit. Beginning at Loch Chon a good forestry track weaves its way over to Gleann Dubh and up to Comer Farm. Bikes get left before the farm then open hillside gives way to the north east ridge of Ben Lomond, offering fine views down to Coire a' Bhathaich. Onto the tourist path for a bit to tick the summit then off to the north to tackle Cruinn a' Bheinn, a steep wee lump. Descend east to complete the circuit back to Comer and the bikes.

21/12/24

Beinn Dorain

12.3km with 950 metres of ascent

Driving north from Tyndrum the massive cone of Beinn Dorain dominates the view. If you've ever wondered what it'd be like to go to the summit this way sign up for this walk and find out. Starting at the Auch junction on the A82 this route heads past the farm, crosses the rivers and the railway, then climbs steeply and steadily all the way to Ben Dorain's summit. The way off heads over to Meall Garbh before descending Coire na h-Annait to the track by the Allt Kinglas, which we will ford if it is possible.

09/01/25

Beinn Dearg & Carn Gorm

17km with 1060 metres of ascent

The Carn Maig Round from Glen Lyon is a big day which can attract conflict and controversy among hill stakeholders, so this walk from the west avoids all that and ticks a bonus Corbett into the bargain. From Innerwick the Lairig Ghallabhaich heads over to Rannoch. Beinn Dearg is reached from this via easy grassy slopes, then it's an out-and-back route from the top of the Dubh Choirein to the Munro summit. A traverse round Meall Glas leads back to the lairig and the road.

19/01/25

■ Winter High Tops

Hart Fell & White Coomb

15.3km with 1085 metres of ascent

The two Moffat Corbetts get ticked on this linear walk over these high Gallovidian sheep hills. Beginning at Blackshope on the A708 the way starts steeply but is soon on easy terrain for the fine walk round Black Hope to Hart Fell. White tailed sea eagles have been observed in this area. Continuing over to Raven Craig with its fine views down to Carrfiran – a woodland natural regeneration success story – then up to White Coomb. The walk descends by the famous Grey Mare's Tail waterfall back to the road. A shuttle bike will be used to get back to the van.

31/01/25

Meall Ghaordaidh & Beinn nan Oighreag

10.5km with 1050 metres of ascent

It's a fair drive to Glen Lyon to tick this Munro Corbett combo – compared to starting in the south at Glen Lochay – but it's a shorter hill route which shows off the areas more mountainous aspect. From Cashlie power station the way goes up via Creag Loaghain to Meall Ghaordaidh, then over the bumps down to the Lairig Luaidhe. It's a decent pull up to Beinn nan Oighreag but it's easy, leaving plenty of energy for the pathless 3K back to the van.

09/02/25

Ben Lui & Beinn a' Chleibh

12.2km with 1120 metres of ascent

These hills are usually tackled from Glen Lochy, which is straightforward (albeit with a wee river crossing at the start) but it misses the main feature of the area – the magnificent Coire Gaothach. This outing will take in the coire by its almost alpine eastern ridge. Our route fords the river (bring trainers or wellies), plowters up through the forestry to Ciochan Beinn Laoigh, traverses round to the Allt Coire Ghaathaich, then onto the fine east ridge which we take all the way to the summit of Ben Lui. Beinn a' Chleibh is reached and then descended from by the well-worn Munro-tickers path back to the Lochay. Expect a fair bit of graft.

02/03/25

Creise & Meall a' Bhuiridh

BIKE ACCESS

**11.2km with 140 metres of ascent
Bike – 11.7km with 1030 metres of ascent Walk**

Most folk do these two Munros from the Glencoe Ski Centre. This route is a tad more adventurous involving biking from the ski area to Ba Bridge, dumping the bikes then heading west up into Coire an Easain to gain the Sron nam Forsair ridge onto Clach Leathad – originally the summit, now Creise's apparently superior Top. The current Creise summit is reached heading north over easy ground. Less easy is the descent to the col connecting Meall a' Bhuiridh. Once on to this second Munro the ski paraphernalia is quickly passed then it's down the southeast shoulder towards Ba Cottage and the bikes.

14/03/25

Beinn Challum & Cam Creag

BIKE ACCESS

**16.4km with 150 metres of ascent
Bike – 11.5km with 1070 metres of ascent Walk**

A bigger hill day beckons to welcome in the start of British Summer Time. This is quite an unusual Munro Corbett combo, especially done from the east. Starting at Glen Lochay the bikes are used to get to where the Allt Challuim meets the river Lochay. From here Beinn Challuim is tackled via Stob a' Bhiora. The way onto Cam Chreag isn't difficult but it does involve a fair bit of down and up before reaching this remote Corbetts rocky summit. A burn leads the way down to meet the Allt Challuim and the bikes.

30/03/25

High Tops and Winter Skills Trips

We can't get to all the areas we'd like to in a single day. These trips take care of that.

Winter Skills Weekend for Hill Walkers

Starts 06:00 • Costs £125

This overnight trip, based in Aviemore, will be focusing on covering the fundamental winter mountaineering skills over the two days. We will have quick access to the snow in the Northern Cairngorms and may take in a summit if we get the chance. If folk already have some winter walking skills, we can look at progressing to more advanced techniques.

Day 1 – Depart Falkirk, get straight on the hill, practice personal winter walking skills in the Cairngorms, go to Aviemore.

Day 2 – Depart Aviemore, get back on the hill, use our winter skills on a journey on the mountain, return to Falkirk.

Participants need to arrange their own accommodation for the night in the Aviemore area. The instructors will be staying in Aviemore Youth Hostel. Transport and any equipment needed are included in the course fee. Participants with alternative travel / accommodation arrangements will need to meet the instructors in Aviemore or at Cairngorm Mountain car park before each day on the hill.

The course is open to anyone with summer hill walking experience.

25/01/25 – 26/01/25

Snowhole Trip

Starts at 07:00 • Cost £135

Snowholing – “sleeping” in relative comfort high in the winter mountains – is a great experience. On this overnight course you will learn how to dig a communal snowcave, cook in it, and have a great night's kip metres from hostile elements. It takes effort and time but it's worth it.

This trip is suitable for any winter hillwalker up for a proper adventure

03/02/25 – 04/02/25

Torridon High Tops Trip

Starts 13:30 • Costs £235

This season we are returning to the tremendous Torridon area. As is usual in winter we need to be flexible, but the itinerary below would be the ideal programme.

Day 1 – Kit up and depart the Outdoor Base for Torridon. We will stop at Aviemore on the way up.

Day 2 – Slioch 19km with 1150 metres of ascent. A big remote hill with a fair walk in. The steep ascent is worth it for the views over to Fisherfield and down Loch Maree.

Day 3 – Beinn Eighe 18km with 1110 metres of ascent. Another big hill day taking in the two Munro summits as well as the mighty Coire Mhic Fhearchair.

Day 4 – Beinn Alligin 9.7km with 1250 metres of ascent. A slightly shorter outing due to returning to Falkirk in the evening.

The instructor team will be staying in Torridon youth hostel. Participants need to arrange their own accommodation in the Torridon area. **Please note accommodation outwith the hostel is sparse.** Transport and any equipment needed are included in the course fee. Participants with alternative travel / accommodation arrangements will need to meet the instructors in Torridon each morning of the winter walking days.

Previous winter walking experience or completion of a recent winter skills course is an essential prerequisite for this trip

17/02/25 – 20/02/25

Isle of Skye High Tops Trip

Starts 13:30 • Costs £235

In winter conditions Skye the place to be - lots to go at on the hill! As is usual in winter we need to be flexible, but the itinerary below would be the ideal programme.

Day 1 – Meet at the Outdoor Base and drive north to Skye Basecamp in Broadford. We will stop at Fort William on the way up.

Day 2 – Bruach na Frithe 13.5km with 950 metres of ascent. A nice intro to the Skye Cuillin.

Day 3 – Blaven 8km with 990 metres of ascent. A classic Cuillin outlier with great views over to the main ridge.

Day 4 – Marsco 8.8km with 710 metres of ascent. A smaller hill which feels right in the heart of the mountains.

The instructor team will be staying at Skye Basecamp hostel in Broadford. Participants need to arrange their own accommodation in the Broadford area. Transport and any equipment needed are included in the course fee. Participants with alternative travel / accommodation arrangements will need to meet the instructors in Broadford each morning of the mountaineering days.

Previous winter walking experience, or completion of a recent winter skills course, is an essential prerequisite for this trip.

17/03/25 – 20/03/25

■ Winter Mountaineering

Starts at 07:00 • Cost £80

Our mountaineering days will take you along a classic ridge or up a graded gully. The days will normally involve the use of a walking axe - not technical climbing axes; however, the variable nature of the Scottish winter conditions can make a grade I plod highly exciting on the day.

A good level of competence in winter hill walking is required for these days.

Curved Ridge Buachaille Etive Mor (Grade II / III)

GLEN ETIVE

We offer a magnificent route up a superlative mountain with this classic winter climb which has a bit of everything: route finding, steep ground and some of the best views over to Rannoch Moor. We finish up on top of the mighty Buachaille Etive Mor.

13/01/25

North-East Ridge Beinn Ime (Grade II)

ARROCHAR

This fine ridge gives around 1km of turfy and icy mountaineering that is open to variation with the climax being the final tower. Approach on foot can be avalanche prone, so having alternative objectives on differing aspects on the nearby Cobbler gives a potential fall-back option.

09/03/25

Summit Gully Stob Coire Nam Beith (Grade II)

GLEN COE

This is the most obvious feature and line on this fantastic peak (northwest top of Bidean nam Bian). The route itself offers 450 meters of climbing which provides a long and sustained mountaineering day. Any day out on Bidean's massif is a good use of one's time and ability - even more so in winter.

24/03/25

Aonach Eagach Ridge (Grade II/III)

GLEN COE

This outing is popular enough for us to run it at least once a year. It's billed by some as the hardest scramble on the mainland. In winter it becomes a major mountaineering undertaking. Going over both Munros as well as the famous pinnacles, we start at the higher eastern end and then scramble towards the western seaboard.

02/04/25



We don't advertise winter climbing route or venues in advance so we can go where conditions are best on the day

Intro to Winter Climbing

Starts at 07:00 • Cost £80

This course is for those who have experience of using winter walking equipment (crampons and ice axe) but have not yet experienced the thrill of Scottish winter climbing. We will look at being organised for winter climbing, the use of two ice axes and the removal of winter anchors. It is the perfect stepping-stone towards our winter climbing courses.

Previous winter walking / mountaineering experience is essential

07/01/25	<input type="checkbox"/>
28/01/25	<input type="checkbox"/>
25/02/25	<input type="checkbox"/>

Winter Climbing

Starts at 07:00 • Cost £80

For those of you who wish to get onto steeper ground with technical tools our winter climbing days should tick all the right boxes. As usual we do not to pre-plan specific routes so we have the flexibility to find the best winter conditions. This is a chance to be guided up one of Scotland's classic climbs, either on west coast ice or Cairngorm mixed ground.

Previous winter climbing experience is essential

20/12/24	<input type="checkbox"/>	23/02/25	<input type="checkbox"/>
08/01/25	<input type="checkbox"/>	26/02/25	<input type="checkbox"/>
26/01/25	<input type="checkbox"/>	12/03/25	<input type="checkbox"/>
29/01/25	<input type="checkbox"/>	26/03/25	<input type="checkbox"/>

Climbing and Mountaineering Trips

We can't get to all the areas we'd like to in a single day. These trips take care of that.

Northern Cairngorm Mixed Winter Climbing Trip

Starts at 06:00 • Cost £295

We plan to head into the Northern Cairngorms area and climb some of the classic mixed winter lines that the area is justly famed for. In the past we've got on The Haston Line (III), Hidden Chimney (III), Aladin's Mirror Direct (IV 4) to name a few of the classics in the area.

The instructor team will be staying in Aviemore youth hostel. Participants need to arrange their own accommodation in the Aviemore area.

Transport and any equipment needed are included in the course fee. Participants with alternative travel / accommodation arrangements will need to meet the instructors in Aviemore SYHA or at Cairngorm Mountain car park before each day on the hill.

Previous experience seconding routes at Scottish winter climbing grade III or above and a good level of hill fitness is essential.

20/01/2025 - 22/01/25

Torridon Climbing / Mountaineering Trip

Starts 13:30 • Cost £325

This season we return to Torridon to take in some of the fine mountains in the area.

Our mountaineering options are many - Traverse of Liathach, Fuselage Gully on Beinn Eighe, routes on Beinn Alligin or Beinn Bhan - There's even winter routes on Fuar Tholl if it's in nick. In other words, loads to go at locally.

The instructor team will be staying in Torridon youth hostel. Participants need to arrange their own accommodation in the Torridon area. Please note accommodation outwith the hostel is sparse. Transport and any equipment needed are included in the course fee. Participants with alternative travel / accommodation arrangements will need to meet the instructors in Torridon each morning of the mountaineering days.

Previous experience seconding Scottish winter climbing routes with two axes and a good level of hill fitness is essential.

17/02/25 - 20/02/25

Isle of Skye Mountaineering / winter Climbing Trip

Starts 13:30 Cost £325

We love going to Skye in winter. When the Cuillin Hills are in winter condition there is simply nowhere else comparable in Scotland. All of the Cuillin summits involve mountaineering to some degree. We plan to go where conditions are best. We could be on a winter traverse of Pinnacle Ridge, The Inn Pin, Clach Glas - the possibilities are endless. If conditions are better on the nearby mainland, we might head over there to catch the snow.

The instructor team will be staying at Skye Basecamp hostel in Broadford. Participants need to arrange their own accommodation in the Broadford area.

Transport and any equipment needed are included in the course fee. Participants with alternative travel / accommodation arrangements will need to meet the instructors in Broadford each morning of the mountaineering days.

Previous experience seconding Scottish winter climbing routes with two axes and a good level of hill fitness is essential.

17/03/25 - 20/03/25

Ski Touring

****All our days are guided by a British Mountain Guide or Mountain ski Instructor****

All ski equipment (skis, boots, poles etc.) and safety equipment is available for clients and is included in the course fee, however you are welcome to bring your own.

Intro to Ski Touring

Starts at 07:00 • Cost £75

The course is aimed at those who have on-piste experience but wish to move to the backcountry! The day will have an emphasis on skill acquisition, and this will be delivered whilst in the context of a simple ski tour. Typical venues for these days include Geal Charn in the Drummochter Pass or the Lawers range above Loch Tay. During the day topics covered will include equipment familiarisation and use, ascending techniques (including the use of skins, heel risers and ski crampons), efficient travel, safe travel, and basic avalanche search and rescue techniques using transceiver, shovel and probe.

This course provides excellent preparation for our guided ski touring days.

Ski ability - confident descending red runs on pisted slopes.

10/01/25

22/02/25

31/01/25

03/03/25

18/02/25

22/03/25

Guided Ski Touring

Starts at 07:00 • Cost £75

A day out in the mountains ski touring. There will be elements of teaching if required, however the focus will be on getting out and enjoying the hills. Previous trips have involved completing summits such as A'Bhuidheanach Bheag in the Drummochter Pass, Glas Maol in Glenshee and a traverse of Meall a'Choire Leith and Meall Corraich in the Lawers region.

Ski ability - confident on red runs and experience of ski touring summits in Scotland or the Alps. A reasonable level of fitness is also required.

11/01/25

14/03/25

15/01/25

23/03/25

23/02/25

28/03/25

We can't get to all the areas we'd like to in a single day. These trips take care of that.

Winter Skills Weekend for Ski Tourers

Start 06:00 • Costs £175

This two-day linked course will be based in the Northern Cairngorms. We will look at getting around the hill safely on skis. Elements of safe travel and navigation on skis along with transceiver and rescue work will be looked at. There will also be plenty of ski touring in between with a bit of ski coaching for those who are looking for it.

Participants need to arrange their own accommodation for the night. The instructors will be staying in Aviemore Youth Hostel. There are also other options in and around Aviemore.

Transport and any equipment needed are included in the course fee. Participants will alternative travel / accommodation arrangements will need to meet the instructors in Aviemore or at Cairngorm Mountain car park before each day on the hill.

The weekend has no steep touring planned so is open to anyone with previous skiing experience.

25/01/25 - 26/01/25

Skiers Snowhole Trip

Starts 07:00 • Costs £185

It's a real adventure skinning onto the Cairngorm plateau, choosing a suitable site, and then digging your own accommodation for the night - a proper bucket list experience for any ski tourer.

This trip is suitable for any ski tourer up for a proper adventure

03/02/25 - 04/02/25

Ski Touring Overnight Expedition

Starts 07:00 • Costs £185

This is a chance to sleep out in the mountains after traversing lots of skiable terrain. If conditions allow, we'll sleep high under the stars, but we could also end up in the vicinity of a friendly bothy. We will be carrying touring kit as well as expedition gear, so a good level of fitness is desirable if you want to enjoy this cracking overnight trip.

Ability- confident skiing red runs, experience of ski touring summits in Scotland or the Alps.

10/03/25 - 11/03/25

Winter Programme - At a Glance

■ Winter Mountain Skills Courses
 ■ Winter High Tops
 ■ High Tops and Winter Skills Trips
■ Winter Mountaineering
 ■ Winter Climbing
 ■ Climbing and Mountaineering Trips
■ Ski Touring
 ■ Ski Touring Trips

	December 2024	January 2025	February 2025	March 2025
01		Office closed		
02				High Tops
03			Walkers Snowhole Expedition Skiers Snowhole Expedition	Intro Ski Touring
04			Walkers Snowhole Expedition Skiers Snowhole Expedition	
05				Winter Navigation / Avalanche
06				
07		Intro Winter Climbing		
08		Winter Climbing	Winter Skills	Winter Skills
09		High Tops	High Tops	Winter Mountaineering
10		Intro Ski Touring		Ski Touring Expedition Winter Ropework
11		Guided Ski Touring Winter Skills	Winter Navigation / Avalanche	Ski Touring Expedition
12	Bike High Tops			Winter Climbing
13		Winter Mountaineering	Winter Ropework	
14		Winter Ropework		Bike High Tops Guided Ski Touring
15		Guided Ski Touring		
16				
17			Torridon High Tops Trip Torridon Climbing Trip	Isle of Skye High Tops Trip Isle of Skye Climbing Trip

	December 2024	January 2025	February 2025	March 2025
18			Torridon High Tops Trip Torridon Climbing Trip Intro Ski Touring	Isle of Skye High Tops Trip Isle of Skye Climbing Trip
19		High Tops	Torridon High Tops Trip Torridon Climbing Trip	Isle of Skye High Tops Trip Isle of Skye Climbing Trip
20	Winter Skills Winter Climbing	Cairngorm Mixed Climbing Trip	Torridon High Tops Trip Torridon Climbing Trip	Isle of Skye High Tops Trip Isle of Skye Climbing Trip
21	Bike High Tops	Cairngorm Mixed Climbing Trip		
22	Office closed	Cairngorm Mixed Climbing Trip	Intro Ski Touring	Intro Ski Touring
23		Winter Navigation / Avalanche	Guided Ski Touring Winter Climbing Winter Skills	Guided Ski Touring
24				Winter Mountaineering
25		Winter Skills Walkers Trip Winter Skills Skiers Trip	Intro Winter Climbing	
26		Winter Skills Walkers Trip Winter Skills Skiers Trip Winter Climbing	Winter Climbing	Winter Climbing
27			Winter Skills	Winter Skills
28		Intro Winter Climbing		Guided Ski Touring
29		Winter Climbing		
30		Winter Skills		Bike High Tops
31		High Tops Intro Ski Touring		*02 April 2025* Winter Mountaineering





OUTDOOR ACTIVITY BASE
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Email: outdooractivities@falkirk.gov.uk

www.falkirkleisureandculture.org/fit-and-active/get-outdoors

www.falkirkleisureandculture.org   

<https://w3w.co/strain.diner.single>

FALKIRK COUNCIL

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