

A full-page background image showing a group of hikers with large backpacks and trekking poles ascending a steep, snow-covered mountain ridge. The sky is a deep blue with some light clouds, and the snow is bright white with some shadows.

# Falkirk Outdoors **Winter** Programme

2022/23

[www.falkirkleisureandculture.org](http://www.falkirkleisureandculture.org)





# Winter Programme

## Falkirk Outdoors

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 0900 until 1630, Friday 0900 until 1230

### Outdoor Activities Base

Victoria Building Annexe, Queen Street, Falkirk, FK2 7AF

**Tel:** 01324 506846

**Email:** [outdooractivities@falkirk.gov.uk](mailto:outdooractivities@falkirk.gov.uk)

**Web:** [www.falkirkleisureandculture.org/fit-and-active/get-outdoors/](http://www.falkirkleisureandculture.org/fit-and-active/get-outdoors/)

For information and to book a course please telephone the Outdoor team using the above details.

Payment must be made by debit or credit card over the phone. 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 out-with our cancellation period.

## Equipment

Our modern and comprehensive stores have a full range of equipment for all of 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.

## Transport and Venues

All our courses start and finish from our main office at Victoria buildings (address above) and transport to and from there is included in the course fee. We have a large car park to leave vehicles and we are a short walk from Falkirk train (Grahamston) and bus stations.

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 will be decided on the day of activity.

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Find us on Falkirk Outdoors



# ■ Meet The Team



## John Jackson

John heads up the Community Programme and is the manager of the Outdoors team. He holds the Winter Mountaineering and Climbing Instructor certificate, Mountain Ski Leader as well as a host of paddlesports qualifications.

He has climbed and skied extensively in the European Alps as well as other mountain areas throughout the world.



## Craig McLaren

Craig holds the Winter Mountain Leader award and he is responsible for planning the High Tops days and trips. He has been wandering the Scottish hills in all weathers for over 40 years.

This time in the mountains has allowed him to build up a very good knowledgebase of all things Scottish hill related.



## Martin Holland

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



## 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.



## Euan Whittaker

Euan is a British Mountain Guide. He has been instructing and guiding mountain activities for 26 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 mountaineering, winter hillwalking or ski touring**
- **Return to the Northwest Highlands**
- **Ski touring mountain expedition**
- **Snowholing**
- **Linked winter skills courses**



## SKI GUIDE BIB

Burly Most Rugged GORE-TEX PRO with large pockets and removable knee pads. Designed for work.

  
**ARC'TERYX**  
**PROFESSIONAL**



# 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 to provide progression.

### Intro to Scottish winter skills

**Cost: £45 starts at 0700**

10/12/22	07/01/23	
25/01/23	04/02/23	
24/02/23	04/03/23	

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**

## Winter Navigation & Avalanche Awareness

**Cost: £45 starts at 0700**

21/12/22	12/01/23	
15/02/23	01/03/23	

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**

## Winter Ropework for Hillwalkers

**Cost: £45 starts at 0700**

02/02/23	
02/03/23	

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.**



# ■ Winter High Tops

## Cost £45 Starts at 0700

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 Intro to Scottish winter skills course is recommended for anyone needing to learn the basics or improve rusty technique.

All winter High Tops are weather dependent. 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.

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

## Beinn Bhuidhe – Bike access

**14.7km with 280 metres ascent bike**  
**6.1km with 850 metres of ascent walk**

11/12/22

We kick off the winter walking season with a bike and hike up Glen Fyne to tick lonely Beinn Bhuidhe. The bike ride is straightforward and the hill round is short but, in winter conditions, some of the steep ground can be awkward.

## Sgorr Gaoith

**14.1km with 880 metres of ascent**

22/12/22

It's always nice getting a taste of the high Cairngorms winter experience. This walk up from Glen Feshie is achievable on a winter outing. Giving a good flavour of what the high plateau has to offer – good access, vast arctic upland, and a cracking view from the Munro summit down over the crags to Loch Eanaich.

## Ben Vane

**10.9km with 920 metres of ascent**

08/01/23

This Munro may lack height – coming in at number 280 on the table – but it's steep and rocky, packing a real punch in winter conditions. Our walk follows the standard route from Inveruglas. This is a good hill to blow away the festive cobwebs on.

## An Socach

**16km with 700 metres of ascent**

19/01/23

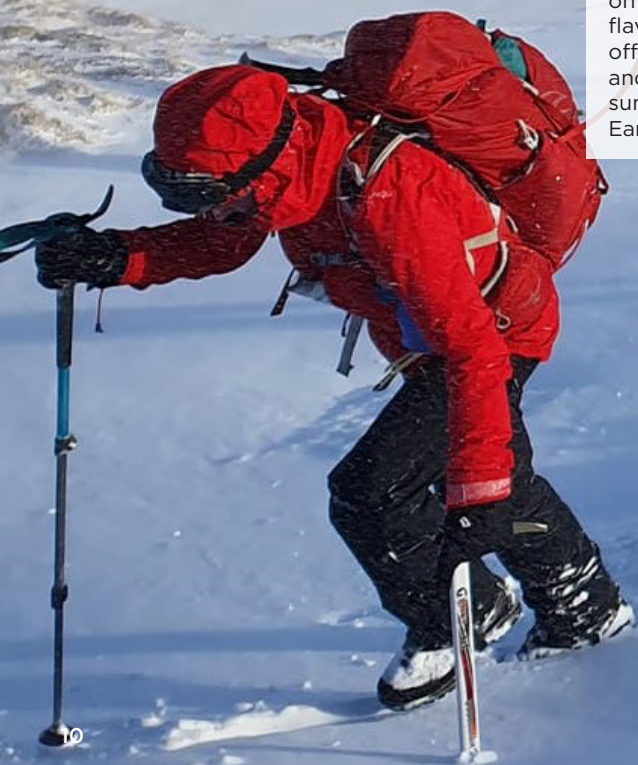
On this straightforward outing we tick this eastern Grampian Munro. Beginning at Baddoch we follow the burn on a track up to Coire Fhearneasg where we ascend west up to the shoulder of the east top. From here easy walking takes us west to the summit. Return will be by the same route.

## Dreish & Mayar

**14km with 930m of ascent**

05/02/22

These two Munros sit at the head of Glen Clova and are ascended by going up from adjacent Glen Doll. Good paths lead through forestry to Coire Fee from where we can reach the plateau. An easy round follows before dropping back down Glen Doll and home.





# ■ Winter High Tops

## Achnafree Hill & Ben Chonzie

18.1km with 1080 metres of ascent

16/02/23

By doing an anticlockwise round from the Glen Turret dam we get a long walk over relatively easy terrain. The bonus is we get to see the steep backside of Ben Chonzie. Throw in a Corbett summit as well as the Munro and a cheeky wee Corbett Top - this will be a satisfying walk.

## Pap of Glencoe & Sgorr na Fiannaidh

8km with 1100 metres of ascent

05/03/23

The Pap, or Sgorr na Ciche, is a well seen landmark. It's also a Graham and linking it with its Munro neighbour, Sgorr na Fiannaidh, gives a good hill day with great views over to the Aonach Eagach ridge - but without any scrambling. This day, and the next one on the programme, will get anyone doing their Munros but not wanting to scramble a chance to summit them.

## Meall Dearg & Garbh Beinn

9.9km with 1270 metres of ascent

18/03/23

This Munro Corbett combo gets us on to the middle of the Aonach Eagach ridge without any scrambling. Don't be fooled by the relatively short distance though. The route to the Munro is pathless and there is a lot of ascent over the whole outing.

## Beinn Eibhinn, Aonach Beag & Geal-charn - Bike access

16.2km with 270 metres of ascent  
bike 12km with 890 metres of ascent walk

30/03/23

Our last walk of the winter season is typically a big one to celebrate the changing of the clocks over to BST. This bike and hike is a long day out in remote country. We cycle the decent track over to the Allt Cam from the Loch Laggan road, then do a circuit of these three high Munros which will probably still very much be in winter condition.



# High Tops and Winter Walking Skills Trips

We can't get to all the areas we'd like to in a single day. These trips take care of that. All accommodation is included in the course fee

## Winter Skills Weekend for Hill Walkers

**Starts at 0600 Cost £125**

**21/01/23 - 22/01/23**

We will be staying overnight at Badaguish Outdoor Centre near Glenmore, which is close to the hills. Accommodation is self-catering, with dorm rooms in a forest lodge which we will have sole access to.

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

## Northwest Highlands High Tops Trip

**Starts at 1300 Cost £235**

**07/02/23 - 10/02/23**

Based in Ephin, surrounded by the wonderful hills of Assynt, this trip will make the most of what the area can offer. We'll be hoping for winter conditions locally, but we can move inland to get them if we have to. If there is no snow we will run this as a summer conditions trip. We'll be based in the Grampian Speleological Society's hut for this trip. It has all the usual facilities. We will be staying in mixed dorms.

On this trip we will try for a winter traverse of Cul Beag and Cul Mor. This is a big outing but it's doable. Another great outing is a traverse of Quinag with its three Corbett summits. And of course we will want to do the two local Munros, Conival and Ben More Assynt.

**Previous experience - Previous winter walking experience is essential**

## Torridon High Tops Trip

**Starts at 1300 Cost £235**

**07/03/23 - 10/03/23**

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

We'll be staying in the fabulous Glen Torridon SYHA building, which provides dorm accommodation.

This area is fantastic for winter hillwalkers. We'd like to get on Beinn Eighe and do a full east to west traverse. This involves getting round the Black Carls, which we can bypass. There's also two Munros to tick on the route. There are some amazing Corbetts in the area and we very much would like to visit Beinn Dearg, the local nearly-Munro. Other options could be Beinn Damh or even Slioch if folk have the legs for it!

**Previous experience - Previous winter walking experience is essential**

## Snowhole Trip

**Starts at 0700 Cost £135**

**20/03/22 - 21/03/23**

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.

We'll send out a kit list near the course date.



# ■ Winter Mountaineering

## Winter Mountaineering

**Cost £65 starts at 0700**

Our mountaineering days will take you along a classic ridge or up a graded gully. The days will normally involve the use of just 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**

### Sron na Lairig (Grade II)

**GLEN COE**

**19/12/22**

Our first mountaineering outing of the season will go in most conditions. In winter it can offer good sport on mixed ground and turf, following the main spine of the ridge up. If early season conditions don't materialise, it's still a good scramble.

### Curved Ridge - Buachaille Etive Mor (Grade II / III)

**GLEN ETIVE**

**10/01/23**

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.

### Chockstone Gully & Great Gully link Up (Grade II)

**ARROCHAR**

**21/01/23**

This is the best mountaineering route up to the summit of The Cobbler's North Summit. Chockstone Gully is steady with the amazing jammed chockstone providing great sport at the end. A short walk leads to Great Gully which has an awkward step to gain the main gully feature. Topping out on the summit is the icing on the cake.

If the gullies aren't an option we'll do the South East Ridge (Grade 2/3 or III) instead.

### The Gullies of Coire Fee (Grade I / III)

**GLEN CLOVA**

**01/02/23**

South Wall in Coire Fee offers a range of low grade climbs. In ideal conditions we could spend a fine day here going up the II's and back down the I's. If conditions mean we need another aspect then Winter Coire, Coire Farchal and Corrie of Clova all give good nearby options.

### Stob Garbh Ridge (Grade I / III)

**CRUACHAN**

**05/03/23**

This route takes in the fine ridge leading to the Munro Top Stob Garbh, part of the Cruachan Range. It's a short walk in and offers mixed steps on a variety of lines up to the summit.

### Aonach Eagach Ridge (Grade II/III)

**GLEN COE**

**15/03/23**

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 but the moves are pretty straight forward if you are on a rope. Taking in two Munros, we start at the higher eastern end and then scramble towards the western seaboard.



# □ Winter Climbing

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

## Intro to winter climbing

Cost £75 starts at 0700

07/01/23 04/02/23 22/03/23

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. This course 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

## Winter Climbing

Cost £75 starts at 0700

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 climbing experience is essential

05/12/22	18/12/22	08/01/23	11/01/23	05/02/23
22/02/23	04/03/23	13/03/23	25/03/23	



# 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. All accommodation is included in the course fee

## Northern Cairngorm Mixed Winter Climbing Trip

**starts at 0600 Cost £295**

**16/01/23 - 18/01/23**

We will be based in Aviemore at the SYHA hostel for this trip. Accommodation will be in dorm rooms.

We plan to head into the Northern Cairngorms area and climb some of the classic mixed winter lines, which the area is justly famed for.

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

## Northwest Highlands Mountaineering Trip

**Starts at 1300 Cost £325**

**07/02/23 - 10/02/23**

Based in Ephraim, surrounded by the wonderful hills of Assynt, this trip will make the most of what the area can offer. We'll be hoping for winter conditions locally, but we can move inland to get them if we have to. If there is no snow we will run this as a summer conditions trip. We'll be based in the Grampian Speleological Society's hut for this trip. It has all the usual facilities. We will be staying in mixed dorms.

Options for this trip is to get on some great mountaineering routes on the Assynt and Coigach Hills - Stac Pollaidh, Sùilven, Cul Mor all have amazing ridge routes, as does the southeast ridge of Conival. Inland, we have other options on Beinn Dearg or even down on An Teallach if we have to travel to get conditions.

**Previous experience seconding Scottish winter climbing routes is essential**

## Torridon Climbing/ Mountaineering Trip

**Starts at 1300 Cost £325**

**07/03/23 - 10/03/23**

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

We'll be staying in the fabulous Glen Torridon SYHA building, which provides dorm accommodation.

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. If we need to travel further afield to get on good conditions, we have the means.

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

## Ben Nevis Winter Climbing Trip

**Starts at 06.00 Cost: £265**

**27/03/23 - 29/03/23**

A three-day trip climbing on the north face of the Ben - a chance to climb some of Scotland longest and finest routes in winter conditions. Routes will depend on conditions but could include any of the classics. Routes previously climbed on this trip include Tower Ridge IV 3, Glover's Chimney III 4, Hadrian's Wall Direct V 5, Green Gully IV 4, Harrison's Climb Direct IV 4 and The Curtain IV, 5.

We'll be based again at the world-famous CIC mountaineering hut. This trip will include transport, accommodation and guiding as well as any climbing equipment required for the trip. You'll need a sleeping bag for the hut, which has mixed alpine-style bunks, and you'll need to bring your own food. The hut has a fully equipped kitchen, drying room and composting toilet.

**Previous experience required- Seconding routes at Scottish Winter Climbing grade III or above and a good level of hill fitness. There are no small days on the Ben**



**\*\*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

**Cost £70 Starts at 0700**

The course is aimed at those who have on-piste experience but wish to move into 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**

19/12/22	07/01/23	
26/01/23	04/02/23	
21/02/23	04/03/23	
16/03/23		

## Guided Ski Touring

**Cost £70 Starts at 0700**

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 Corranaich 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**

20/12/22	08/01/23	
13/01/23	27/01/23	
05/02/23	23/02/23	
05/03/23	17/03/23	
25/03/23	31/03/23	



# Ski Touring Trips

## Ski Touring Trips

We can't get to all the areas we'd like to in a single day. These trips take care of that. All accommodation is included in the course fee

### Winter Skills Weekend for Ski Tourers

Starts at 0600 Cost £175

21/01/23 - 22/01/23 ☐

We will be staying overnight at Badaguish Outdoor Centre near Glenmore, which is close to the hills. Accommodation is self-catering, with dorm rooms in a forest lodge which we will have sole access to.

The two days 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.

**Ability - confident descending red runs on pisted slopes**

### Ski Touring Overnight Expedition

Starts 0600 Costs £185

30/01/23 - 31/01/23 ☐

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**

### Torrifon Ski Touring Trip

Starts at 1300 Cost £310

07/03/23 - 10/03/23 ☐

We'll be staying in the fabulous Glen Torrifon SYHA building, which provides dorm accommodation.

We've not been to Torrifon with our skis yet. But we're keen to carve some tracks in this amazing mountain areas. Coire nan Laoigh on Beinn Eighe holds a lot of snow; to the south the Coulin Forest hills have lots of skiable aspects and are a bit more inland so should have good cover; up the road by Achnasheen Fionn Bheinn gives good skiing too.

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



# Winter Programme - At a Glance

DECEMBER 2022		JANUARY 2023	
01		01	OFFICE CLOSED
02		02	OFFICE CLOSED
03		03	OFFICE CLOSED
04		04	
05	Winter Climbing	05	
06		06	
07		07	Winter Skills Intro Climbing Intro Ski Touring
08		08	High Tops Winter Climbing Guided Ski Touring
09		09	
10	Winter Skills	10	Winter Mountaineering
11	Bike High Tops	11	Winter Climbing
12		12	Navigation / Avalanche
13		13	Guided Ski Touring
14		14	
15		15	
16		16	Cairngorm Mixed Climb Trip
17		17	Cairngorm Mixed Climb Trip
18	Winter Climbing	18	Cairngorm Mixed Climb Trip
19	Intro Ski Touring Winter Mountaineering	19	High Tops
20	Guided Ski Touring	20	
21	Navigation / Avalanche	21	Winter Mountaineering Intro Winter Skills Trip Intro Ski Tour Trip
22	High Tops	22	Intro Winter Skills Trip Intro Ski Tour Trip
23	OFFICE CLOSED	23	
24	OFFICE CLOSED	24	
25	OFFICE CLOSED	25	Winter Skills
26	OFFICE CLOSED	26	Intro Ski Touring
27	OFFICE CLOSED	27	Guided Ski Touring
28	OFFICE CLOSED	28	
29	OFFICE CLOSED	29	
30	OFFICE CLOSED	30	Ski Touring Expedition
31	OFFICE CLOSED	31	Ski Touring Expedition

## SKILLS | HIGH TOPS | MOUNTAINEERING | CLIMBING | SKIING | TRIPS

FEBRUARY 2023		MARCH 2023	
01	Winter Mountaineering	01	Navigation / Avalanche
02	Winter Ropework	02	Winter Ropework
03		03	
04	Winter Skills Intro Climbing Intro Ski Touring	04	Winter Skills Winter Climbing Intro Ski Touring
05	High Tops Winter Climbing Guided Ski Touring	05	High Tops Winter Mountaineering Guided Ski Touring
06		06	
07	High Tops North West Trip Climbing North West Trip	07	High Tops Torridon Trip Climbing Torridon Trip Ski Touring Torridon Trip
08	High Tops North West Trip Climbing North West Trip	08	High Tops Torridon Trip Climbing Torridon Trip Ski Touring Torridon Trip
09	High Tops North West Trip Climbing North West Trip	09	High Tops Torridon Trip Climbing Torridon Trip Ski Touring Torridon Trip
10	High Tops North West Trip Climbing North West Trip	10	High Tops Torridon Trip Climbing Torridon Trip Ski Touring Torridon Trip
11		11	
12		12	
13		13	Winter Climbing
14		14	
15	Navigation / Avalanche	15	Winter Mountaineering
16	High Tops	16	Intro Ski Touring
17		17	Guided Ski Touring
18		18	High Tops
19		19	
20		20	Snowhole Trip
21	Intro Ski Touring	21	Snowhole Trip
22	Winter Climbing	22	Intro Climbing
23	Guided Ski Touring	23	
24	Winter Skills	24	
25		25	Winter Climbing Guided Ski Touring
26		26	
27		27	Ben Nevis Climbing Trip
28		28	Ben Nevis Climbing Trip
29		29	Ben Nevis Climbing Trip
30		30	Bike High Tops
31		31	Guided Ski Touring





**OUTDOOR ACTIVITY BASE**

Victoria Buildings,  
Queen Street, Falkirk.

Tel: 01324 506846

Email: [outdooractivities@falkirk.gov.uk](mailto:outdooractivities@falkirk.gov.uk)

[www.falkirkleisureandculture.org/fit-and-active/get-outdoors](http://www.falkirkleisureandculture.org/fit-and-active/get-outdoors)

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**Falkirk Council**