
SCOTLAND WINTER

INFORMATION PACK



What's Included?



- 6 nights of all-inclusive accommodation at Castle Cottage
- Hearty & healthy food throughout your stay
- Transport on activity days
- 5 days of coaching and guiding with our fully qualified Mountain Instructors and Guides
- Itineraries planned around your specific abilities and group goals
- 15% off Cotswold Outdoor Voucher on booking
- A chance to walk, scramble & climb some of Scotland's most beautiful landscapes!

Prices

Winter Mountaineer	£895pp
Introductory Winter Climber	£975pp
Technical Winter Climber	£1,150pp

Offers + Discounts

Moran Mountain Regular(attended a course or a trip with us before)	5% off total course price
Under 25's Discount	5% off total course price

About

Our base is Lochcarron in the North West Highlands, home to some of the finest mountains in Britain. An Teallach, Liathach and the serrated ridges of the Cuillin of Skye rise in majestic isolation above the sea. From our base in Lochcarron, we can access all the peaks of Torridon, Applecross, Kintail, the North-West Highlands and Skye. The Cairngorms and Ben Nevis are also within our compass. We offer 5-day courses throughout the winter season plus a 4-day New Year Mountaineer Special, a great way to start the year! Getting to us is easy - we are just 90 minutes minutes' drive from Inverness airport and have a rail service to our front door.

Arrival/Departure Times

5 day Courses: All participants should arrive by 8pm on Saturday evening for briefing meeting with your lead Instructor followed by supper. Check-in for accommodation is from 3pm on Saturday afternoon. Activities finish on Thursday evening with meal. Please arrange your departure and onward travel by 10am on Friday morning.

Please ensure you arrive and depart on time!

4 day New Year Mountaineer: All participants should arrive by 8pm on the 28th December for a briefing meeting with your lead Instructor followed by supper.

A special meal is served on New Year's Eve to welcome the beginning of the New Year.

Check-in for accommodation is from 3pm. Activities finish on the evening of the 1st January with meal. Please arrange your departure and onward travel by 10am on the 2nd January.

Please ensure you arrive and depart on time!

Accommodation

Your all-inclusive accommodation is at Castle Cottage, located on main street, Lochcarron. Lorna & Gary will be your hosts during your stay. The price of your course includes hearty and healthy breakfasts, packed lunches, baking and evening meals throughout your stay. Our food is homemade and designed to fuel you for an active week, allowing you to focus on making the most of your adventure! Prior to your arrival you will receive menu options directly from Lorna by email. We do our best to cater for all dietary requests.

You are more than welcome to bring your own wines, beers, extra snacks etc.

There is a drying/storage room and ample parking space outside and free Wi-fi access. Located just a few minutes walk from the local shop and a pub.

*To reserve a single room there is a £90.00 supplement charge for the week.

Find out more at: <https://www.castle-cottage-lohcarron.co.uk>

How to find us

By car

Lohcarron is one hour and 15 minutes' drive from Inverness. Follow the A9/A835 to Garve, A832 to Achnasheen (16 miles) and A890 for 18 miles towards Lohcarron.

From Fort William follow the A87 to Auchtertyre then turn right on the A890 for 13 miles to and Lohcarron Village.

The nearest train station is Strathcarron which is 3 miles away from Lohcarron.

Strathcarron Station to Lohcarron by Bus

Connecting minibus services operate for some of the train arrivals/departures. (please note not all times are covered by this service)

To book seats telephone +44-(0)1520-722682.

Inverness to Lohcarron by bus

Service 704 Mondays, Wednesdays and Saturdays only

Operator: Lohcarron Garage

To book seats telephone +44(0)1520-722205.

If you are experiencing any travel delays or difficulty finding us then please call **Joy Moran** on +44 (0) 1520 722361.

Your Guides

Our team of instructors and guides are committed to sharing their passion with you, offering extensive knowledge of the area and helping you achieve your goals.

All of our instructors are either trainee or fully-qualified British Mountain Guides or hold the Mountain Instructors Award (MIA/MIC).

Itinerary

5 days of instruction, coaching and guiding is built into the itinerary. Your instructors and guides will base this to suit weather conditions and each individual in the group. We will give you more in depth details on arrival at the Saturday evening briefing.

Equipment Hire

We will send you a kit list on booking with all the items you will need for your chosen course.

You must inform us by email ahead of time if you need to hire any equipment. Otherwise, we can't guarantee that the items will be available. All items of gear will be issued on course commencement and we will send you an invoice to pay hire equipment. Charges must be paid prior to arrival.

A charge of £60 is made for any items lost or damaged through misuse.

Fitness

For all courses you need to have good stamina and level of fitness. Anyone who gets out hillwalking regularly and is happy hiking for a day over mountain terrain will be up to the challenge.

If you have never tried hiking before and you are a complete beginner then we would suggest you are able to run a 5k or walk 10k with relative ease. A positive mental attitude can do wonders for your fitness levels on the hill. We know it's cliché, but it really is all in the mind!

We encourage everyone to experience the great outdoors with us but for your own safety, we require a basic level of fitness and prior interest in sports or general fitness before allowing you to take on a Moran Mountain Adventure.

For technical climbing courses, strength in arms, wrists and calf muscles should be developed by prior experience of steep climbing whether outside or on indoor walls.

It is important that you notify us of any medical issues, no matter how small, prior to arrival.

Cancellations

A non-refundable deposit is required on booking of any course or trip with Moran Mountain.

The remaining balance must be paid 6 weeks (42 days) before the start date of the course. If not received by then we are not bound to hold your booking.

We are unable to refund any monies in the event of cancellations made less than 6 weeks (42 days) before the start date of your course or trip.

Your insurance cover should include cancellation cover and we can provide any supporting information or documentation you require to make a claim.

*** Please note that we require a minimum of 3 people to book any course or trip before we can go ahead. In the event that we do not fill at least 3 places on any given week, you will be informed at least 4 weeks (28 days) before holiday commencement.

In the event of cancellation of any booking by Moran Mountain, customers will be offered one of the following:

- Full refund of the fee paid and deposit; or
- Transfer to any other course/date within the 6 months if available.

Please read our **Terms and Conditions** before booking.

Insurance

You must be fully insured for the activity you are embarking upon. Remember to include the travel days in the period of cover. Cover should include:

- ★ Cancellation/Curtailment
- ★ Travel Delay/Missed Departure
- ★ Medical Expenses and Repatriation
- ★ Mountain Rescue
- ★ Personal Accident
- ★ Baggage
- ★ Personal Liability
- ★ Money/Documents

If you have any questions, get in touch: info@moran-mountain.co.uk.

We look forward to seeing you in Scotland!