

The UK's Premier Mountain Activity Centre



> **Learn how to rock or ice climb - indoor and out!**
The Ice Factor is the perfect place to practice, train and learn every conceivable mountaineering skill, because as well as being the biggest indoor ice climbing facility in the world (850m²), it features the UK's largest articulated rock climbing wall (1200m²), a dedicated instruction facility and competition standard bouldering area.

The Ice Factor is the National Centre for Ice Climbing and the Mountaineering Council of Scotland's Regional Centre of Excellence.

- > Indoor and outdoor sessions available
- > Beginner sessions every day for adults, children or groups (booking advisable)
- > Full equipment and instruction available
- > Choose from a simple half hour taster through to a multi-day mountain adventure where we guide you through some of Scotland's classic mountains
- > Winter Mountain Craft, Snow and Ice Climbing courses and Navigation lessons available
- > All our courses are run by qualified instructors under the UK Mountain Leader Training Board Scheme or the Association of Mountaineering Instructors

For full details and current prices of all our courses, please check the website:
www.ice-factor.co.uk

- > Please book in advance to avoid disappointment... especially during the holidays!

climb /

courses /

Taste the Rock!

From a simple family taster session through to a full 6 hour course designed to take you to the standard required for membership of an indoor climbing wall.

Introduction to Rock Climbing

Aimed at beginners this course will transform you from walker to climber. Learn about knots, belaying, gear selection and placement, stance management and guidebook interpretation whilst our instructors teach you the black art of rock climbing.

Classic Rock Improvers

Join an experienced guide on some of the country's best loved classic climbs and learn new techniques and tips for pushing your grade.

Classic Scrambles

Join our instructors on a classic route: Tower Ridge on Ben Nevis, The Aonach Eagach, Curved Ridge and other great mountain days.

Cuillin Ridge Munros

The ascent of the Cuillins can be a serious undertaking involving climbing, abseiling and difficult navigation. Join our experienced instructors who will guide you on classic days: The Inaccessible Pinnacle, The Cioch, Pinnacle Ridge, the round of Coire Laggan or the Blaven-Clach Glas Traverse.

Hit The Ice!

A three hour introduction to steep ice climbing, indoors at the Ice Factor. Climb the world's biggest indoor ice wall under the expert coaching of an Ice Factor instructor.

Mountaincraft

A course for summer hill walkers looking to become safe independent winter walkers and those going abroad on to snowy terrain covering basic skills such as walking on snow and use of the axe and crampons, longer courses may include simple ropework.

Advanced Mountaincraft

For those with previous winter walking experience, this course can be thought of as 'winter scrambling' - moving on steep ground without ice climbing. You will be coached on advanced rope work techniques and skills under the direct supervision of an Ice Factor instructor.

Introduction to Snow & Ice Climbing

A structured introduction to winter climbing, aimed at experienced walkers with some scrambling/climbing experience. We will look at appropriate route choice for the conditions, stance management and mixed and ice climbing technique.

Ice Climbing in Rjukan in Norway (Full week)

The ultimate mountain course - intended for those who have some previous experience of multi pitch rock climbing, and some previous winter experience would be useful. However, any pair coming together can be catered for whatever their previous experience.

