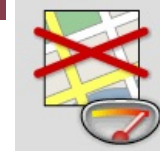


# Ski Touring in Scotland



## Highlights

**Backcountry skiing is the ultimate way to discover the Highlands in winter! This four-day ski touring in Scotland course teaches you everything you need for safe off-piste touring, from avalanche awareness to all-terrain access.**

When the mile-thick ice sheets finally retreated from the north of Britain at the end of the Pleistocene epoch, they left in their wake a topography gnarled, fissured and pockmarked by violent glaciation. The result is some of the wildest country in Europe; mountain massifs, rift valleys, riven volcanoes and crinkle-cut islands are just some of the extraordinary features of the Scottish landscape. Unsurprising, then, that the country has become something of a mecca for adventure travel enthusiasts, with every imaginable pursuit on offer. So whether you surf or ski, sail or kayak, hike or bike, Scotland is bound to have something special for you. (There's also 12,000 years of history, some of Europe's finest architecture and the prized national drink (no, not Irn-Bru!), in case you're interested!)

The high massif of the Cairngorms is the ideal place to learn the art of ski mountaineering! Following a first evening spent planning the weekend's activities over a lavish dinner, you'll head to the Northern Corries for an introduction to essential off-piste techniques before descending to the plateau and spectacular views of Loch Avon. The next day you'll make an ascent of mighty Sgor Gaoith, perched high on the cliffs above Loch Einich. After a lesson on avalanche awareness, there's an exciting descent through pine forests all the way to the glen floor! All your skills are put to the test on the final day with an ascent of Ben MacDui, Scotland's second highest peak! After accessing the plateau via one of the high ridges, you'll enjoy a long and exhilarating downhill via Lurcher's Gulley – a fantastic end to the trip!

## Is it for me?

Skiing in the Cairngorms is a truly unique experience - a wild, backcountry adventure that's a million miles away from the rowdy resorts of the Alps! Of course, to enjoy off-piste skiing you need to be a pretty confident skier in the first place (i.e. able to ski red and easy black runs). You'll also need to be fairly fit as there are a few uphill ascents (up to 900m per day), though previous mountaineering experience isn't necessary as your guides will instruct you in this area. If all this sounds manageable then you're bound to love this little tour - the perfect combination of action and relaxation!

## Accommodation

For this tour you'll be based at the four-star Boat Hotel near Aviemore, nestled in the heart of the Cairngorm National Park! All rooms are en suite, bright and spacious, with traditional décor and wonderful views of the surrounding country, as well as mod cons like TV and wifi. The Boat has a much-acclaimed restaurant, The Capercaillie, which specialises in fine dining with a Scottish flavour. Featuring the freshest of local ingredients, the menu currently includes such delicacies as West Coast sea scallops, Shetland salmon, Perthshire venison and Scottish beef fillet with haggis and red onion comfiture! Not a bad choice for post-ski, cockle-warming cuisine!

## Itinerary

**Day 1: Inverness to the Cairngorms National Park**  
You meet in Inverness and make the short journey south to the Cairngorms National Park, stopping in Aviemore to collect any pre-ordered hire equipment. You then travel to your accommodation in a charming 4-star hotel, set

Prices from

**525** GBP (4 days) per person

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in a sleepy Highland village overlooking the Cairngorms Plateau. After sorting out equipment, you will take dinner in the hotel before discussing the days which lie ahead.

#### Day 2: An introduction to ski touring in Scotland

Following breakfast and a discussion of equipment and safety issues, you head to the Northern Corries of the Cairngorms for an introduction to the ski touring skills required in Scotland, focusing on off-piste ski technique before fixing our skins and climbing on skis to the plateau. Traversing to the summit of Cairn Gorm, your descent takes us onto the wild expanse of the plateau overlooking the spectacular Loch Avon. During the afternoon you spend some time looking at navigation before returning via the empty pistes of Cairngorm and another opportunity to tune-up techniques.

#### Day 3: Ski Touring - Sgor Gaoith and the Glen Feshie Hills

Your ski touring journey today takes you from Glen Feshie up onto the Moine Mhor (The Great Moss), as you make an ascent of Sgor Gaoith, spectacularly perched above the cliffs of Loch Einich. An afternoon of avalanche awareness is rounded off with a descent from Carn Ban Mor which offers an exciting route back to the pine forests of Glen Feshie.

#### Day 4: Ski Touring - Ben MacDui and Lurcher's Gully

Your final day of ski touring is spent putting new skills into practice with an ascent of Ben MacDui - Scotland's second highest mountain. Ascending one of the ridges of the Northern Corries on skis, your route takes you across the heart of the plateau. Your return culminates in an exhilarating descent via Lurcher's Gully, which in good conditions offers one of the longest and best downhill in the country.

### Details

#### Getting there

The trip begins in Inverness which can be reached by direct by rail from Edinburgh, Glasgow or London.

#### Price includes

3 nights accommodation in a 4-star small hotel, All meals, All travel during the trip, All guiding and instruction from our qualified guides, Specialist group safety equipment, Ice axe and crampon hire

#### Comfort level

Refined (boutique or luxury accommodation and food)

#### Experience required

Some previous experience is needed