

SAMPLE ITINERARY

ALPINE PREPERATION COURSE

SATURDAY

- Informal welcome chat with our staff and your course members
- Essential alpine ropework – taking & tying off coils
- Crevasse rescue – hauling a partner
- Prusiking up a rope (to escape a crevasse)
- Glacier travel
- Planning; interpreting alpine weather, using huts, preparing for a bivvy
- Back to PYB for tea and cake

SUNDAY

- Navigation and route choice on a scramble
- A mountain journey using various rope techniques
- Consolidation of rope skills from previous day
- Back to PYB for more tea and cake, and a fond farewell!

