

Walking Guide

Practical Session Log

SESSION TITLE	Ice axe use and avalanche assessment
DATE	14 th January 2010
LOCATION	Glendalough, Camaderry
TUTOR / LEADER	Tim Orr/ Christy Stacey
SESSION AIMS	Climbing steep gradient in heavy snow using an Ice axe. How to assess snow for avalanche risk.
SESSION BREAKDOWN	Drove as far as hotel, hiked up silver route to Miner's road & on to village. Tim and four (Deirdre, Luke, Dermot & I) North up Camaderry, Very steep, heavy snow, needed ice axe to climb. Stopped at 400m had break, dug pit to see Profile of snow and assess for avalanche risk. Snow approx. 60cm deep at that height. Very Heavy going, headed back down gulley using axe As a brake. Best day so far, tough but enjoyable Glendalough looking very beautiful... Taking advantage of the heavy snow and learning
OUTCOMES REACHED	How to use an ice axe to climb, physically Tough and tiring. Snow pit dug & profile checked .
WEATHER	Dry, bright & cold
DURATION	4 hours