



2 Day Hill and Mountain Skills course
Information Pack

WEEKEND OVERVIEW

If you want to make the move from hillwalking to mountaineering, this two-day Mountain Skills course will help you progress. Push yourself to walk on steeper, remoter or more mountainous terrain. You will be introduced to the new considerations you'll have to take into account when walking on British mountains. Covering everything from pace and nutrition, to clothing systems, weather and navigation, this course will set you up with the basic skills you need to feel safer walking in the mountains, pushing your walks further and higher are immense, and this course could help you unlock that potential.

COURSE OBJECTIVES

- ✓ Gain the skills and techniques to be confident and comfortable planning and undertaking your own hill walks
- ✓ Spend 2 days in the Lake District Mountains in an open and fun learning environment.



WHAT WE WILL COVER

Over the two days we will cover the range of Mountain skills required to be safe;

- ✓ **Planning** – how to successfully plan a walk in the mountains in the UK or Ireland.
- ✓ **Walking skills** – what things should you consider while out walking and what can make life easier (pace, nutrition, movement skills, steep ground etc.).
- ✓ **Clothing and equipment** – being suitably dressed and equipped can make the difference between a great day out and a complete disaster.
- ✓ **Weather** – how it affects the mountains and your day out.
- ✓ **Navigation in the mountains** – everything from selecting a compass and using a map to navigation in poor visibility and an intro to GPS.
- ✓ **Environmental knowledge** – how to minimize your impact on the hill, information on good practice and useful organizations.
- ✓ **Hazards and emergency procedures in the mountains** – how to respond to any hazards you encounter and what to do in an emergency.

ROUGH OUTLINE OF THE WEEKEND

Saturday

- 09.00 – Meet at **Esquires coffee shop -14 Market Pl, Ambleside LA22 9BT** – Please arrive promptly. The course will start – Please arrive ready to go from there as we will head out from the coffee shop.
- **17.00** – Back at café for debrief
- **18.00 Plan A)** – Behind the scene – Langdale mountain rescue base tour this is subject to Langdale Mountain rescue operation requirements and will be confirmed on the day.
- **18.30 Plan B)** Meet in Pub to make a plan for day 2

Sunday

- Meeting at 09.00 at pre-agreed meeting location ready for an amazing day on the mountains. Today it's about you putting in the practice.

*** Timings can be subject to change and this is just an outline.

SUGESTED READING

- ✓ Hill and Mountain skills hand book
- ✓ Hill walking
- ✓ Navigation in the mountains

WHAT LAKE DISTRICT ADVENTURING PROVIDE

- ✓ A qualified and experienced tutor
- ✓ Map and compass if you need it.
- ✓ Timing card
- ✓ Hand outs

PREVIOUS EXPERIENCE

Some walking experience is required but more importantly a willingness to learn and enjoy the Great British Mountains.

All our leaders will carry an emergency shelter, comprehensive first aid kit, phone and spare navigational equipment.
 You will just need your personal equipment as below:

| Item | Notes | ✓ Packed |
|---------------------------------|--|----------|
| | | |
| 20 – 30-litre ruck sack | A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure it's comfortable. | |
| Water proof bag | This is ideal to put all your gear into and keep it dry | |
| Spare warm layer | A good warm insulated spare jacket / Jumper | |
| Gloves and Hat | Pack 2 pairs of each in case 1 gets wet | |
| Waterproofs | Top and bottoms ensure they are waterproof | |
| Blister plasters & pain killers | Always handy to have | |
| Medication | Any medication that you are on, please note we should be aware of this before we start. | |
| Headtorch and spare batteries | A good place to put your torch is the top of your bag where it can be easily accessible | |
| Camera | For those awesome shots | |
| Food | Bring plenty, you're going to be out both days. | |
| Water - min 2 litres | A hydration system or water bottle. Water flavoring such as Robinsons makes for a nice treat. | |
| Walking poles | Optional but they do help! | |
| Note pad and Pen | For taking notes along the day | |
| Map | OL7 South eastern area - We can provide these if you need one. | |
| Compass | A good quality mountain compass – Such as Silva Exped 4 – We can provide these if you need one. | |

Lake District Adventuring and the whole team would like to thank you for joining us on this weekend.
If you do have any questions at all please feel free to contact the office at any time.

Info@lakedistrictadventuring.co.uk

www.lakedistrictadventuring.co.uk

07502604166



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Participation Statement

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.