



Mountain Training's *Mountain Skills course* *Lake District*

With Mark Reid

COURSE OVERVIEW

MOUNTAIN TRAINING'S 'MOUNTAIN SKILLS'

Mountain Training's 'Mountain Skills Scheme' are personal skills courses for walkers who wish to move their existing hill-walking skills and experience to the fells and mountains. These courses are a practical introduction to the **key skills** required for **mountain walking**, and will give you the knowledge and skills to **safely plan, navigate and look after yourself** on your own walks on the hills and mountains.

We base our courses at great pubs in the beautiful Lake District.

The course is practically based with two full day's walking where you will learn through 'hands on' experience the skills required for safe navigation, with plenty of opportunity to practice skills, techniques and strategies along the way.

- 2-day enjoyable and sociable courses, based from a country pub
- Key skills you need to enhance your enjoyment of the UK hills or mountains
- Practically based within small groups (max. 8 per tutor)
- 2 full mountain walking days taking in the very best the Lake District has to offer

YOUR TUTOR



Mark Reid

Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of *'The Inn Way'* guidebooks



MOUNTAIN SKILLS - Lake District

Who's it for: Walkers who are interested in applying their existing countryside walking skills to the mountain environment. Ideally, participants will have an interest in and some experience of summer hill-walking, as well as a reasonable level of fitness.

What does it cover: Skills in map and compass, mountain weather forecasting, movement through steep ground, planning and preparation, emergency procedures, seasonal effects and the mountain environment all form the syllabus of this course.

Terrain areas: UK high mountain areas.

Course duration: 2 days

COURSE CONTENT - *an overview*

- Route and Walk Planning
- Weather Forecasts
- Walking Skills
- Clothing & Equipment
- Navigation Skills & Strategies in the hills and mountains
- Dealing with steep ground
- Looking after yourself on the mountains
- Hazards & Emergency Procedures
- Environmental Knowledge and the Mountain Environment

OUTLINE OF THE COURSE

On both days, we will walk classic Lakeland routes whilst looking at various skills along the way at appropriate opportunities. *All timings are approximate*

DAY ONE

9am: Meet at the village pub for tea/coffee and discuss the day ahead

9am - 10:30am: Introductions, learning objectives, weather, course structure, gear check

10:30am - 4:30pm: Full day's hill & mountain walk in the Lake District. We usually cover between 6 and 8 miles over the course of the day. The route will include rough/uneven/rocky terrain, steep ground, mountain terrain, stiles, stream crossings, paths and tracks and, possibly, adverse weather conditions, which will only add to the experience! There will be sustained steep ascents and descents.

4:40pm - 5pm: De-brief back at the village pub

7:30pm onwards: Meal at a the village pub, followed by a route planning for the next day's walk

DAY TWO

9:30am: Meet for gear check, weather forecast and discuss the day ahead.

10am - 4pm: Full day's fantastic mountain walk in the Lake District, where the group navigates the route they planned the night before, shadowed by the tutor (we usually walk slightly further on the second day and cover around 8 miles, although this is tailored for each group).

4pm - 5pm: Post walk drink and debrief then head home

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots. These must be waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Sunhat, sunscreen and sunglasses
- Warm hat and waterproof gloves, and spare gloves (even in summer!)
- Spare warm fleece
- Water bottle (1 - 2 litres) as well as a flask for hot drink
- Packed lunch (for both days)
- Lots of high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note:

We will provide you with OS maps and compass for the duration of the course. You need to provide your own suitable walking boots with sturdy cleated soles and ankle support.

WHAT'S INCLUDED

- ✓ Two day's mountain walking and skills training with a Mountain Leader
- ✓ Tea / Coffee on the first morning whilst we discuss the weekend
- ✓ Course folder (including course notes)
- ✓ Use of our outdoor gear if required.
- ✓ OS Map and compass for use during the course
- ✓ TeamWalking Loyalty Reward scheme (*issued on the course*)

Please note:

- All participants must provide their own walking boots, food (including packed lunch for both days), travel and accommodation. Vouchers issued on the course
- **Mountain Training:** all participants are required to register with Mountain Training (£20). This is a one-off cost and allows access to either or both courses. *Registration cost includes:* access to the Mountain Training Digital Logbook, copy of the 'Safety on Mountains' handbook, certificate of attendance, access to technical advice from Mountain Training

OTHER POINTS

- An interest in and some experience of summer hill-walking is required for this Mountain Skills course.
- All walks are tailored specifically for each group according to your needs, aspirations, experience and average fitness levels. However, a reasonable level of fitness is required as we will be walking across hills, fells and mountains.
- We usually cover between 6 and 8 miles over the course of each day, with plenty of rest stops to learn new skills. The terrain we will be walking across will include uneven ground, rough and rocky terrain, stiles, stream crossings, fields, moorland, hills, fells and mountains (including summits), tracks and lanes, as well as a number of steep ascents and descents; we may experience adverse weather conditions.
- The courses are not assessed and do not include climbing or the planned use of ropes.
- Our courses are suitable for all ages. Under 18s (*minimum age 14*) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.
- **TeamWalking is an Approved Provider of the Mountain Training 'Hill & Mountain Skills Scheme.**

Final details of this course will be sent to you approximately 2 weeks prior to the course

ANY QUESTIONS?

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IMPORTANT

- The hill and mountain environment is potentially hazardous with steep ground, remote terrain, adverse weather and challenging navigation. Walking in the hills and mountains must always be approached with caution and respect, as well as with an understanding of your own level of skill and ability, as well as your limits.
- Always plan and undertake a walk that is within your level of skill, experience and fitness given the weather and ground conditions on the day.
- Always walk in a group unless you are very experienced.
- Build up your hill/mountain and navigation skills slowly and gradually within the scope of your experience and within safe areas bounded by clear collecting features (roads, tracks etc). This will significantly reduce the possibility of becoming lost or misplaced.
- Always choose the 'line of least resistance' - keep to public footpaths, bridleways and tracks and avoid hazards wherever possible