



Snowdonia
Walking & Climbing
Walk Scramble Climb



**MOUNTAIN
TRAINING**



**Mountain Leader
Training**



Mountain Leader training course notes

Introduction

The Mountain Leader award was established to promote the safe enjoyment of the hills and mountains. The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in the mountains, hills and moorlands of the United Kingdom and Ireland, other than in winter conditions. The Mountain Leader scheme offers the opportunity to gain technical competence in leading walkers in the hills and mountains. It does not provide a rock climbing qualification, nor does it cover the skills required for the planned use of a rope.

The Mountain Leader training course aims to develop the technical skills, judgements and areas of knowledge deemed necessary to ensure an individual is safe to work within the scope of the award.

This is a 6 day course (minimum of 60 hours)

www.mountain-training.org/walking/skills-and-awards/mountain-leader

Prerequisites for the Mountain Leader training course

Before you book onto a Mountain Leader training course;

- You must be registered on the scheme
- You must have recorded a minimum of 20 Quality Mountain Days which can have taken place at any point (pre or post registration).

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.

Mountain Leader training course content

The course will cover the Mountain Leader syllabus which includes the following areas:

- Group management and the responsibilities of the group leader
- Navigation
- Access and the environment
- Hazards (including steep ground and rivers) and emergency procedures
- Equipment
- Expedition skills
- Weather
- Background knowledge

Detailed information on each of the above topics can be found in the [Mountain Leader Handbook](#), and the onus is on you to be competent in all of them by the time you come to assessment.



Potential outcomes

Following training, a course report will be completed. The results you can achieve are:

Completed: You have attended and completed the training course and met the prerequisite requirements.

Not yet completed: If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Mountain Leader assessment.

Insurance

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

Useful links

[Mountain Leader candidate handbook](#)

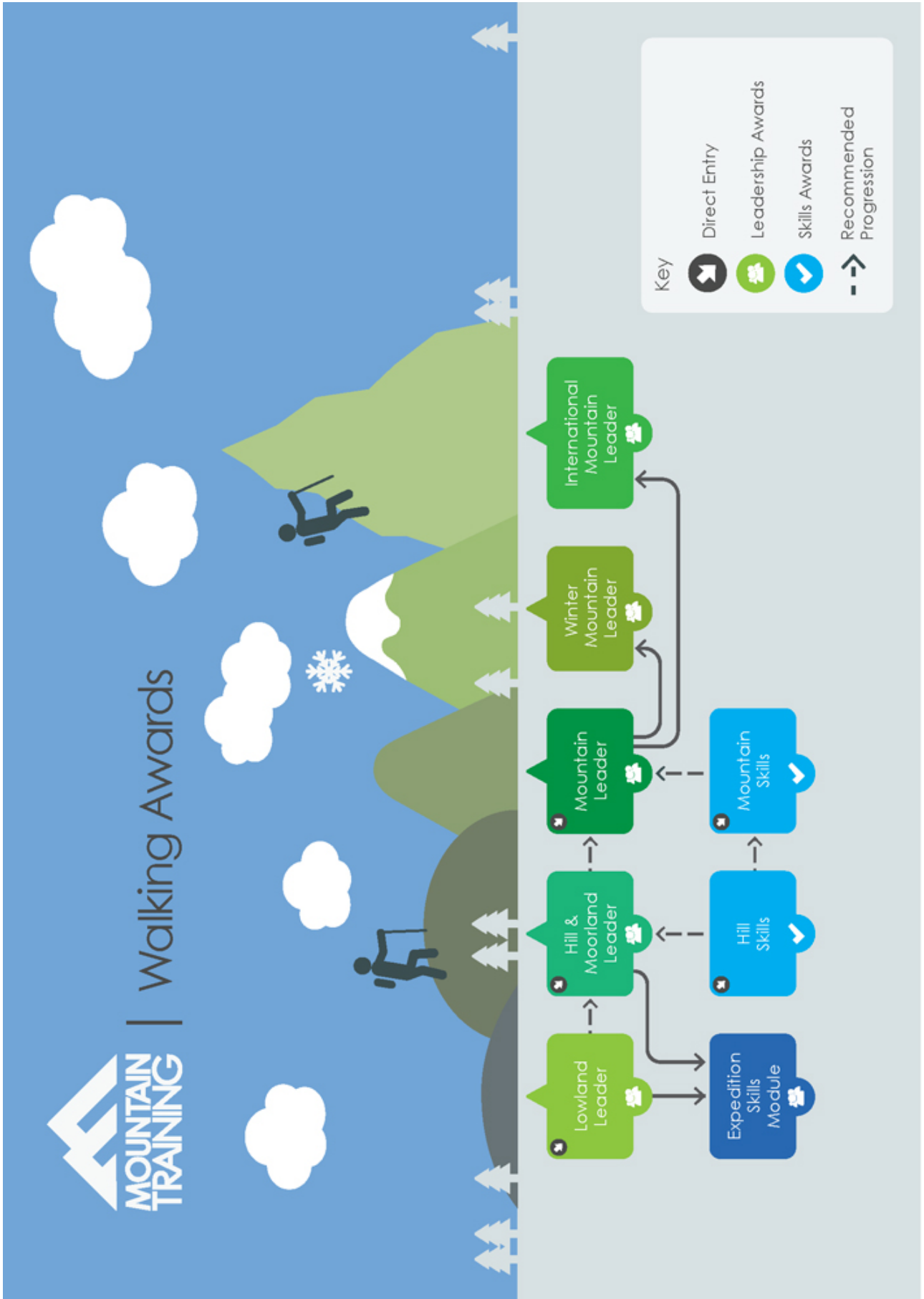
[Hillwalking by Steve Long: the official handbook for Mountain Training's walking schemes](#)

[Mountain Training's YouTube channel](#)

[Mountain Training's Reasonable Adjustment policy](#)

[Mountain Training Association](#)

[British Mountaineering Council](#)





Course programme

Provider: ***Snowdonia Walking and Climbing***

Course start date and time:

Meeting location: *Caban Cysgu, Bethesda, Gwynedd*

Cost: **£350 (this does not include Mountain Training registration fee)**

Day 1

- 0900 *Caban Cysgu Bethesda*
- Course introductions and Mountain Training ethos
 - Qualification pathways and scope of the scheme
 - Course programme
 - Outcomes
 - Discussion of prerequisites, qualifications and the Expedition Skills Module
 - About Mountain Training, the Mountain Training Association and Mountaineering Councils
- Introduction to:
 - Mountain navigation
 - Group Management
 - Access and conservation

Evening

- Weather
- Background information

Day 2

- Introduction and development of:
 - Weather interpretation
 - Navigation, walking and route finding in the mountains
 - Access and conservation

Evening

- Responsibilities of a Mountain Leader
- Introduction to:
 - Duty of care and responsibilities
 - Principles of safety management

Day 3

- Introduction to and development of:
 - Simple rope techniques
 - Mountain safety and emergency procedures
 - Improvised rescue
 - Basic searches
 - Mountain rescue

Day 4

- Introduction to and development of:
 - Navigation
 - Group management
 - Leadership strategies
 - Hazards of steep ground (with and without a rope)
 - Access and conservation



Evening

- Expedition planning
- Introduction to and development of:
 - Route planning
 - Expedition equipment and packing
 - Food and cooking

Day 5

- Mountain Expedition and overnight wild camp
- Weather interpretation
- Introduction to and development of:
 - Navigation
 - Group management
 - Access and conservation
 - Camp craft and associated equipment

Evening

- Poor visibility/ night navigation

Day 6

- Mountain Expedition
- Introduction to and development of:
 - Navigation
 - Group management
 - Access and conservation
 - Camp craft and associated equipment
 - River crossing

- Feedback

Discussion of Digital Logbook (DLOG) and personal action plans for consolidation period and assessment

The programme is subject to change to make best use of the weather and venues chosen for the course.



Equipment

Please ensure you have the following equipment (this list is not exhaustive):

- Appropriate mountain walking clothing
- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layer)
- Rucksack 30-40L and liner
- Walking boots
- Warm hat and gloves sun hat and sun screen
- Vacuum flask / water bottle
- Group first aid kit and personal medication
- Hand sanitiser
- Compass - recommend a Silva Type 4
- Relevant maps (1:25 000 and 1:50 000) for the area
- Climbing helmet - 1 can be provided if required
- Head torch + spare batteries
- Expedition rucksack 50-60l
- Mountain tent
- Sleeping bag
- Sleeping mat
- Stove/fuel
- Bowl/cutlery
- Toiletries, Trowel
- Notebook and pen

None essential but bring along if you have

- GPS / Altimeter
- Group shelter
- Walking / confidence rope

Course Fee & Registration with Mountain Training

Registration for the scheme

The prerequisites for registration are as follows:

- You must be at least 18 years old
- You should have at least a year's worth of experience of mountain walking
- You should have an interest in leading groups in the mountains
- You must be a member of a mountaineering council: BMC, Mountaineering Scotland or Mountaineering Ireland (you can join one when you register if you're not already a member) - [find out why](#)

If you can tick all of the above boxes, here's what to do next:

1. Create an account on our Candidate Management System or log in if you already have one.
2. **Register for the Mountain Leader scheme (this costs £49)** If you wish to attend the Mountain Leader Training course you need to register with Mountain Training.

Before you book onto a Mountain Leader training course, make sure you have done the following:

- You must be registered on the scheme



- You must have recorded a minimum of 20 Quality Mountain Days (ideally on recorded on DLOG) which can have taken place at any point (pre - or post-registration)

The registration fee does not include:

The course fee (this is managed by Snowdonia Walking & Climbing)
Equipment needed for participation in the course
Personal accident insurance
Food and Accommodation
Transport to and from training venues

The course fee is £350 per person

Bank: First Direct.

Account name: R Bale

Account number: 35211808

Sort code: 40-47-60

PAYM 07775 623323

Accommodation

The course fee does not include accommodation and you are welcome to make arrangements to stay wherever you like. The course will be run from Caban Cysgu bunkhouse and this makes an excellent base. Bethesda is well served with supermarkets, takeaways and pubs and it's minutes to the hills.

Details here (booking to be made direct with Dewi at Caban Cysgu). www.cabancysgu-gerlan.co.uk Caban Cysgu LL57 3TG