

Mountain Skills



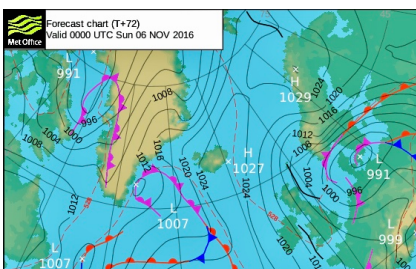
What does the Mountain Skills course cover?

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 minimise your impact on the hill, information on good practice and useful organisations.

Hazards and emergency procedures in the mountains – how to respond to any hazards you encounter and what to do in an emergency.

You can expect 2 full days of walking in the mountains – at a relaxed pace to practice skills and enjoy the scenery.

Location

The course will be conducted over 2 days in the mountains of North Snowdonia and will meet each day in Capel Curig. Betws y Coed, Capel Curig, Bethesda, Beddgelert or Llanberis would all be suitable bases for accommodation.



Personal Equipment

Essential Items

Small rucksack (back pack) – big enough to carry your personal equipment and food and drink. A waterproof liner or plastic bag is highly recommended to keep things dry.

Waterproof jacket and over trousers. Jacket must have a hood. A hard shell type jacket (without padding or insulation) is recommended.

Insulating jacket or jumper. Polyester type fleece is recommended.

Warm hat and gloves.

Walking boots or sturdy trainers. – ideally with a reasonably stiff sole.

Food and drink.

Recommended Items

Compass – Silva baseplate type is recommended. These can be provided for the course so if you need to buy one maybe wait until after the course.

I recommend avoiding using cotton clothing. Cotton holds the water and is slow to dry which will cause you to become cold and uncomfortable. A nylon / polyester type next to skin or baselayer is recommended. Denim jeans are not recommended.

Course Fee & Registration with Mountain Training

Registration for the scheme

If you wish to attend the Mountain Skills course you need to register with Mountain Training. The registration is a one-off cost.

For 14-17 yrs: £10

For 18 yrs and Over: £20



1 Create an account on the Mountain Training website

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

2 Register for the Hill & Mountain Skills (HMS)

The registration fee includes the following:

A copy of the Safety on Mountains book

Navigational timing card

A certificate of attendance for completing either course

Lifetime use of DLOG (our digital logbook) for recording all mountain related activities



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

The course fee is £100 per person or £70 for under 18's. Under 18's must be accompanied by a participating parent or legally appointed guardian.

Bank: First Direct.

Account name: R Bale

Account number: 35211808

Sort code: 40-47-60

PAYM 07775 623323

Physical fitness and medical conditions

Mountain walking requires a good level of personal fitness. You are responsible for ensuring you are physically fit enough to complete the day.

If you are on any medication or have any medical conditions that may cause a problem during the day you are politely requested to inform your instructor (e.g. asthma – carry an inhaler, diabetes etc.).

Cancellation and refunds

For activities cancelled by me, (not including weather cancellations*) you will receive a full refund.

No refunds for cancellations by yourself within 7 days of activity commencement.

For any weather cancellations I will refund 25%. This assumes that no activity takes place. It is rare that conditions are so bad that a modified itinerary cannot be completed.

*weather cancellations happen when the safety of participants is compromised by, for example, high wind.