

Multi-Day Mountain Skills

6B



AT THE EDGE MOUNTAINEERING
"Your greatest failure is not to try"



Dartmoor / Snowdonia / The Lake District | 0900 – 1630 | 5 Days

INTRODUCTION

The aim of this course is to develop your skills in the UK mountains and progress you to become more independent in the mountains in Summer conditions (no snow or ice). We will begin the week by going through basic navigation in easy terrain before heading higher and onto more complex terrain, conditions dependent. The last 2 days of the course will see us heading into the mountains on a 2-day mini expedition, putting your navigation skills to the test and discovering the world of wild camping.

PREVIOUS EXPERIENCE

No previous experience is required but a little knowledge of the basic kit and equipment for hill and mountain walking is recommended.

COURSE CONTENT

- All navigational content of my **COMPLETE NAVIGATION** course
- **WILD CAMPING** course content
- Leave no trace
- Environmental impacts of hill walking and wild camping
- Access and laws surrounding hill walking and wild camping
- SCRAMBLING and movement over steep ground skills
- Mountain weather and conditions
- Planning a route
- Kit and equipment

WHY CHOOSE AT THE EDGE MOUNTAINEERING

Our Values and Ethos

Our ethos is to inspire you to get out and start enjoying the hills, mountains and crags of the UK. We want to help develop your skills and see you progress towards becoming an independent hill walker, mountaineer and/or climber. Mountaineering and climbing is our passion! Our instructors radiate this passion and we want to share this love of the mountains and crags with you too.

Flexibility

Our 'course content' gives you an idea of what we will cover on the day, but this is not a set-in stone list. At the beginning of a course, our instructors will ask what you want to achieve by the end of the course and will endeavour to achieve this for you. If you and the group pick up the skills early on, there is no reason why we cannot progress and teach you more. And course timings are flexible too. We will aim to finish around 1630-1700 on most of our courses, but if you have no plans after the course and the weather is good, why rush going home.

Quality Instruction

We strive to give you the best possible experience on every course! We want you to learn as much as possible in a safe and comfortable environment and offer an action-packed day in the hills and mountains and on the crags. Our aim is for our instructors to transfer their passion for the outdoors to you.

Experienced Instructors

All of our instructors are qualified mountain leaders and rock climbing instructors as a minimum, members of professional associations, first aid trained and fully insured. Our instructors experience stretches from climbing on the Tors of Dartmoor to ski mountaineering in the Alps! We have intimate knowledge of all the areas our courses are based and have spent many days, weeks and months personally climbing, walking and training in these areas.

Friendly Atmosphere

From the moment you first meet your instructor, you will be welcomed into a friendly and relaxed environment. Our aim is to make all our courses as friendly and relaxing as possible. Whilst you learn new skills, we want to find out more about you and get to know you too! And vice versa. Get to know your instructors and fellow course mates and make new friends to enjoy the hills, mountains and crags with.

BRIEF ITINERARY

- 09:00** Meet & Greet
Course intro & briefs
- 09:45** Prep for walking
- 10:00** Start our day in the Hill
- 13:00** Stop for lunch
- 16:30** Course finish, debrief & Thanks

WHAT'S INCLUDED?

- Planning.
- Organisation.
- Resources.
- Specialist equipment (if required).
- Delivery of the course and instruction.



WHAT'S NOT INCLUDED?

- Transport to and from course location.
- Accommodation.
- Personal kit and equipment.
- Your own personal holiday insurance to cover you for damages/accidents/travel delays etc.
- Food and drink

INSTRUCTORS

All of our instructors are qualified Mountain Leaders who are members of the Mountain Training Association (MTA).



MAPS/BOOKS/RESOURCES

Prior to your course, you may want to buy your own maps, navigational aids or do some home learning. Below is a list of resources that you will benefit from before attending your course:

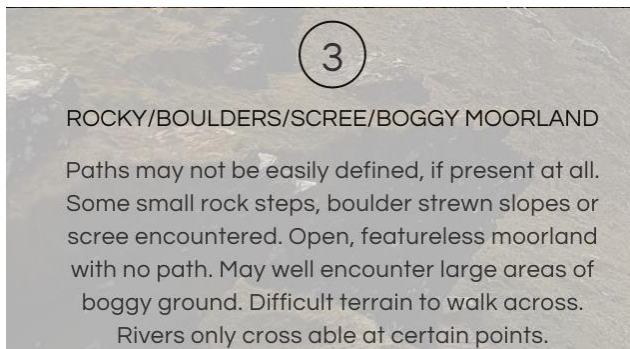
- Harvey Maps – Superwalker XT25
- OS Maps - Explorer 1:25 000 scale
- 'Navigation in the Mountains' - Carlo Forte
- 'Hill Walking' – Steve Long
- www.shavenraspberry.com (Navigational aids)
- [At The Edge Mountaineering Online Navigation Course](#)
- [At The Edge Mountaineering – Navigation Resources Page](#)



COURSE GRADING AND FITNESS – 6B CHALLENGING

How this course is graded:

TERRAIN

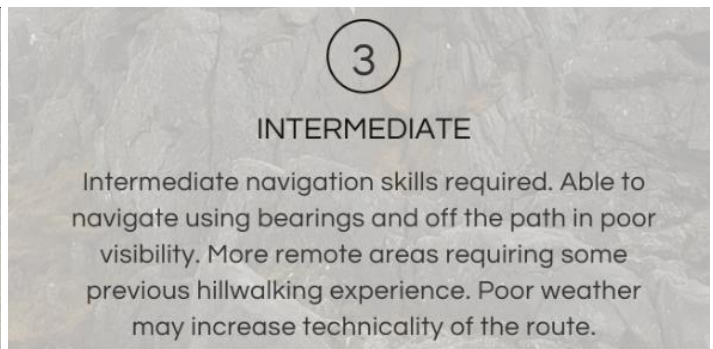


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ROCKY/BOULDERS/SCREE/BOGGY MOORLAND

Paths may not be easily defined, if present at all. Some small rock steps, boulder strewn slopes or scree encountered. Open, featureless moorland with no path. May well encounter large areas of boggy ground. Difficult terrain to walk across. Rivers only cross able at certain points.

TECHNICAL



3

INTERMEDIATE

Intermediate navigation skills required. Able to navigate using bearings and off the path in poor visibility. More remote areas requiring some previous hillwalking experience. Poor weather may increase technicality of the route.

FITNESS



B

GOOD LEVEL

Up to 8 hours of walking with a rucksack carrying all hillwalking essentials across rough terrain. Between 10km - 18km. Largely pathless terrain in more remote areas covering rugged terrain. Possible small rock steps to negotiate. Ascent of 700m - 1000m mostly over rocky terrain.

HOW TO BOOK & CONTACT

If you would like to book a place on this course, either send us an email or head to our website and pay online. A non-refundable 25% deposit will secure your place. For online bookings, you can either pay in full via Paypal or select Manual Payment. You will receive an email confirmation and we will then send you a booking form and invoice with payment details.

If you have any other questions, check our [FAQ](#) page or feel free to send us an email and we will aim to reply within 24 hours.

www.attheedgemountaineering.co.uk

info@attheedgemountaineering.co.uk

+44 7703 632 133

> [BOOK YOUR PLACE HERE](#) <

EXTENDING YOUR COURSE / BESPOKE & 1:1 BOOKINGS

Do you have a thirst for more? Do you want to develop a certain area of your navigation? After attending one of our courses, you may wish to further develop your skills with a day of private instruction. These will be bespoke days, tailored to you, your aims and what you want to focus on and achieve. Private/bespoke days after a course are a great way to really develop your skills and progress at your pace, under the watchful eye of a qualified instructor.

Chat to your instructor during your course about private instruction days following your course or get in touch with us via email:

info@attheedgemountaineering.co.uk

We look forward to seeing you soon!



KIT LIST

CLOTHING		
	Wicking base layer	Long sleeved or T-Shirt Synthetic (polyester) or natural material (wool) but <u>not cotton</u> .
	Mid layer - fleece	A light-weight fleece layer
	Walking trousers	Lightweight, wind resistant and fast drying. <u>Not jeans/denim</u>
	Warm jacket	A synthetic filled warm jacket to put on over all your layers. Primaloft fill as an example.

Waterproof jacket	Waterproof, breathable material such as Goretex or similar. Must have a hood.
Waterproof trousers	Waterproof, breathable and light-weight material such as Goretex or similar
Warm hat	Beanie type, woollen hat
Gloves	Warm, softshell or woollen gloves.
Walking socks	
Walking boots	Waterproof hill walking boots offering ankle support. Must have been worn before to break them in
Sun hat	
Buff	Protects the neck from sunburn and/or keeps the chill out.
GENERAL EQUIPMENT	
Rucksack	30 litre pack will be sufficient to carry spare layers, water and food for the duration of the day.
Waterproof lining	1 large waterproof drybag or tough rubble sack to waterproof the inside of your rucksack. Or several smaller drybags to waterproof kit individually.
Water bottle/Hydration bladder	1 litre bottle minimum. <u>Not single use plastic bottles.</u> Recommended to bring 2 full water bottles or 1 hydration bladder and 1 bottle.
Food	Easy to eat hill snacks, chocolate, fruit and nut mix, sandwiches etc.
Personal First Aid kit	Assortment of plasters, blister plasters (like Compeed), zinc-oxide tape, paracetamol, hydration powder sachets.
Sunglasses & cream	
Watch	With a stopwatch function
Notepad and pens/pencil	Ideally waterproof or in a waterproof bag.
Small torch/headtorch	
WILD CAMPING	
Sleeping Bag	Mummy style synthetic bag with a temperature limit of 0°C. Down bags acceptable if combined with a bivi bag.
Sleeping Mat	Full length foam or inflatable mat
Tent	3 season lightweight mountain tent. NOT festival or pop-up tent. Look for DofE recommended tents as examples.
Plastic Bowl & Mug	
Spoon/Spork	
Gas Cooker, Pots and Gas	Small gas cooker and compatible gas canister. Something like a Jetboil or small screw on gas cooker. Camping style lightweight pots to cook in.
Food for duration	2 days of food to include: 2x lunches, 1x breakfast, 1x dinner, snacks.
Spare Clothes	Complete set of spare clothes to include socks and base layers. MUST be stored in a waterproof bag/drybag.
Wash Kit & Toilet Paper	Toothbrush & paste, Small hand towel & soap, small bottle of Talc etc keep it small, there are no showers!
OPTIONAL EXTRAS	

	Walking Poles	
	Lip balm	With SPF
	Flask	With a hot beverage of your choice!
	Camera	
	Gaiters	To add more protection to your boots and lower leg. A MUST for Dartmoor!
	Map & map case	Map of the area (see MAPS/BOOKS/RESOURCES section above). Must be in a waterproof map case.
	Compass	Ideally a long base plate style compass such as the SILVA expedition 4.