

Navigation & Scrambling

The Lake District



NAVIGATION AND SCRAMBLING OVERVIEW:

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 tackle Classic Scrambles. By the end of the week, you will be navigating from the car park to the base of a scramble, safeguarding yourself and the group up the scramble and navigating back to the pub for a well earned pint...or two!

WHERE SHALL I MEET YOU?:

On **Day 1** of the course, we will meet at the Catsbells Car Park, near Gutherscale Lodge, CA12 5UE (see map at the end)

COURSE TIMINGS:

We will meet at 09:00 and hope to be finished by 17:00

A BRIEF DAY ITINERARY:

09:00 Meet & Greet (Course intro & briefs)
09:30 Prep for walking / Start our day in the Hill
13:00ish Stop for lunch
17:00 Course finish, debrief & Thanks

SAMPLE WEEK ITINERARY:

DAY 1: Into to Nav, Catsbells
DAY 2: Intermediate Nav, Highstreet
DAY 3: Advanced Nav, Shap Hills
DAY 4: Intro to Scrambling, *Steel Edge*, Wetherlam
DAY 5: Classic Scramble, *Striding and Swirral Edge*, Helvellyn

This is a sample Itinerary. Areas are subject to change due to conditions and/or group ability.

Head to my FAQ page on my website for more general information

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PREVIOUS EXPERIENCE

This course requires you to have a little knowledge of hill and mountain walking either through guided days or easy walks. The course is intensive and requires you to have a good level of fitness as we will be spending all day in the mountains. A good head for heights is recommended for scrambling.

DETAILED DAY TO DAY INFO:

DAY 1: The first part of the morning will either be spent indoors going over some theory of navigation before heading outside or meeting at the start of our walk and covering theory in the afternoon. We will cover:

- Conventional Symbols
- Maps scales and the grid system
- Orientating the map to the ground
- Identifying and using handrails
- Parts of a compass
- Contours and large features
- Measuring Distances
- Simple relocation

Day 2: We will start venturing off the beaten track and into more remote environments. The course will take you away from footpaths and over some rough terrain. The skills we will cover include:

- Different types of maps and scales
- Grid references
- Pacing and Timing
- Naismiths rule
- Route planning
- Compass bearings
- Attack points
- Aiming off
- Catching Features
- Tick off features
- Smaller contour features
- Intro to poor visibility/night navigation
- Relocation techniques

Day 3: The idea is to start looking at the finer details and to get lost! (and then find our way back again) The skills we will cover include:

- Accurate compass work
- Map memory
- Contour only navigation
- Small contour features
- Micro navigation
- Aspect of slope

- Map memory

Other Info:

The course ratio of instructor to clients is 1:6 for the navigation and 1:4 for the scrambling. Another qualified instructor will be required for the scrambling if more than 4 people have booked onto the course.

Meeting points for each day will be discussed the day before.

Day 4: We will spend the first part of the day on some steep ground going through the basics in a comfortable environment before heading off to tackle a classic mountain scramble to develop these skills in context. The skills we will cover include:

- Navigation
- Movement techniques over steep ground
- Guidebook interpretation
- Route choice
- Safeguarding yourself and members of the group

Day 5: The last day will see us tackling another classic scramble, this time you will put everything you have learnt over the past week into action!

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SCRAMBLING GRADES EXPLAINED

GRADE 1

Most difficulties can usually be avoided if need be and exposure is minimal. Route finding isn't usually a problem and generally straight forward. The use of a rope is not normally required and most scrambles can be attempted in all but the worst conditions.

GRADE 2

These scrambles are more serious than the above with greater exposure and more difficult situations. Loose rock and difficult route finding may require careful judgement. A rope may be required to safeguard a small rock step or technical descent.

GRADE 3

Involves difficult moves in exposed situations. A rope and climbing equipment will be required with knowledge of how to protect a route. Route finding is usually difficult. Grade 3 scrambling extends into easy rock climbing. AT THE EDGE MOUNTAINEERING will not be operating in this area!

WHAT ELSE WILL WE COVER

- Weather knowledge
- Risk assessing
- Safety and emergency procedures.
- Appropriate equipment
- Access and conservation issues
- Looking after the mountain environment

BOOKS, MAPS AND RESOURCES

- Harvey's Maps, Superwalker Xt25 Lake District North, 1:25,000
- Harvey's Maps, Superwalker Xt25 Lake District North, 1:25,000
- Harvey's Maps, British Mountain Maps, Lake District 1:40,000
- OS Maps, OL4, 5, 6 & 7 – Explorer 1:25,00
- Lake District Scrambling Guidebook – North/South (Cicerone Press)
- 'Classic Mountain Scrambles in England and Wales' – Graham Thompson
- 'Hill Walking' – Steve Long

LIST OF CLASSIC GRADE 1 MOUNTAIN SCRAMBLES

Lake District

- Striding Edge & Swirral Edge (Helvellyn)
- Sharp Edge & Halls Fell Ridge (Blencathra)
- Jack's Rake (Pavey Ark)
- Steel Edge & Wetherlam Edge (Wetherlam)
- Lord's Rake & West Wall Traverse (Scafell)
- Long Crag (Coniston)

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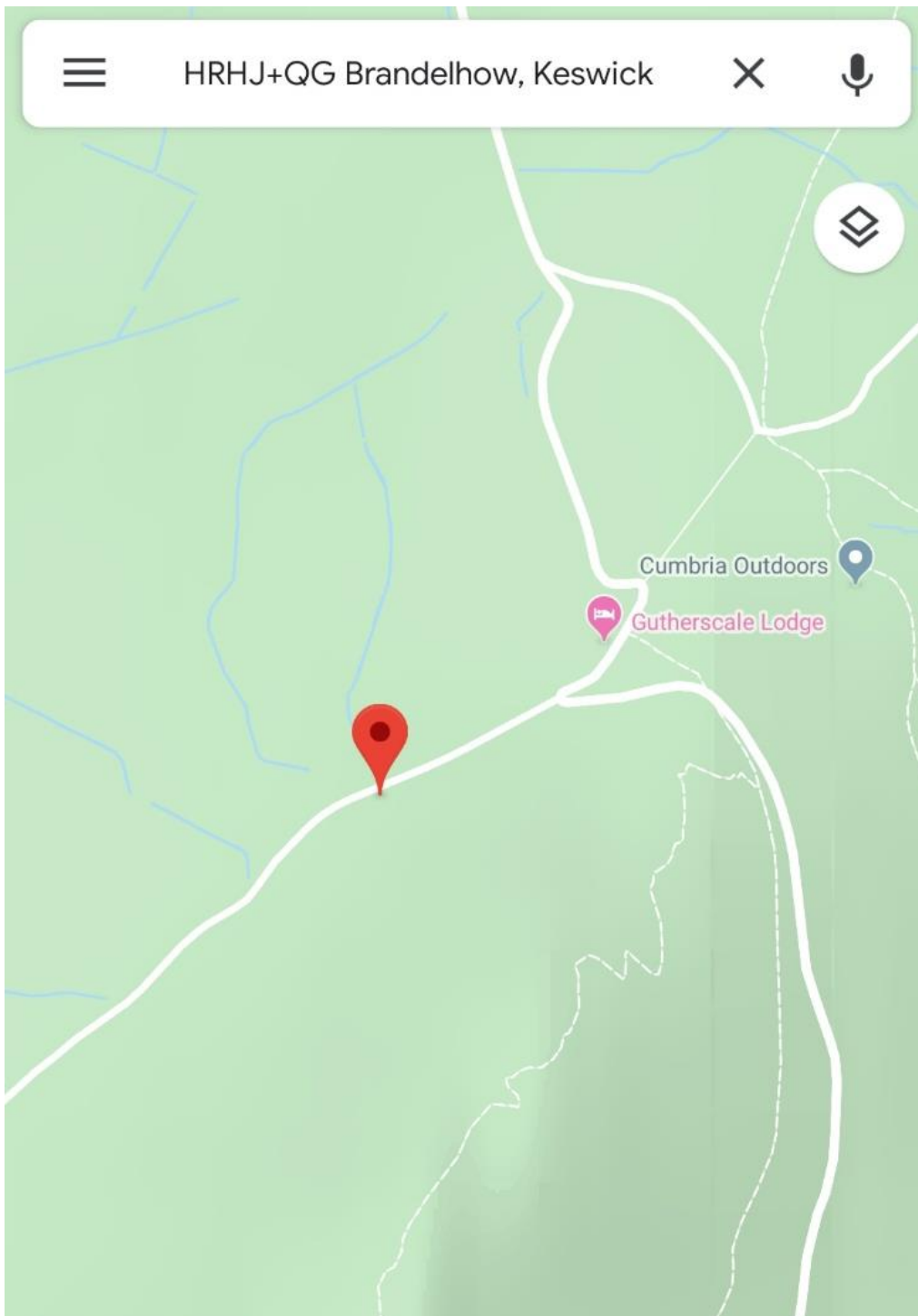
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Meeting point day 1:

Catsbells Car Park

(Type the following into Google Maps search bar:

HRHJ+QG Brandelhow, Keswick



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