

Navigation & Scrambling

Snowdonia National Park, North Wales



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



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 Moel Siabod Cafe: A5, Capel Curig, Betws-y-Coed LL24 0EL .

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, Cwm Idwal
DAY 2: Intermediate Nav, Glyders area
DAY 3: Advanced Nav, area North of Capel Curig
DAY 4: Intro to Scrambling, Moel Siabod, Dae'r Ddu Ridge
DAY 5: Classic Scramble, Tryfan, North Ridge

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 be spent indoors going over some theory of navigation before heading outside. 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!

BOOKS, MAPS AND RESOURCES

- Harvey's Maps, Superwalker Xt25 Snowdonia North, 1:25,000
- Harvey's Maps, British Mountain Maps, Snowdonia North 1:40,000
- OS Maps, OL17 – Explorer 1:25,000
- OS Maps, OL18 – Explorer 1:25,000
- 'North Wales Scrambles' – Gary Smith (Northern Edge Books)
- 'Classic Mountain Scrambles in England and Wales' – Graham Thompson
- 'Hill Walking' – Steve Long

LIST OF CLASSIC MOUNTAIN SCRAMBLES

NORTH WALES

- Crib Goch and the Snowdon Horseshoe
- Tryfan North Ridge (Tryfan)
- Bristley Ridge (Glyder Fach)
- Seniors Ridge (Glyder Fawr)
- Llech Ddu Spur (Carnedd Dafydd)
- Y Gribin Ridge (Y Gribin)
- Daear Ddu Ridge (Moel Siabod)

WHAT ELSE WILL WE COVER

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

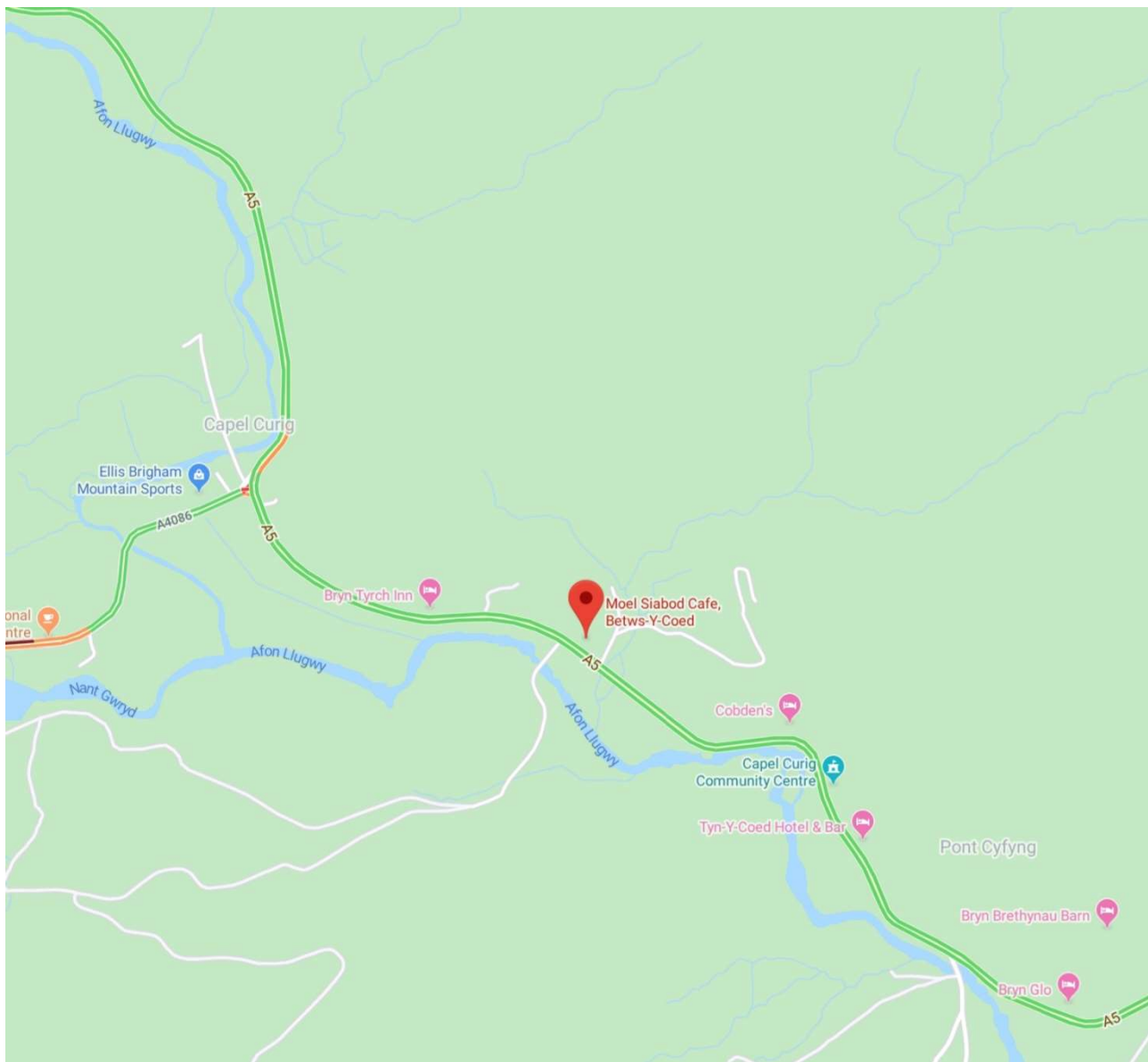
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