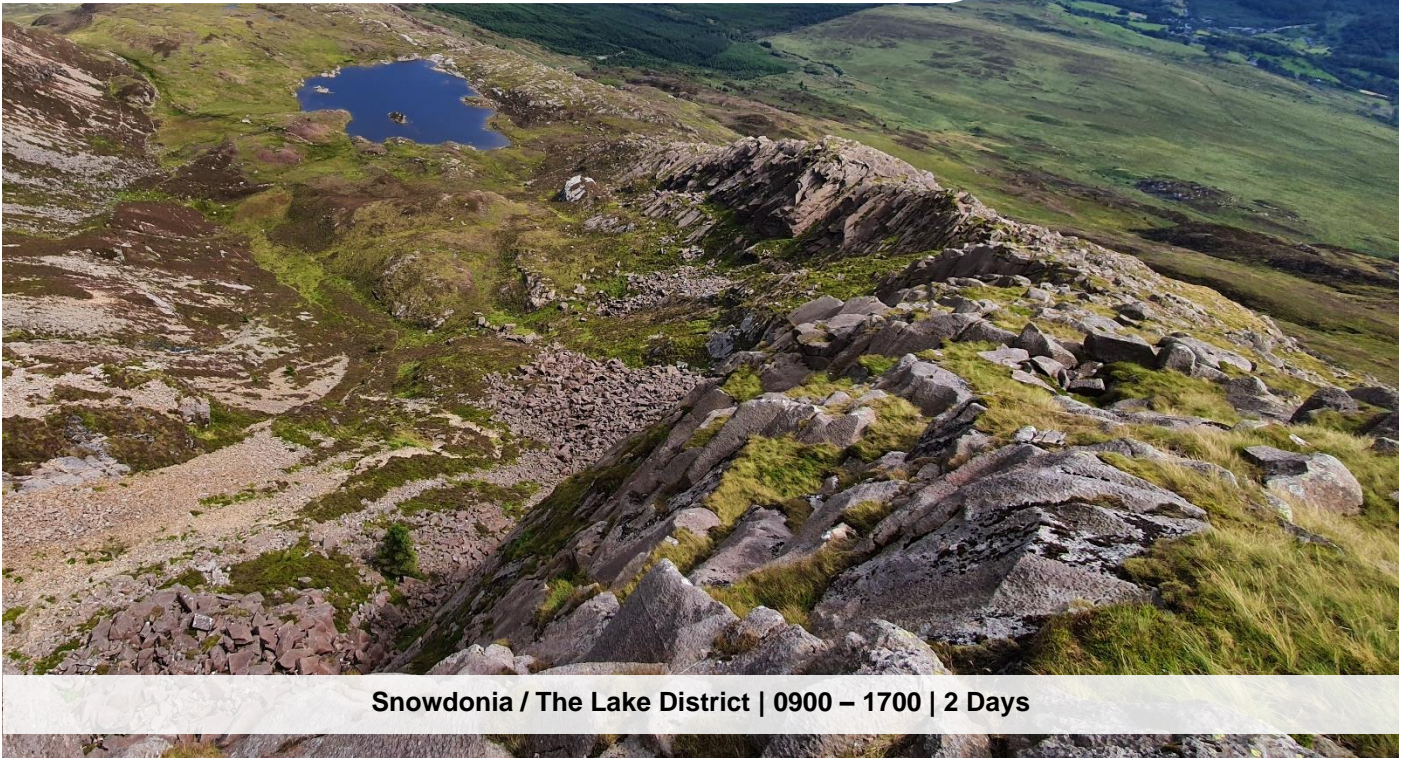


Introduction to Scrambling

10C



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



Snowdonia / The Lake District | 0900 – 1700 | 2 Days

INTRODUCTION

The aim of this course is to take you away from the footpaths on the mountains and introduce you to more technical terrain via mountain scrambling. This is a fully intensive course over 2 days, covering lots of technical ground with big exposure and some even bigger drops!

PREVIOUS EXPERIENCE

You will require to be an experienced summer hill walker with good knowledge of the mountain environment. This course is intensive and requires you to have a good level of fitness as we will be spending all day covering lots of technical ground. A good head for heights is recommended.

COURSE CONTENT

Day 1:

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

Day 2:

- Consolidating the skills learnt from day 1
- Tick off a Classic Scramble!

What else will we cover:

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

SCRAMBLING GRADES AND ROUTES

GRADE 1 SCRAMBLES EXPLAINED

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.

LIST OF CLASSIC SCRAMBLES

NORTH WALES

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

LAKE DISTRICT

- Striding Edge and Swirl Edge (Helvellyn)
- Sharp Edge (Blencathra)
- Jacks Rake (Pavey Ark)
- Long Crag (Conistone)

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
- 09:30** Prep for walking
- 09:45** Start our day in the Hill
- 13:00** Stop for lunch
- 17:00** 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
 - British Mountain Map
- Explorer 1:25 000 scale map of the area
- **'North Wales Scrambles'** – Gary Smith (Northern Edge Books)
- **'Lake District Climbs and Scrambles'** – Stephen Goodwin (Vertebrate Publishing)
- **'Classic Mountain Scrambles in England and Wales'** – Graham Thompson
- **'Hill Walking'** – Steve Long
- www.shavenraspberry.com (Navigational aids)
- [At The Edge Mountaineering – Scrambling Resources Page](#)





COURSE GRADING AND FITNESS – 10C STRENUOUS

How this course is graded:

TERRAIN

5

SCRAMBLING

Grade 1 scrambling terrain. Steep, rocky ground with large rock steps. Exposed drops along route, possibly on an exposed rocky ridge. Hands required for large parts of the route. Serious terrain.

TECHNICAL

5

MOUNTAINEERING

Scrambling and movement over steep ground skills required. High mountain environment and very remote. Complex terrain requiring advanced navigation skills.

FITNESS

C

HIGH LEVEL

8+ hours of walking and/or multi-day route. Over 1000m of ascent. 18+km (possibly less of scrambling) in remote areas mainly on rocky, pathless and complex terrain, encountered throughout. Expect sections of scrambling.

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. Not single use plastic bottles. 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	
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.