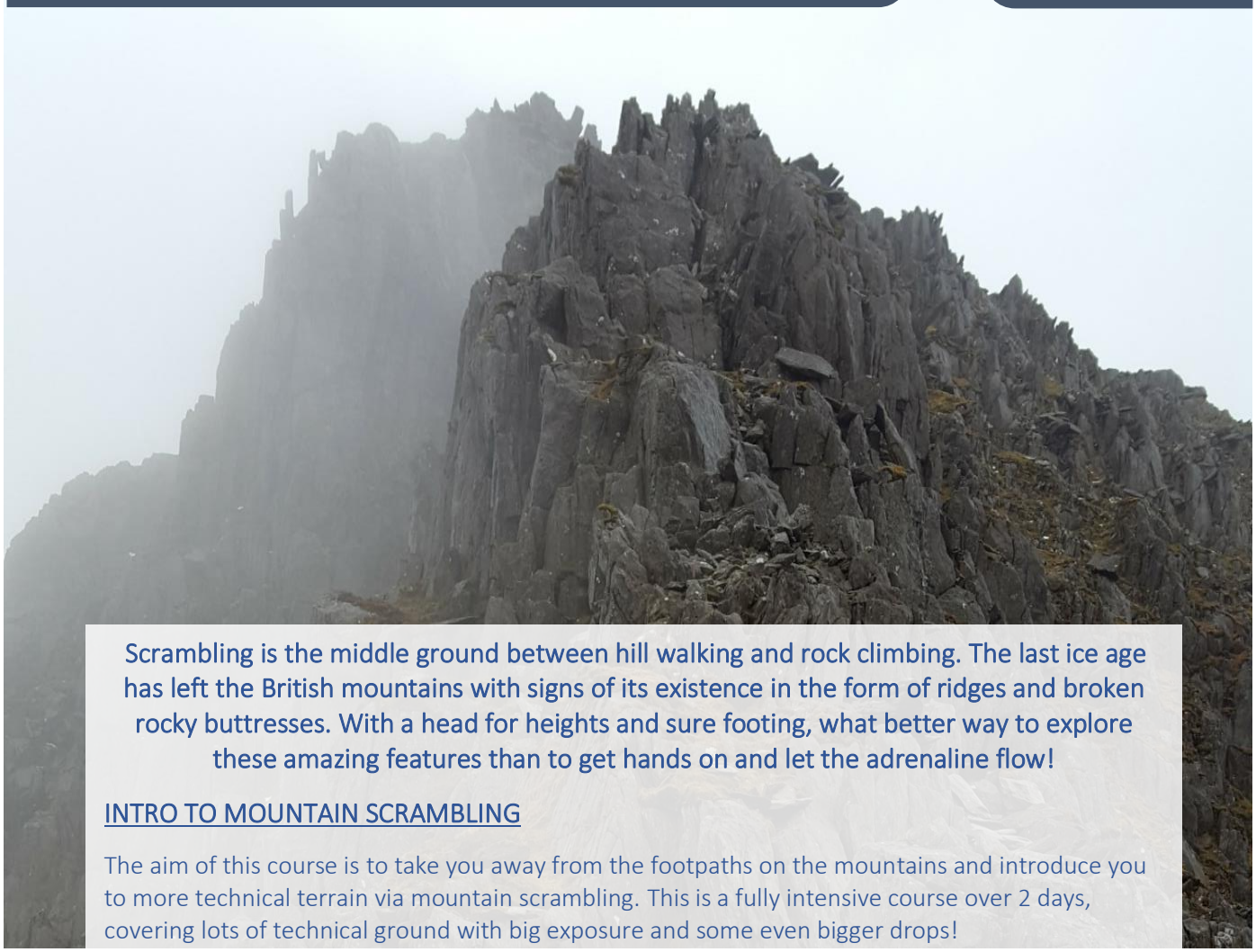
Scrambling

location



Scrambling is the middle ground between hill walking and rock climbing. The last ice age has left the British mountains with signs of its existence in the form of ridges and broken rocky buttresses. With a head for heights and sure footing, what better way to explore these amazing features than to get hands on and let the adrenaline flow!

INTRO TO MOUNTAIN SCRAMBLING

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!

Day 1: 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 2: The second day will see us tackling another classic scramble and looking at more technical skills. These skills include:

- Use of a rope to safeguard ascent and descent
- Consolidating the skills learnt from day 1

WHERE SHALL I MEET YOU?

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

BRIEF ITINERARY:
09:00 Meet & Greet
Course intro & briefs
09:45 Prep for walking
10:00 Start our day in the Hill
13:00ish Stop for lunch
17:00 Course finish, debrief & Thanks

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

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PREVIOUS EXPERIENCE

Both the **INTRO TO SCRAMBLING** and **CLASSIC MOUNTAIN SCRAMBLES** course require you to be an experienced hill walker with good knowledge of the mountain environment. Both course are intensive and require 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.

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 RESOURSES

- 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

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)
- West Ridge (Moel Siabod)
- Pinnacle Ridge (Pen Yr Ole Wen

LAKE DISTRICT **(RED = Grade 2)**

- Striding Edge and Swirl Edge (Helvelyn)
- Sharp Edge (Blencathra)
- Jacks Rake (Pavey Ark)
- Long Crag (Coniston)
- Climbers Traverse (Great Gable)
- Cam Crag Ridge (Cam Crag)

WHAT ELSE WILL WE COVER

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