

# Multi-day Mountain Skills



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



Sometimes a day here and there just doesn't cut it when learning new skills. Instead, it might be easier to do an all intensive several days, combining all the elements in several big mountain days. What's better than learning to navigate whilst ticking off classic scrambles, summing mountains and maybe even sleeping amongst the giants themselves!

## MULTI-DAY MOUNTAIN SKILLS

An action-packed week to turn you into a mountaineer! We will cover elements of navigation, scrambling and wild camping.

This course is a combination of my [COMPLETE NAVIGATION](#), [WILD CAMPING](#) and [MOUNTAIN SCRAMBLING](#) courses.

This week can be tailor made to the group, so if you're a navigation wizard, we can focus more on the scrambling and wild camping aspect, whilst at the same time, utilising your navigation skills.

### AIMS:

By the end of this course, you will:

- Be able to plan and implement walks and overnight camping in the hills and mountains of the UK in 'summer' conditions
- Start to develop the skills to tackle Grade 1 scrambles
- Start to become a more independent hill and mountain walker
- Have experienced lots of quality mountain days!

### WHERE SHALL I MEET YOU?

*(Details specified when booking)*

### COURSE TIMINGS:

We will meet at 09:00 and hope to be finished by 17:00 on all days.

(other timings will be discussed during the course)

### 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

**17:00** Course finish, debrief & Thanks

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

[www.attheedgemountaineering.co.uk](http://www.attheedgemountaineering.co.uk)

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## **CONTENT:**

On this course, we will cover the following:

- 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

## **MORE DETAILS**

**DAY 1:** We will meet in a café on the first morning where we will meet and greet over a hot beverage and breakfast. We will go through the plan for the week and plan a route for the first day.

We will then take a short drive to the start point of our first mountain day. During our day in the mountains, we will go through navigation training and talk about all things mountains!

We will return to the café, recap and review the day and discuss the plan for the following day.

**DAY 2:** We will embark on a bigger mountain day at a pre-determined location. This day will focus on developing your navigation skills.

**DAY 3:** On this day, we will venture onto a classic mountain scramble and look at scrambling and steep ground skills. This will more than likely be a shorter day on the mountain as the afternoon will be spent planning and preparing for the overnight wild camping expedition over the next two days.

**DAY 4:** The start of our Wild camping expedition! We will spend the day walking in the mountains. This will give you the chance to put your navigation skills to the test. You will navigate us to our camp site where we will set up camp, cook dinner and admire the mountains as the sun sets. There will be the option to go on a night nav that evening.

**DAY 5:** We will strike camp and continue with our expedition. Upon return to our start location, we will debrief the week and say our goodbyes, or head to a pub for a late lunch!

## **PREVIOUS EXPERIENCE**

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

I will send out information prior to the course start date with all the info you need to purchase kit and equipment if need.

## **WHAT'S NOT INCLUDED**

At The Edge Mountaineering DOES NOT provide tents, sleeping bags or stoves. However, I can offer advice to you to help you with purchasing kit and equipment if needed.

- Food, transport and accommodation. It is down to you to organise your own transport and accommodation. You will need to book accommodation for the night prior to the course start date, then nights 1,2 and 3 (possibly 5 if you decide to stay after the course has finished)

## **MAPS/BOOKS/RESOURCES**

*(Specific maps will be specified when booking)*

- Harvey Maps
  - Superwalker XT25
  - British Mountain Map
- Ordnance Survey Map - Explorer 1:25 000 scale
- 'Hill Walking' – Steve Long

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