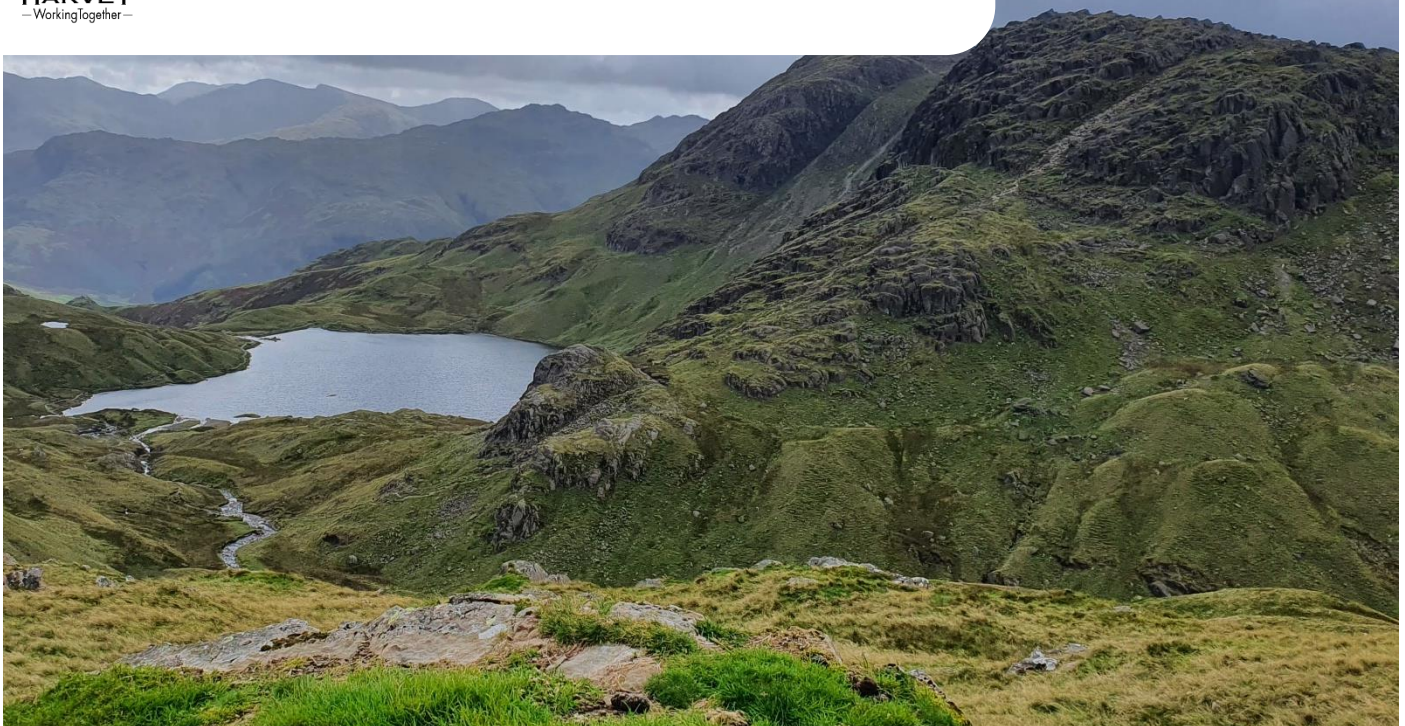


Guided Mountain Walks



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



Dartmoor / Snowdonia / The Lake District | 0900 – 1630 | FROM 1 Day

INTRODUCTION

The aim of one of our Guided Mountain Walks is, quite simply, to get you to the summit of a mountain and to enjoy the mountain environment! What better feeling is there than standing on the top of a mountain and looking out across the views (hopefully!) relishing in your achievement.

We will do our utmost to get you to the summit but please be aware that your safety is our primary concern. There is always the possibility that we may not make the summit due to many factors. But don't feel disheartened! Enjoy the experience and develop as a hill and mountain walker. Our aim is to develop you to become independent in the hills and mountains so if we don't make the summit, you will have the experience and knowledge to attempt the mountain another day, independently.

PREVIOUS EXPERIENCE

No previous experience is required, however for more advanced peaks, some knowledge and experience in hillwalking is desired.

COURSE CONTENT/WHAT TO EXPECT

- Mountain Flora and Fauna
- Mountain Geology
- Weather knowledge
- Risk assessing
- Safety and emergency procedures.
- Appropriate equipment
- Access and conservation issues
- Looking after the mountain environment
- Planning a route
- Kit and equipment

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

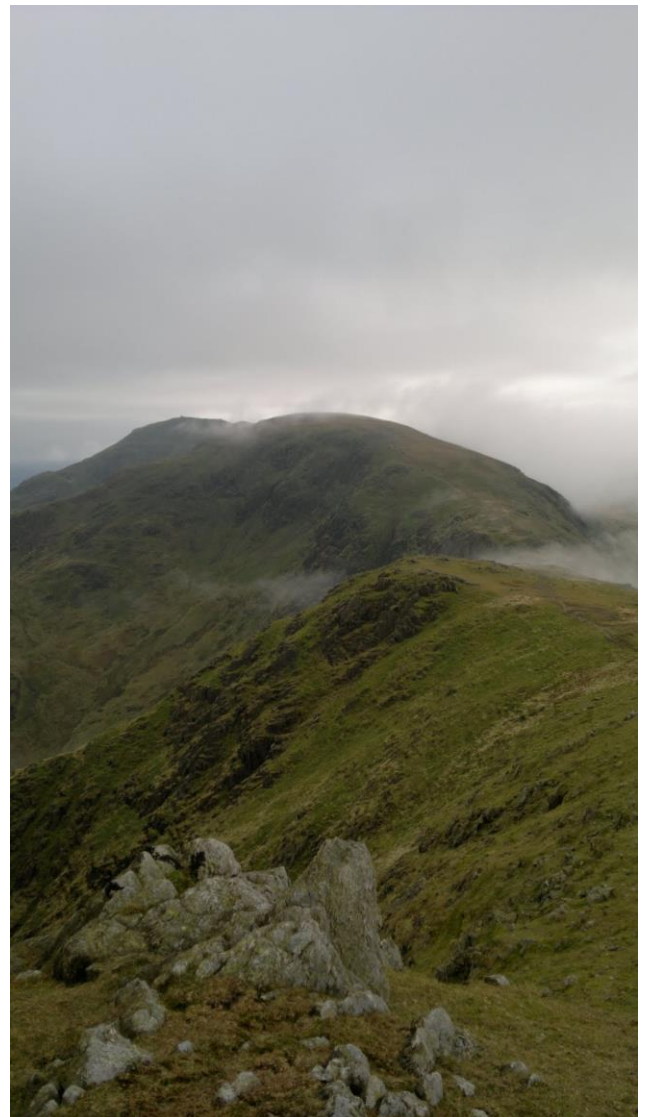
Course intro & briefs

09:45 Prep for walking

10:00 Start our day in the Hill

13:00 Stop for lunch

16:30 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
- OS Maps - Explorer 1:25 000 scale
- 'Navigation in the Mountains' - Carlo Forte
- 'Hill Walking' – Steve Long
- www.shavenraspberry.com (Navigational aids)
- [At The Edge Mountaineering Online Navigation Course](#)
- [At The Edge Mountaineering – Navigation Resources Page](#)



COURSE GRADING AND FITNESS

All our advertised guided mountain walks will include an overall difficulty rating to help you choose which walk is best suited to you. The overall difficulty is calculated by adding the TERRAIN to the TECHNICAL difficulty and adding the FITNESS letter.

Example:

TERRAIN + TECHNICAL + FITNESS = OVERALL DIFFICULTY

3 + 4 + B = 7B

GUIDED MOUNTAIN WALKS GRADING

TERRAIN

1

EASY

Clear, defined paths or tracks. Mainly gravel or purpose laid paths, easy to follow. Gentle terrain with minimal hazards. Streams and rivers easy to cross, usually via footbridges.

2

ROUGH

Some paths may be rocky, loose gravel and/or boggy. Some undulating open terrain encountered with no path to follow. May be boggy underfoot, especially after wet weather. Streams and rivers easily crossed in all but the worst conditions.

3

ROCKY/BOULDERS/SCREE/BOGGY MOORLAND

Paths may not be easily defined, if present at all. Some small rock steps, boulder strewn slopes or scree encountered. Open, featureless moorland with no path. May well encounter large areas of boggy ground. Difficult terrain to walk across. Rivers only crossable at certain points.

4

STEEP GROUND/ROCKY/MINOR SCRAMBLING

Starting to get into minor scrambling terrain. Hands on rock in places, steep ground. Steep grassy slopes with boulders. Next to no easy path to follow during large parts of the route.

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.

GUIDED MOUNTAIN WALKS GRADING

TECHNICAL

1

EASY

Paths easy to follow. More than likely signposted. Can be navigated using a guidebook description. Easy to follow linear features (river, leat, shore line etc)

2

BASIC

Basic navigation skills required. Easy to follow route even in poor visibility. Easily able to get to a road or habitation.

3

INTERMEDIATE

Intermediate navigation skills required. Able to navigate using bearings and off the path in poor visibility. More remote areas requiring some previous hillwalking experience. Poor weather may increase technicality of the route.

4

ADVANCED

Advanced navigation skills required. Able to navigate in poor visibility in featureless terrain. Remote areas with greater hazards. Not easy to get help. Pathless terrain, minor scrambling or complex ground

5

MOUNTAINEERING

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

GUIDED MOUNTAIN WALKS GRADING

FITNESS

(A)

MODERATE LEVEL

Up to 6 hours of walking with a light rucksack. Generally less than 12km. Usually easy paths across easy terrain. Ascent of 500m - 800m, possibly more on good tracks.

(B)

GOOD LEVEL

Up to 8 hours of walking with a rucksack carrying all hillwalking essentials across rough terrain. Between 10km - 18km. Largely pathless terrain in more remote areas covering rugged terrain. Possible small rock steps to negotiate. Ascent of 700m - 1000m mostly over rocky terrain.

(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.

GUIDED MOUNTAIN WALKS

OVERALL GRADING

2 - 4

MODERATE

Fitness level: (A)

Experience required:

Little to no hill walking experience required.

Example route:

Yes Tor (Dartmoor) from Okehampton Battle Camp

5 - 7

CHALLENGING

Fitness Level: (B)

Experience required:

Some hill walking experience required. Must have done several days hill and/or mountain walking with basic knowledge of how to look after yourself in the mountains.

Example route:

The Fairfield Horseshoe

8 - 10

STRENUOUS

Fitness Level: (C)

Experience required:

Must have mountain walking knowledge and experience and spent several full days in the mountains. Have possibly done at least 1 classic Grade 1 scramble and/or wild camped.

Example routes:

The Langdale Round (The Lake District)
The Bochlwyd Horseshoe (Snowdonia)

Example: 7B (3 + 4 | B)

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. |