

COURSE OVERVIEW

This course is designed for those aiming to progress onto grade III scrambles and easy mountain rock climbs, building the skills and efficiency needed for challenging terrain—whether in the UK, the Alps, or iconic routes like the Cuillin Ridge.

Our aim is to equip you to handle a wide range of scrambling and mountaineering terrain. LDM will provide hands-on guidance, building your confidence on more challenging scrambles while enhancing your overall mountain movement skills.

SKILLS COVERED

- Tying in: figure-8,
- Belaying: belaying a leader, direct belays & body-belays
- Reading terrain, choosing lines, interpreting guidebooks
- Footwork, handholds, and balance on rock
- Technical gear overview: helmets, harnesses, rope, slings, karabiners
- Placing/removing protection (nuts, hexes, cams, slings)
- Racking and gear organisation
- Roped team movement: travelling as a partnership and groups of 3
- Rope-work: short roping and moving the rope, short pitches, pitched rock climbing and systems

[For more information visit the course page](#)

MEETING DETAILS

MEETING LOCATION:

Stickle Ghyll Car Park
Great Langdale
Ambleside
LA22 9JU

Google Maps Link: [🌐 Stickle Ghyll Car Park · Ambleside LA22 9JU, United Kingdom](#)

What3words: [🌐 ///elevates.closes.develops](#)

Parking info:

- This is a National Trust car park
 - This is ~£8 for the day or **free to NT members**
 - You can pay with coins
 - Or you can pay by phone (wifi available at the NT hut)

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am
- We'll share their vehicle details, to make it easy and clear for meeting them on the day.
- On arrival, there will be a briefing to outline the day's plan and itinerary.
- The instructor will check for any medicals
- We will ensure everyone has the correct kit. Please follow the kit list - without the right equipment, we may not be able to proceed for safety reasons.
- Please arrive ready to go with your bags packed, ready for the day on the hill



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KIT LISTS:

Kit lists can be found here - [KIT LISTS - LDM](#)

Please ensure you have the following equipment:

MOUNTAIN CLOTHING:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Rucksack 30-40L and waterproof dry bags/liner
- Walking boots or approach shoes or specific scrambling footwear (more details below)

- Warm hat & gloves (+spares)

OTHER ITEMS:

- Flask
- Water bottle
- Small first aid kit and/or personal medication
- Head torch + spare batteries (shoulder seasons - Spring and Autumn)

SCRAMBLING EQUIPMENT:

- Helmet*
- Harness*
- Belay device*
- STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

OTHER USEFUL INFORMATION:

The guide will be carrying all safety equipment for the day. This includes a first aid kit, group/emergency shelter, rope and map and compass.

Please make sure your footwear is appropriate for the terrain we are in, approach shoes or technical scrambling boots designed for mountaineering are best. Scarpa & La Sportiva models are good - eg. Scarpa Mescalito or La Sportiva TX4 (if looking to buy)

25-30L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day. Please don't bring duffle bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

It is worth bringing a hat and gloves even in the summer. The mountain conditions can be significantly different at the top with cold temperatures experienced all year round.

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them.

A waterproof jacket can be used as a windproof jacket even when it's not raining.

Please no jeans or cotton. Wool/nylon baselayers are best and softshell mountain trousers are quick drying.



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