



LAKE DISTRICT
MOUNTAINEERING

SUMMER MOUNTAINEERING: ADVANCED



COURSE OVERVIEW

This course is for more experienced scramblers & climbers aiming to become independent and self-sufficient on Grade III scrambles and easy rock climbs. You'll gain the essential skills to move safely and efficiently through technical, exposed terrain.

Scrambling blends hillwalking, climbing, and mountaineering. Our focus is on teaching you when and how to apply these skills in each of these disciplines on ever-changing terrain - developing confident decision-making, rope-work, and movement in complex ground.

SKILLS COVERED

- Using technical gear such as nuts, cams and hexes
- Tying in and setting up as a rope team
- Belaying methods: direct, indirect and body belays
- Placing and removing protection
- Ropework for scrambling; short pitching and minimising risk
- Taking coils and rope management
- Anchor building and selection
- Movement coaching
- Route-finding and terrain reading
- Abseiling and retreat techniques

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



WWW.LAKEDISTRICTMOUNTAINEERING | INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK

MEETING DETAILS

MEETING LOCATION:

Stickle Ghyll Car Park

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

- Warm hat & gloves (+spares)
- Walking boots or approach shoes or specific scrambling footwear (more details below)

OTHER ITEMS:

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

SCRAMBLING EQUIPMENT:

- Helmet*
- Harness*
- Belay device*

STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

ROPES AND HARDWARE ARE SUPPLIED BY LDM BUT PLEASE BRING YOUR OWN IF YOU HAVE 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 recommended - 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 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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