

ITINERARY

ROCK SKILLS INTRODUCTION

info@lakedistrictmountaineering.co.uk



Meeting Location:

Sticklebarn National Trust Car Park
Great Langdale.
LA22 9JU.

The car park is around £8 all day, £6 for 4 hours or free to national trust members. There is no phone signal in Langdale so you may need to bring cash for the machines

Directions:

From Ambleside take the A593 towards Conistone. At Skelwith Bridge take the right turn signposted to Langdale - driving through Elterwater & Chapel Stile along the way.

The Stickle Barn National Trust car park is located 2 miles from Chapel Stile. The car park is on the right-hand side of the road behind the New Dungeon Ghyll Hotel.

After driving 2 miles down the valley you will see the signs for the New Dungeon Ghyll Hotel, continue driving for 200m and the car park is on the right-hand side of the road.

It is the National Trust car park, located in the trees.

The Sticklebarn pub is located here and there are toilet facilities at the car park.

Meeting:

Your instructor will be waiting for you in the location detailed above
We will provide you with their vehicle details so you can identify them easily

On arrival, please come over to the instructors vehicle for meet and greet, we will introduce the course using the facilities at the Sticklebarn Tavern before we head out to an appropriate crag

The instructor will clarify any medical conditions and make sure everybody has the appropriate kit - please adhere to kit lists as without the correct equipment we may not be able to take you into the mountains for safety reasons

Outline:

- Background and Planning.
 - An awareness of the types of places you can climb in the UK and Ireland, how to use guidebooks and mobile devices to find crags and routes, crag etiquette and the work of the mountaineering councils.
- Climbing Skills.
 - Fundamental movement skills and climbing styles.
- Footwear and Equipment.
 - Footwear and equipment selection and how to use the kit you choose.
- Technical Skills.
 - Tying into a harness, belaying, spotting and how to abseil.
- Environmental Knowledge.
 - The impact of climbers at the crag, ethics, access and environmental considerations for climbers.
- Hazards and Emergency Procedures.
 - Identifying hazards, managing risk, understanding common injuries, how to get help and the role of Mountain Rescue and associated emergency services.

Course Affiliation

Our Rock Skills climbing courses are accredited by Mountain Training

The registration is free and LDM will register you on the scheme with Mountain Training and create an account for you

www.mountain-training.org

Once this has been done you will receive:

- Access to all four courses with any approved provider (Introduction, Intermediate, Learn to Lead Sport & Trad)
- Lifetime use of DLOG (the digital logbook) for recording all climbing related activities
- A certificate of attendance for each course attended
- A copy of New Rock Climbers - to be handed out on the course



Kit List:

Kit lists can be found here: <https://www.lakedistrictmountaineering.co.uk/kit-lists>

Please come prepared for adverse mountain weather - this includes bringing/wearing the following:

- Waterproof Jacket
- Waterproof Trousers
- Fleece Mid Layer
- Insulation (spare warm top)
- Hat & Gloves
- Walking boots/approach shoes
- Rock shoes
- 25-30L Rucksack Lunch & Snacks
- 1 litre water
- Personal Medication

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

We also provide all ropes and hardware but feel free to bring any equipment you may have if you want to use it for the day - this includes belay devices and nut keys

For the course you will need your own rock shoes as we do not provide these

A beginner rock shoe needs to be comfortable and not too small - we recommend buying shoes in your street size

Models we recommend are the La Sportiva Tarantula or the Boreal Joker

We recommend having a chalk bag and some chalk for climbing too

Please get in touch if you have any questions.
LDM are looking forward to meeting you soon!

Contact Details:

Email: info@lakedistrictmountaineering.co.uk

WhatsApp: 07458353048

Website: www.lakedistrictmountaineering.co.uk

Thank you for your booking