



# Mountain Training

## Mountain Leader Training

### Lake District Mountaineering

#### Introduction

The [Mountain Leader](#) scheme was established to promote the safe enjoyment of the hills and mountains. The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in the mountains, hills and moorlands of the United Kingdom and Ireland, other than in winter conditions. The Mountain Leader scheme offers the opportunity to gain technical competence in leading walkers in the hills and mountains.

The Mountain Leader training course aims to develop the technical skills, judgements, and areas of knowledge deemed necessary to ensure an individual is safe to work within the scope of the award. It does not provide a rock-climbing qualification, nor does it cover the skills required for the planned use of a rope. This is a 6-day course (minimum of 60 hours).

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications.

All Mountain Training courses are quality assured

[Mountain Training: Our Ethos](#)

[Learn, Lead, Inspire - Into the Hills](#)

#### CMS candidate support

[How to create an account and register for a scheme](#)

[How to add a DLOG entry](#)

[How to edit or delete a DLOG entry](#)

[How to review your DLOG](#)

[Add a GPX file to a DLOG record](#)

Prerequisites for the Mountain Leader training course

Before you book onto a Mountain Leader training course;

- You must be registered on the scheme
- You must have recorded a minimum of 20 Quality Mountain Days which can have taken place at any point (pre or post registration).

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.

REMINDER: Lake District Mountaineering will need access to your candidate registration number to add to the course on CMS and accredit your training, please provide this as soon as possible if not done already



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## Mountain Leader training course content

The course will cover the Mountain Leader syllabus which includes the following areas:

- Group management and the responsibilities of the group leader
- Navigation
- Access and the environment
- Hazards (including steep ground and rivers) and emergency procedures
- Equipment
- Expedition skills
- Weather
- Background knowledge

Detailed information on each of the above topics can be found in the [Mountain Leader Handbook](#), and the onus is on you to be competent in all of them by the time you come to assessment.

## Course Base/Accommodation

**Course Base:** Buttermere Village Hall

- The Buttermere Village Hall is located opposite The Bridge Hotel – it has a sign on saying ‘Buttermere Old School’
- All course intros and theory sessions will take place here during the week
- However, we will be mobile for much of the course and 90% of the course time is spent on the hill
- [Google Maps Link](#)

### Nearby accommodation options:

- YHAs: Buttermere YHA, Borrowdale YHA
- Bunkhouses, B&Bs, guest houses, and hotels are available within 30 minutes of the YHA.
  - Syke Farm campsite
  - The Bridge Hotel
- Towns with accommodation & supplies: Keswick, Cockermouth, Lorton



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## Mountain Leader training (expected course outline)

### Day 1

Meeting at the Buttermere Village Hall for course introductions and Mountain Training ethos:

- Qualification pathways and scope of the scheme
- Outcomes
- Discussion of prerequisites & qualifications
- About Mountain Training, the Mountain Training Association and Mountaineering Councils

Mountain Journey & introduction to:

- Leader responsibilities
- Weather & planning – synoptic charts and reading weather forecasts
- Equipment for the mountains
- Mountain navigation
- Access and conservation
- Background knowledge

### Day 2

Steep Ground Workshops & Hazards/Emergencies

- Group management
- Leadership strategies for steep ground
- Hazards in steep ground
- Rope Work
  - Introduction to ropework for ML
  - Tying basic knots
  - Belaying and safeguarding
- Afternoon Presentations:
  - Emergency procedures
  - Looking after a casualty
  - Calling Mountain Rescue

### Day 3

QMD & Mountain Journey

- Focussed navigation day on different scales
- Comparing features across:
  - 1:40k
  - 1:25k
- Refining navigation techniques and strategies
- Access, conservation, and environmental knowledge
- Discussion of camping and equipment (packing for expedition)

### Day 4

QMD & Mountain Journey

- Re-visit and contextualise ropework: show personal abseils and confidence roping
- Refine navigation strategies (comparison of 1:40k/1:50k scales)
- Discussions on any other queries or syllabus points
- Leaders responsibilities and leadership ethos discussions
- Time set aside for expedition packing



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## Day 5

Mountain expedition and overnight wild camp. Two-day expedition looking at:

- Weather and planning
- Navigation 1:25/1:40/1:50k (using and comparing scales)
- Development and discussion of Leadership Ethos
  - Group management
- Camp craft and associated equipment
  - Camp management, leadership and remote supervision
- Evening Session
  - Poor visibility/night navigation (1:25,000)

## Day 6

- Walk out from camp
- Any further navigation or syllabus points can addressed
- Course Feedback
- Action plans towards assessment
- Goal setting - SMART goals
- DLOG discussion and QMD criteria
- What to expect at assessment
- Consolidation discussion and expectations

Course end

Please visit [www.lakedistrictmountaineering.co.uk](http://www.lakedistrictmountaineering.co.uk) for further details



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## Potential outcomes

Following training, a course report will be completed. The results you can achieve are:

*Completed:* You have attended and completed the training course and met the prerequisite requirements.

*Not yet completed:* If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

**Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Mountain Leader assessment.**

## Access to courses

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](#)

## Sustainable Transport

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.

[The BMC Community Liftshare site](#)



## Insurance

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

## Partnerships

[Mountain Training Association](#) - The Mountain Training Association is a membership community that provide members with support and development opportunities, mentoring, resources, workshops and events to help those working towards their qualification, and keep skills and knowledge current for those already qualified.

[British Mountaineering Council](#) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.



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## Course Equipment

Please ensure you have the following equipment (this list is not exhaustive):

### Appropriate mountain walking clothing:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Rucksack 30-40L and waterproof dry bags/liner
- Walking boots
- Warm hat
- Gloves (+spares)
- Sun hat
- Sun screen

### Navigation equipment:

- Relevant maps
- 1:25,000:
  - [OL4 & OL6](#)
  - or [Harvey Superwalker West](#)
  - or [Dorriggo Dinky+](#) (you will still need an OL4 but this will cover most of the central fells)
- 1:50,000
  - [Landranger 90](#)
- 1:40,000
  - [Harvey BMC Lake District](#) (important to have this one)
- Map case (or waterproof maps. Note: paper is waterproof, ink isn't)
- Compass – Silva Expedition type 4
- Stopwatch

### Camping equipment:

- Expedition rucksack 50-60L
- Mountain tent
- Sleeping bag
- Sleeping mat
- Stove & fuel
- Expedition food
- Bowl & cutlery
- Toiletries & Trowel
- Hand sanitiser

### Other necessary items:

- Flask
- Water bottle
- First aid kit and personal medication
- Head torch + spare batteries
- Notebook and pen



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**Bring along if you have:**

- Climbing helmet – LDM can provide if required (for use on steep ground days)
- Group shelter
- Walking / confidence rope