



LAKE DISTRICT
MOUNTAINEERING

INTRODUCTION TO: SCRAMBLING



COURSE OVERVIEW

This course is for mountain walkers ready to progress onto grade I scrambles. You'll learn essential skills to move safely over steep, rocky, and exposed terrain—building confidence on loose ground, rocky steps, and scree.

There's a strong focus on developing good mountain movement and a deeper understanding of efficient and safe walking in complex terrain. This unroped course is a practical introduction to scrambling, helping you tackle more adventurous lines to the summit with confidence.

SKILLS COVERED

- Preparing yourself for grade I scrambles
- Effective footwork, handholds, and balance
- Reading terrain and choosing safe routes
- Moving confidently over rock, scree, and exposed ground
- Managing exposure and building confidence
- Down-climbing and retreat techniques
- Basic safety and communication protocols
- Using guidebooks and maps for navigation
- Adapting to changing terrain

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



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MEETING DETAILS

MEETING LOCATION:

Borrowdale YHA

Longthwaite

Keswick

CA12 5XE

Google Maps Link: [YHA Borrowdale · Longthwaite, Keswick CA12 5XE, United Kingdom](#)

What3words: [///treaty.format.rooftop](#)

Parking info:

- The car park can be small and awkward and the road in is a little rough and bumpy
- We do often leave cars here for the day (charges apply)
- There is ANPR now and it is £3 for first 2 hours
- We are more likely to car share or drive to an access point and head into the fells from there

MEETING INSTRUCTIONS:

- Please meet for 9:00am unless otherwise stated in email correspondence
- Your instructor will meet you inside the cafe at the YHA (located at the front as you walk in)
- We'll also provide their vehicle details, to make it easy and clear for meeting them on the day.
- On arrival, there will be a briefing and intro to session 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.



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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
- Warm hat & gloves

OTHER ITEMS:

- Flask (optional)
- Water bottle
- Lunch & snacks
- Small first aid kit and/or personal medication
- Walking pole(s) (optional)

SCRAMBLING EQUIPMENT:

- Helmet - can be provided
- Walking boots, or approach shoes (check out our recommendations below)

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 helmets but bring your own if you wish to use it.

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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