

COURSE OVERVIEW

The Mountain Skills & Summits course is designed to build your confidence and competence for independent adventures in UK mountain walking — with time to develop skills and apply them on longer mountain journeys.

The course begins with a planning session covering weather forecasts, route-planning tools, and essential safety considerations. From there we head out each day — on a mix of terrain including steep ground, rocky paths, and routes off the beaten track. Over the course, you'll deepen your navigation skills (map & compass) learn to interpret mountain weather, and gain experience making real-time decisions.

As well as these core skills, this course will aim to incorporate one or two longer, summit-oriented journeys — giving you a chance to put your training into practice and enjoy full mountain days.

SKILLS COVERED

- Route planning & trip preparation
- Weather awareness & forecast interpretation
- Clothing and equipment selection; efficient rucksack packing
- Map reading, contour interpretation, compass use
- Movement techniques over mixed and steep terrain
- Navigation in varying visibility and conditions
- Environmental awareness
- Hazard recognition, emergency procedures and safety
- Summit planning and mountain judgment

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

MEETING DETAILS

MEETING LOCATION:

Honister Slate Mine
Honister Pass
Keswick
CA12 5XN

Google Maps Link: [🌐 Honister Slate Mine · Honister Pass, Keswick CA12 5XN, United Kingdom](#)

What3words: [🌐 ///pots.almost.shunning](#)

Parking info:

- The car park at Honister is £5 per day and you can pay for this in the Honister shop
- There is also a National Trust car park at this location (next door)
- This is £8 for the day or free to NT members
- Location: [🌐 ///concerned.blend.streaking](#)

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am on day 1
- Your instructor will meet you inside the cafe at Honister.
- We'll also 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

- Warm hat & gloves

OTHER ITEMS:

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

NAVIGATION EQUIPMENT:

- [OL4 map \(1:25,000 scale\)](#)
- [OL6 map \(1:25,000 scale\)](#)
- Or - [Dorrigo Dinky+](#) (but you will still need an OL4)
- Map case (or make sure you have waterproof maps)
- Silva Expedition Type 4 compass
- Timing card (provided)
- Stopwatch (watches are best or an inexpensive Casio style watch)

OTHER USEFUL INFORMATION:

We can share group equipment such as first aid kits & group shelters etc. LDM can supply group first aid kits and group shelters.

Please make sure you have all of your personal medication to hand on your person if needed and let the instructor know if you are carrying medication.

Please make sure your footwear is appropriate for the terrain we are in and adheres to the weather on the day. We will be walking in rough and rocky terrain in the mountain environment and it can also be boggy and wet - so waterproof boots or waterproof socks are recommended.

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

Please pack all kit inside the bag as best as possible; a rucksack liner or dry-bags are best to keep kit organised and dry.

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.

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

Please no jeans or cotton. Wool/nylon base-layers are best and soft-shell mountain trousers are quick drying.

