

COURSE OVERVIEW

This workshop is designed for individuals who have completed their Mountain Leader Training and wish to enhance their proficiency with smaller-scale maps (1:40,000). During the day, participants will engage in practical exercises to build confidence in the map, navigating through the landscape, we will help to refine navigation strategies. Utilising reflective practice, the course aims to bolster confidence, challenge assumptions, and align skills with the realities of map interpretation on smaller scales.

SKILLS COVERED

- Contour interpretation
- Understanding the maps and their differences
- Distances and timings
- Colour shadings and height gains
- Contour intervals and colouring
- Understanding the scale
- Comparing map scales
- Symbols and map information
- Building solid strategies
- Map assumptions and realities
- Blind legs if necessary to the day
- Relocation techniques and processes

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

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
- We are likely to car share to an access point and head into the fells from there
- The car park now has ANPR so please bring a method of payment

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 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)
- Helmet (for steep ground and scrambling day) - can be provided

NAVIGATION EQUIPMENT:

- [BMC Harvey Map - 1:40,000 \(Lake District\)](#)
- Map case
- Silva Expedition Type 4 compass
- Timing card
- Stopwatch (watches are best, like 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.

