



- LAKE DISTRICT -

MOUNTAINEERING

2 DAY MOUNTAIN NAVIGATION COURSE

info@lakedistrictmountaineering.co.uk



Meeting Location:

Stickle Ghyll car park, Langdale

The car park is £8 all day, coins are useful.

There is no phone signal but there is National Trust wifi, so you can use the Ringo app

- Postcode: LA22 9JU
- Grid ref: NY294 064
- What 3 Words: ///:risk.imply.releasing

<https://maps.app.goo.gl/LEZGsKVSSG5AwpcY7>

Directions:

From Ambleside take the A593 towards Coniston. 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 Dungen 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 often meet on the benches outside the Sticklebarn, in the trees next to the parking area.

From here there will be a briefing where the instructor will discuss the plan for the day & introduce the course. We will cover some theory to set up the day.

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.

This is a mountain navigation course that can run with up to 4 people per instructor. This 2 day navigation course is designed for walkers looking to gain navigation experience and wanting a comprehensive course to hone their skills and improve their overall understanding towards safe mountain travel. It focuses on developing strategies and practical application, ensuring that participants leave with the confidence and proficiency to navigate in challenging outdoor environments.

We will meet for day 1 in Langdale and use this area around the Langdal Pikes. Day 2 is often run from Grasmere and uses Easdale tarn and offers a mountain journey on each day.

This area has some good pathless and often boggy terrain, which can be 'featureless' and requires good contour interpretation and solid skills with pacing and timing on each leg. We will take a progressive approach to building your navigation knowledge, developing your skills and putting techniques together to build solid strategies when out in the hills over a two day period.

COURSE OUTLINE

- Building on basics
 - Map types, choices and maps appropriate to terrain being travelled
- Map Reading Skills
 - Understanding contour lines and terrain features in greater detail.
- Distance Estimation and Pacing
 - Developing more accurate measuring skills.
 - Pacing techniques for varying terrains.
- Fine-Tuning Compass Techniques
 - Compass use for precise navigation.
 - Following accurate bearings.
- Terrain Association and Feature Identification
 - Enhancing skills in relating map features to actual terrain.
 - Identifying micro-features and subtle terrain changes.
- Practical Navigation Exercises
 - Participants practice their improved navigation skills in outdoor scenarios.
 - Emphasis on using maps, compasses, and terrain association techniques.

SKILLS COVERED:

- Measure distances
- Timing
- Pacing
- Aiming off
- Attack points
- Intricate contours & ground interpretation
- The compass and its features
- Compass bearings & accurately following bearings across open ground
- Navigate away from marked paths
- Relocation tactics

Kit List:

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

Please arrive for your day with warm and waterproof clothing, suitable mountain footwear and a rucksack to carry everything comfortably.

- Waterproof Jacket
- Waterproof Trousers
- Fleece Mid Layer
- Insulation (spare warm top)
- Hat & Gloves
- Sturdy Walking Boots
- 25-30L Rucksack
- Lunch & Snacks
- 1 litre water (minimum)
- Personal Medication
- Walking Poles (optional)

Other useful information...

The guide will be carrying all safety equipment for the day. This includes a first aid kit, group emergency shelter and map and compass.

You will need to bring and wear enough suitable clothing to be warm and dry in adverse mountain weather as the course runs outside.

25-30L rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment inside for the day.

We recommend carrying up to 2 pairs of gloves, as they get wet in the rain. A waterproof jacket can also be used as a windproof even if there is no rain

Please no jeans, we recommend quick drying walking trousers (softshell material)

Maps are provided for the day but the OS Explorer map for the area is the OL6 if you wish to bring it [The Dorrig Dinky+ map will also cover this area too](#)

Compasses can be provided by LDM but we recommend bringing a Silva Expedition Type 4 - please make sure your compass is in degrees and not miles.

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

