



LAKE DISTRICT
MOUNTAINEERING

MOUNTAIN SKILLS: & SCRAMBLING



COURSE OVERVIEW

The Mountain Skills & Scrambling course is designed to build your confidence, competence, and independence for UK mountain adventures, progressing over three days.

The course begins with foundational skills: planning, map reading, and essential navigation. Day two focuses on movement on steeper terrain, and more advanced navigation techniques.

On day three, you'll experience Grade I scrambling, applying all your skills in a real-world, summit-focused setting.

SKILLS COVERED

- Route planning and preparation
- Understanding mountain weather and forecasts
- Clothing and equipment selection
- Efficient rucksack packing
- Map reading, contour interpretation, and compass use
- Movement on varied and steep terrain
- Basic Grade I scrambling techniques
- Emergency procedures and calling Mountain Rescue

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



WWW.LAKEDISTRICTMOUNTAINEERING.CO.UK | INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK

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

NAVIGATION EQUIPMENT:

- [OL4 map \(1:25,000 scale\)](#)
- 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.

