



MOUNTAIN SKILLS FOUNDATION COURSE

South Lakes



COURSE OVERVIEW

This Mountain Skills course is designed to build your confidence and competence for independent adventures in UK mountain walking. The course begins with a short planning session and you'll look at weather forecasts, route planning tools, and essential safety considerations before heading out. Over the two days, you'll explore a variety of mountain terrain, including steep ground, rocky paths, and areas away from the marked trails. You'll develop practical navigation skills using map and compass, learn how to interpret weather conditions, and discover how to make good decisions in real-time on the mountain.

SKILLS COVERED

- Route planning
- Understanding mountain weather and forecasts
- Clothing and equipment selection
- Efficient rucksack packing
- Map reading and contour interpretation
- Compass use and taking bearings
- Pacing and timing techniques
- Intro to GPS and digital navigation tools
- Movement skills on varied and steep terrain
- Environmental awareness and Leave No Trace
- 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:

Stickle Ghyll Car Park
Great Langdale
Ambleside
LA22 9JU

Google Maps Link:  [Google Maps](#)

What3words: [///elevates.closes.develops](#)

Parking info:

- This is a National Trust car park
- This is ~£8 for the day or free to NT members
- You can pay with coins
- Or you can pay by phone (wifi available at the NT hut)

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am on day 1
- We'll share 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 (day 1 is a normal hill day with no camping and will finish around 4pm)



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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
- Head torch + spare batteries (or spare torch) - important for night navigation
- Walking pole(s) (optional)

NAVIGATION EQUIPMENT:

- OL6 map (1:25,000 scale)
- Or a Dorrigo Dinky+
- Map case (or make sure you have waterproof maps)
- Silva Expedition Type 4 compass
- Timing card (provided)
- Stopwatch (watches are best such as 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.

