



SUMMER MOUNTAINEERING DEVELOPMENT



COURSE OVERVIEW

This course is your next step after gaining confidence on exposed scrambling and roped terrain. Designed for scramblers, hillwalkers, and mountaineers, this programme teaches the core rope skills and mountain techniques needed to tackle more technical routes safely and efficiently.

Over two full days in the Lake District, you'll work with qualified mountain professionals to learn how to use the rope, place basic protection, read terrain, and make sound decisions in exposed mountain environments. This course prepares you to move confidently on Grade II-III scrambles and easy mountaineering routes, whether in the UK or abroad.

SKILLS COVERED

- Planning a safe mountain day on graded scrambles
- Rope handling and team movement techniques
- Belaying on scrambles and easy climbs
- Placing and assessing basic protection
- Anchor building for safekeeping and retreat
- Abseiling and lowering safely
- Route choice and terrain interpretation
- Movement skills on more technical rock and mountain terrain

[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 unless stated otherwise
- On arrival, there will be a briefing to outline the day's plan and itinerary.
- The instructor will check for any updated 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.
- We will provide your equipment and set you up for the day
- 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 and waterproof dry bags/liner
- Walking boots or approach shoes or specific scrambling footwear (more details below) Warm hat & gloves (+spares)

OTHER ITEMS:

- Flask
- Water bottle
- Small first aid kit and/or personal medication
- Head torch + spare batteries (shoulder seasons - Spring and Autumn)

SCRAMBLING EQUIPMENT:

- Helmet*
- Harness*
- Belay device*
- STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

OTHER USEFUL INFORMATION:

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

Please make sure your footwear is appropriate for the terrain we are in, approach shoes or technical scrambling boots designed for mountaineering are best. Scarpa & La Sportiva models are good - eg. Scarpa Mescalito or La Sportiva TX4 (if looking to buy)

25-30L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day. Please don't bring duffel bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

It is worth bringing a hat and gloves even in the summer. The mountain conditions can be significantly different at the top with cold temperatures experienced all year round.

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them.

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

Please no jeans or cotton. Wool/nylon baselayers are best and softshell mountain trousers are quick drying.

