



Hill Walking In The Lake District

Professional guiding and instruction in a small group with map and compass supplied.

Based in the heart of the Great Langdale valley with the hills right on your doorstep.

Wholesome and healthy food with evening navigation workshops included.

Spacious luxury yurt accommodation on the National Trust campsite.

4-8 May 22-26 June 10-14 August 28 September-2 October

Call 07946 331916 or email walk@mountainmagic.org

Great value at just £495 per person!



The Langdale Pikes

“A fantastic teacher! I now feel confident to navigate in the dark and in poor visibility.” - Annie





Instructor We are professional members of the Association of Mountaineering Instructors and we have all been mountaineering for 20 years or more. Enthusiastic guides, patient instructors and experienced coaches, we have an excellent safety record.

- Skills**
- Selecting the right clothing and equipment for comfort and safety on the hill.
 - Understanding mountain weather and making the most of weather forecasts.
 - Reading the shape of the land and seeing it in 3D on a two dimensional map.
 - Using the compass to orientate the map, follow a bearing and locate yourself.
 - Navigating through difficult terrain with confidence, in thick mist or in the dark.
 - Measuring distance on the map and using time to keep track of your journey.
 - Counting paces to accurately estimate distance when you need to be precise.
 - Avoiding emergencies and dealing with the worst-case scenario if it happens.

Group Just four clients to one instructor so that you can learn at your own pace.



Using The Compass To Take A Bearing On The Map

“We had an amazing time and have been out practicing lots since, with much success!” - Laura





Daytime After breakfast and a weather check, we tend to leave the yurt at 9am and return around 5pm. On one or more days, we can also stay out after dark, giving you more opportunity to practice your navigation in poor visibility. The main focus is on learning and developing your skills and there are some great mountains for you to climb with some beautiful, off-the-beaten-track approaches too...

Crinkle Crag – A high and rocky mountain ridge that can test your navigation.
Scafell Pike – England’s highest mountain and a challenging walk from Langdale.
Bowfell – The biggest mountain in the Langdale valley with wonderful views.
The Langdale Pikes – Iconic mountains with exciting scrambling on ancient rock.
The Old Man Of Conistone – With a stunning sunset view over the western sky.

Ability You can walk for 8 miles on steep and rocky terrain with a 30-litre rucksack.

Transport We can pick you up and drop you off at Windermere station if you catch the train.



Sunset Behind Scafell

“Thanks a million for a cracking weekend. It was everything I was looking for.” - Adam





- Yurt** [Long Valley Yurts](#) offer the perfect combination of back-to-nature living, without compromising on all the usual luxuries you would wish for. Enjoy the warmth of a wood burning stove and wake up the next morning to the sound of birdsong.
- Evenings** Dinner, conversation, reviewing the day, checking the weather forecast, planning the next day, checking and packing kit, night navigation exercises, navigation classes and a brilliant pub.
- Food** We love to cook and we will prepare a healthy breakfast, lunch and dinner for you, including dinner on the evening you arrive. As much as possible, the food is local and organic. See the complete menu below for more details...
- Equipment** You will be given a map, a map case, a compass and a head torch. You will need to bring your own mountain walking boots, waterproofs, warm clothing, hat and gloves, water bottle and a rucksack. See the kit list below for more advice...



Close to nature and environmentally sustainable in a yurt.

“I can’t wait to get back out there and practice everything I’ve learnt.” - Jodie





- Menu The food is healthy, nutritious, ideal for mountain days, sourced as locally as possible, caters for vegetarians and we will adapt it to your individual needs.
- Breakfast Cumberland or vegetarian sausages, scrambled eggs with chilli, spinach sautéed in olive oil and garlic, and cherry tomatoes caramelised in balsamic vinegar.
- Lunch Cold meat or boiled egg salad with olive oil and balsamic vinegar dressing. A trail mix of nuts, seeds and dried fruit.
- Dinner Local lamb or mushroom stew with swede, parsnip and curly kale.
Wild prawn or vegetable curry with spinach, cauliflower and sweet potato.
Free range chicken or tofu stir-fry with mange tout, baby corn and bean sprouts.
Baked wild fish or pepper and paprika omelette with sautéed vegetables.
Local beef or vegetable cocoa chilli with spicy salsa and guacamole.
Just one of these evening meals will be served each day.



Pavey Ark & Stickle Tarn

“My best moment was standing in the silence at the summit of the mountain.” - Pip





Kit List

Things you need to bring. Please feel free to ask any questions...

- Lightweight Base Layers - for wicking sweat and moisture away from your skin
- Warm Mid Layers - made from fibre pile, fleece, synthetic fibres or wool
- Waterproof & Breathable Jacket - with a good hood to close around your face
- Waterproof & Breathable Trousers - that will easily go on over your boots
- Warm Hat - you need to cover your head and your face in a storm
- Warm Gloves or Mittens - your hand protection must be warm and windproof
- Warm Walking Socks - thick and comfortable without being too tight in your boots
- Walking Boots - comfortable, warm, waterproof, compatible with crampons
- Gaiters - to prevent mud and water from getting inside your boots
- 30 Litre Rucksack - that fits your back well and feels comfortable when full
- Waterproof Rucksack Liner - thick, robust and NOT a dustbin liner
- Sunglasses - in case of bright sunlight
- Water Bottle - 1 to 1.5 litres, robust and leak proof
- Walking Poles - not essential but good for walking efficiency and balance



These Hills Will Make You Smile

"I really enjoyed the amazing views and the relaxed nature of the trip." - Finlay

