

## Lake District Mountain Skills

2<sup>nd</sup> - 6<sup>th</sup> October 2017      13<sup>th</sup> - 17<sup>th</sup> November 2017

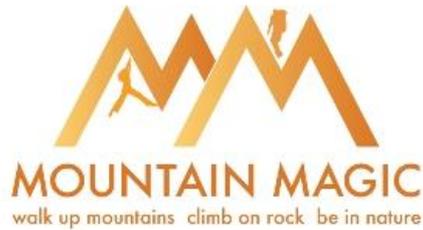
Five magical days of great mountain walking with a food and accommodation option in a B&B. Professional guiding and instruction with six clients to one instructor to maximise your learning. You'll learn lots about the following topics and become a competent mountain walker by Friday: Clothing, equipment, planning, navigation, weather, hazards, emergencies & the environment. Based in the Great Langdale Valley with mountains on your doorstep and close to Scafell Pike. Great value at just £250 for instruction only or £500 with 5 nights of full-board accommodation. Call 0300 030 1045 or email [walk@mountainmagic.org](mailto:walk@mountainmagic.org) to book your place and find out more.



The Langdale Pikes

“An incredibly affable, supportive and reassuring guide who really knows his stuff.” - Mike





**Instructor** We are professional members of the Association of Mountaineering Instructors. Enthusiastic guides, patient instructors and experienced coaches, we love to see you enjoying the mountains and becoming competent mountain walkers.

- Skills**
- Wearing the best value clothing for your comfort and safety in the mountains.
  - Buying and carrying the most useful and long-lasting light-weight equipment.
  - Using the weather forecast, route planning and timing to plan for a good day.
  - Navigating with a map and compass for safe route choices in poor visibility.
  - Identifying and managing mountain hazards like steep ground and loose rock.
  - Understanding mountain weather and making the most of weather forecasts.
  - Emergency procedures including basic first aid and calling mountain rescue.
  - Understanding and looking after the ecology of the mountain environment.

**Group** Just six friendly clients to one instructor so that you can learn at your own pace, ask lots of questions and benefit from professional 1:1 coaching time.



Dan, Vicky And Glenn Crossing Blea Rigg

“Paul is a great mountain leader and runs excellent courses. I highly recommend him.” - Frances





**Daytime** After breakfast and a weather forecast update, we usually start around 9am and finish around 5pm. You'll also have the opportunity to practice navigation after dark, walk the moon or stars and see the sunset or sunrise. The main focus is on your development and there are brilliant mountains for you to climb with some beautiful, off-the-beaten-track approaches...

The Langdale Pikes	Iconic mountains with fantastic views into Langdale.
Bowfell	The biggest mountain in the Langdale valley.
Crinkle Crags	A complex mountain ridge to test your navigation.
Scafell Pike	England's highest mountain. A big walk from Langdale.
Pike O Blisco	With memorable views of the Langdale Pikes.

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

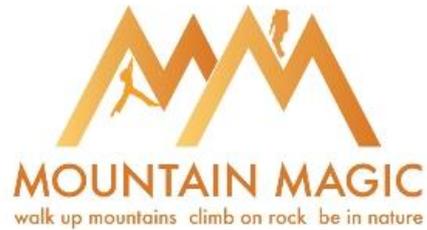
**Transport** You can take the train to Windermere and catch the bus to Langdale. There is also parking if you drive. Once we're in the valley, we can stay there all week! ☺



Glenn Enjoying The Evening Light On Blea Rigg

"Thanks a million for a cracking week. It was everything I was looking for." - Adam





- B&B** You'll receive a warm welcome from Sue Taylforth at [Millbeck Farm](#), a renowned supplier of Herdwick Lamb and Angus Beef. Sue cooks an excellent full English breakfast with vegetarian or lighter alternatives and makes your packed lunch to order. The farmhouse dates from 1621 with oak beams and log fires.
- Evenings** Dinner is in the [Sticklebarn](#), a National Trust pub with local dishes, a roaring fire, relaxed atmosphere and fine local ales. The water is from the fells, the wood fuel is from the local land, the electricity is from the Stickle Ghyll hydro-electric scheme and every penny made goes towards the up-keep of the valley.
- Equipment** You will be given a map, a map case and a compass. You will need to bring your own mountain walking boots or shoes, waterproof jacket and trousers, warm clothing, hat and gloves, a water bottle, a head torch and a rucksack. See the full kit list below and feel free to call or email for more advice...



Paul Navigating Across The Langdale Pikes

"I can't wait to get back out there and practice everything I've learnt." - Veronika





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 & Buff- you need to cover your head and your face in a storm  
Warm Gloves - your hand protection must be dextrous, warm and windproof  
Walking Socks - thick and comfortable without being too tight in your boots  
Walking Boots or Shoes - comfortable & waterproof, approach shoes are OK too  
Gaiters - to prevent mud and water from getting inside your boots, not essential  
30 Litre Rucksack - that fits your back well and feels comfortable when full  
Waterproof Rucksack Liner - thick, robust and NOT a dustbin liner  
Sunglasses & Sun Cream - in case of bright sunlight  
Water Bottle - 1 to 1.5 litres, robust and leak proof  
Head Torch + Spare Batteries - to see in the dark and have your hands free  
Walking Poles - not essential but good for walking efficiency and balance



These Mountains Will Make You Smile

"We really can't thank you enough. Exactly what we were looking for and more." - Jodie

