



## Scrambling In The Lake District

Learn to move safely, practice rope skills and develop your route finding on scrambles of grade 1 to 4.

Five days of wonderful scrambling on brilliant volcanic rock with just two clients to one instructor.

Five nights in a luxury farmhouse with a warm welcome and wholesome homemade food.

All based in the beautiful Great Langdale valley and carefully tailored to your aims.

Call Paul on 0300 030 1045 or email [climb@mountainmagic.org](mailto:climb@mountainmagic.org) to book.

Great value at £695 including all of your food and accommodation.

1<sup>st</sup> - 5<sup>th</sup> August    29<sup>th</sup> August - 2<sup>nd</sup> September    26<sup>th</sup> - 30<sup>th</sup> September



Scrambling on a small outcrop above the Langdale valley.

“I am amazed at how far I have progressed... a very worthwhile investment!” – Gavin





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

- Skills**
- Choosing the right equipment and clothing for your safety and comfort.
  - Using the weather forecasts and your guide book to plan for a successful day.
  - Locating and following your chosen route plus finding your way back down.
  - Safe and efficient movement techniques on steep, high and rocky terrain.
  - Fast and effective rope work to secure a scrambler on steeper sections.
  - Risk assessing fall potential so you know when to use a rope or back off.

**Group** Just two clients to one instructor, so you can maximize your climbing time and receive quality coaching and feedback throughout.



On the way to Tarn Crag after a brilliant scramble up Stickle Ghyll.

“An excellent day out! I really got a lot out of the day and I shall be putting it into practice.” - Vanessa





**Daytime** We usually start at 9am and return around 5pm. The plan for the day will be tailored to your objectives and make the most of the great scrambling venues in the Langdale and Coniston area. Here are some of our favourites:

Stickle Ghyll	Brilliant fun in the sun scrambling around pools and up waterfalls.
Jack's Rake	Easy scrambling in an adventurous situation on immaculate rock.
Pike O' Stickle	The Main Face is a challenging route in a high and exposed position.
Raven Crag	In Yewdale, near Coniston, with several delightful sections to ascend.
Church Beck	A great route for a hot day with deep pools and high waterfalls.

**Ability** The course is also tailored to your level of experience and is suitable for all abilities from beginner to improver. No prior experience of scrambling on rock is necessary.

**Transport** Take a train to Windermere or lift share to the Lakes. You can catch a bus from Windermere to Langdale or we might be able to pick you up from the station.



The Langdale Pikes. Great scrambling on Pike o Stickle, Harrison Stickle and Pavay Ark.

“Breathtakingly gorgeous with challenging and exhilarating scrambling.” - Annie





- B&B** You'll receive a warm welcome from Eric and Sue Taylforth at [Millbeck Farm](#), renowned suppliers of Herdwick Lamb and Angus Beef. Sue cooks an excellent full English breakfast with vegetarian or lighter alternatives and tailors your packed lunch to you. The farmhouse dates from 1621 with oak beams and log fires.
- Evenings** Dinner is in the [Sticklebarn](#), a National Trust pub with local dishes packed full of fresh ingredients, a roaring fire, a 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 into the up-keep of the valley.
- Equipment** We supply a rope, climbing gear, helmets and harnesses. Feel free to bring any of your own gear too. You will need to bring your own walking boots or approach shoes, waterproofs, warm clothing and a rucksack. See the kit list below for more advice...



Scrambling barefoot on a warm day in Stickle Ghyll.

"We had a great time, we learnt loads and we can't wait to get back into the mountains." - Peter





## Kit List

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

Walking boots or approach shoes – sturdy enough for a rugged walk to the crag.  
Comfortable wool-rich socks – to help your feet breathe and avoid blisters.  
Shorts and lightweight trousers – depending on the temperature on the day.  
Lightweight thermals – to wick away moisture and keep you warm in cold weather.  
Lightweight fleece – to keep you warm on the climb and in the belay.  
Lightweight windproof – not essential but a nice luxury item on a breezy climb.  
Thick fleece or belay jacket – just in case of cold weather for the time of year.  
Lightweight waterproofs – just in case of rain or wind on a high mountain day.  
Warm hat and gloves – just in case of cold temperatures or high wind chill.  
30 litre rucksack – big enough to carry your kit and small enough to climb with.  
Harness and helmet – we can provide these for you if you don't have your own.  
Sunglasses and suncream – for bright sun, hot rays and sensitive skin.  
Waterbottle – 1 to 1.5 litres with a reliable, watertight seal.



Taking a shower on the crux pitch of Stickle Ghyll, Langdale.

“Thank you for a great week. It really has fired us up to get out more.” - Paul

