

Hill and Mountain Skills

These two courses are a practical introduction to the skills required to get started in Hill Walking or Mountain Walking.

The courses aim to equip participants with the basic knowledge and essential safety skills required to start pursuing their own participation in *hill or mountain* walking as a leisure time activity.

Course duration: 2 days

Minimum age: 14 years

We also deliver the MTE
Single Pitch Award SPA
Climbing Wall Award CWA



National Governing Body qualifications available from:-

- British Orienteering
- British Canoe Union
- Archery GB
- ITC First Aid
- National Navigation Award Scheme
- Mountain Training England

Please call for a copy of our skill and NGB qualification or activity brochures.

Activities are available for all ages and abilities

Tel 01254 704898

OTHER ACTIVITIES AVAILABLE:

- Abseiling
- Canoeing (Kayak & Open)
- Orienteering
- Raft Building
- Gorge Walking
- Archery
- Sea Cliff Traversing
- Earth Ball
- Parachute Games
- Team Challenge Exercises
- Caving
- Mountain Biking
- Mobile Climbing Wall
- Mountain Rescue Exercises
- Problem Solving Exercises
- Winter Walking Skills
- Navigation For Walkers

Contact:

Stuart Igoe MIA / WML

Mountain Training England Course Provider
Outdoor Activities Service & Alternative
Adventure,

New Meadows Gap Cottage, Cranberry
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Tel: 01254 704898



**Do you want to lead groups on
walks in Lowland Countryside,
Hills, Moorland or Mountain
areas in the UK?**

Mountain Training England

Lowland Leader Award

Hill & Moorland Leader Award

Mountain Leader Award



To register you should have walking experience in Lowland / Hill / Moorland or Mountain areas depending on your intended award.

You must also have an interest in leadership of groups in the hills and be at least 18 years of age (17 for Lowland Leader Award training).

Summer Mountain Leader Award

This award trains and assesses candidates in the skills required to lead walking groups in summer conditions on mountainous routes not requiring the planned use of a rope. Established in 1964, this was the first award created.

Hill and Moorland Leader Award*

This award trains and assesses candidates in the skills required to lead groups in summer conditions and non-mountainous terrain known as upland, moor, fell and down. The Peak District, Yorkshire Dales and the Howgills are typical areas where the award holders lead groups.

* Formally the Walking Group Leader Award

New Lowland Leader Award

This award trains and assesses candidates in the skills required for those who wish to lead groups on day walks in lowland countryside and woodland terrain in summer conditions.

Lowland Leader / Hill & Moorland Leader – Expedition Skills Module

Award holders who wish to supervise others on an overnight experience; Camping, Bunkhouse, Bothy, Camping Barns, Climbing Club Huts, etc. This is a two day training / assessment course for holders of the Lowland Leader or Hill and Moorland Leader Award.

How will it work?

As a candidate you will:

- Register on the award scheme you want to undertake and begin recording your experience.
- Attend a two day training course for the Lowland Leader and Hill and Moorland Award schemes. The Mountain Leader is a six days training delivered as a six day block or two blocks of three days.
- Then consolidate your experience and build on the skills and techniques taught during the training course.
- Once you feel ready, then attend an assessment course, two days for the Lowland Leader or Hill and Moorland Leader Award schemes. The Summer Mountain Leader is a six days assessment delivered as a six day block or two blocks of three days.
- On achieving your award continue to log personal and leadership experience, including attending relevant CPD courses.
- Before assessment you need a valid 16hr First Aid certificate for all Mountain Training Awards. We offer the ITC 16hr First Aid courses.

For all Mountain Training award schemes you need to be a member of a Mountaineering Council at time of registration.

