



INTRO TO SCRAMBLING

info@lakedistrictmountaineering.co.uk



Meeting Location:

Sticklebarn National Trust Car Park
Great Langdale.
LA22 9JU.

The car park is around £8 all day, £6 for 4 hours or free to national trust members.
There is no phone signal in Langdale

<https://goo.gl/maps/9DBkMZi8VCYQDkBJ6>

Directions:

From Ambleside take the A593 towards Coniston. At Skelwith Bridge take the right turn signposted to Langdale - driving through Elterwater & Chapel Stile along the way.

The Stickle Barn National Trust car park is located 2 miles from Chapel Stile. The car park is on the right-hand side of the road behind the New Dungeon Ghyll Hotel.

After driving 2 miles down the valley you will see the signs for the New Dungeon Ghyll Hotel, continue driving for 200m and the car park is on the right-hand side of the road. It is the National Trust car park, located in the trees.

The Sticklebarn pub (Lanty Slee's) is located here and there are toilet facilities at the car park.

Meeting:

Your instructor will be waiting for you in the location detailed above.

On arrival, please come over to the instructors vehicle for meet and greet (we will provide you with their details)

There will be a briefing where the instructor will introduce themselves you can discuss the outline of the walk and make sure everybody has the appropriate kit for the day; kit lists are displayed at the bottom of this itinerary form.

The instructor will clarify any medical conditions in the group but please complete the participant form we sent through in your email before attending on the day.

Outline

As a hillwalker, this course will allow you to progress onto grade I scrambles, using more technical ground as part of your mountain journey and manage this terrain safely and efficiently. We will be looking at the fundamentals of scrambling movement and looking to build confidence to move over rocky steps, loose ground and steep scree.

Expect to cover:

- Fundamental walking, climbing & movement skills
- Moving unroped in Grade I terrain
- Guidebooks and gear
- Route finding
- Assessing risk and making judgement
- Spotting and looking after team members
- Basic rope work as necessary to the day
- Safeguarding descent

BY THE END OF THE COURSE YOU CAN EXPECT TO:

- Be more confident in the mountains, moving over rough ground such as scree and rock
- Route finding and assessing risk
- Judging terrain and making decisions appropriate to the weather and your skillset
- Lots of scrambling in grade I terrain

Kit List:

Kit lists can be found here: <https://www.lakedistrictmountaineering.co.uk/kit-lists>

Please come prepared for adverse mountain weather - this includes bringing and wearing the following:

- Waterproof Jacket
- Waterproof Trousers
- Fleece Mid Layer
- Insulation (spare warm top)
- Hat & Gloves
- Sturdy Walking Boots
- 25-30L Rucksack
- Lunch & Snacks
- 1 litre water (minimum)
- Personal Medication

Harness/Hemet and other technical is provided but you can bring your own if you have them.

Other useful information...

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

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.

Please get in touch if you have any questions.
LDM are looking forward to meeting you soon!

Contact Details:

Email: info@lakedistrictmountaineering.co.uk

WhatsApp: 07458353048

Website: www.lakedistrictmountaineering.co.uk

Thank you for your booking

