

Dear Candidate,

Thank you for your interest in our Mountain Leader Award training courses which are offered as a continuous 6 day course over two 3 day weekends .

Dates of Mountain Leader training courses 2020

Split course.

Friday 1st -Sunday 3rd and Friday 8th - Sunday 10th May

Six day courses

Tuesday 23rd -Sunday 28th June

Saturday 5th - Thursday 10th September

About the Mountain Leader training course

This is a six-day training course providing tuition in all the main aspects of mountain walking in the UK.

To gain the Mountain Leader Award you must meet the Syllabus requirements and successfully complete an additional 5 day assessment.

The course is based in Pitlochry at the Town Hall where we have access to meeting rooms and facilities. The course is largely practical and takes place on the hills however there are also a number of talks and discussion periods back at the Town Hall.

Every day on the hills is unique and offers its own challenges, we will try and find the best conditions and venues available each day as we cover the various aspects of the syllabus. The sample programme gives an example of how we anticipate running the course. The early evening discussions and reviews aim to finish by 6.45pm providing you with time to refuel and get ready for the next day.

Pitlochry is within easy access of a choice of venues, providing options throughout the week depending on prevailing conditions.

As a course provider I am approved by Mountain Training Scotland to run these courses and are regularly moderated as part of the quality management process.



All courses are offered on a self-catering / self drive basis (this means that there are 3 places in my transport and course members take turns to share transport, this keeps your costs down).

About the Mountain Leader Award

This award trains and assesses candidates in the skills required to lead hillwalking groups in summer conditions on mountainous routes in the UK not requiring the planned use of a rope.

Course pre requirements

- ❑ You should be reasonably fit, capable of ascending 1000m with an expedition rucksack and coping with typical mountain weather.
- ❑ Minimum 18 years of age and have 12 months mountain walking experience.
- ❑ Have an interest in leading groups.
- ❑ You must have **twenty** or more days hill walking experience, which is a requirement of Mountain Training UK for attendance on this course.

Expereince If you are unsure about your experience and would like some guidance, send me a copy of your log book experience or invite me into your Dlog when you apply for a place on the training course, or phone/email me if you would prefer. We will discuss your expereince during the course and advise on how much additional expereince you should gain between training and assessment.

Link to Mountain Leader award information and registration.

<http://www.mountain-training.org/walking/skills-and-awards/mountain-leader>

Before attending the course you must create an account with Mountain Training, and register on a scheme. You must also be a member of either Mountaineering Scotland or the British Mountaineering Council. This is a helpful youtube video on the Mountain Training Channel will walk you through this process.

<https://www.youtube.com/watch?v=rIOS-XgN4YU>



Equipment - guidance on the items you will require during the course

During the course you will need your normal hill walking equipment including boots and waterproofs, rucksack warm clothing etc. If you have a helmet please bring it - if not we will supply.

In addition to your usual hillwalking equipment you will need these specific items.

- Ordnance Survey 1:50 000 Sheet 43 and OS 1:25 000 Explorer OL49 Pitlochry & Loch Tummel. <https://dash4it.co.uk> are a reliable and cheap supplier of maps.
- Wrist watch with a stop watch for timing navigation legs. **Mobile phone is not a practical or suitable alternative.**
- Maps suitably wet weather proofed. We recommend that you purchase an Ortlieb map case. Either A4 or A5 size work well
- Compass. Silva Type 4 is recommended
- Head torch + spare batteries or better spare head torch.
- Note book and pens. The best way to remember those Top Tips!
- If you have maps in addition to those listed above of the wider surrounding areas please bring them as they may be useful but don't buy them. The wider area would include OS 1:50 000 sheets 36, 42,51,52.
- For the two-day expedition you will require lightweight camping equipment, 60+ litre rucksack, light tent, stove etc. If you don't have access to lightweight camping equipment please phone and discuss your equipment need with us, we may be able to help.

Additional equipment

For ropework day:

Bring an old waterproof jacket and close fitting leather gloves (cheap gardening gloves are ideal) with you if you have them and your own helmet if you have one, for the Steep Ground day. Remember that rope abrasion can damage your good waterproofs and can damage skin!

For water hazards

Bring old boots or trainers for the water hazards session, this will save your best boots from getting saturated.

Accommodation in Pitlochry

For most folk the Pitlochry Youth Hostel or Backpackers Hotel work well and are well equipped with a kitchen and drying room.

If you require accommodation, we suggest that you book as soon as you have confirmation of a place on the course. Booking accommodation is your responsibility.

Useful accommodation contact details Pitlochry Backpackers Hotel 01796 470044

<http://pitlochrybackpackershotel.com>

Pitlochry Youth Hostel 01796 472308.

Pitlochry Tourist Information 01796 472215 for a full list of available accommodation.

<http://www.visitscotland.com/info/services/pitlochry-information-centre-p234421>

<p>Day 1 9 -10 am</p> <p>Meet at Pitlochry Town Hall (PTH) Course aims Navigation tool box ideas</p>	<p>10am -16.30</p> <p>Navigation on the hill</p>	<p>16.30 - 18.30</p> <p>Rope work basics Top tips from day</p>
<p>Day 2</p> <p>9am meet PTH car park weather and environmental audit for the day</p>	<p>Ben Vrackie Car park Weather and access for the day Practical rope work skills</p>	<p>Top tips Mountain weather talk</p>
<p>Day 3</p> <p>9 am meet PTH car park.</p>	<p>Mountain day on Ben Vrackie - decision making on steeper ground. Group management and route finding.</p>	<p>Top tips from day - Dlog Brief for second weekend (split course)</p>
<p>Day 4</p> <p>9-11am PTH planning a mountain day , hazards, accident and emergency procedures</p>	<p>Accident and emergency procedures practical scenario Water hazards - R Garry</p>	<p>4 - 6.30 pm expedition preparation / planning</p>
<p>Day 5</p> <p>10 am meet Glen Shee ski area? (venue could vary - weather dependent) expedition including route choice - navigation strategy. group management, environment</p>	<p>Expedition including route choice navigation strategy. Group management, environment</p>	<p>Poor visibility and or night navigation</p>

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<p>Day 6 Expedition continues</p>	<p>Individual de brief coming off hill. 2-3 pm return to ski area café or other venue for cofee andcake Course debrief.</p>	<p>Course ends 4pm latest</p>
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Sample programme (weather or other circumstances my cause this to change)

Booking

The course fee is £330. Payment can be made via Bank Transfer or Cheque.

To book a place on the course a non refundable deposit of £ 100 is required and a completed booking form. The balance must be paid six weeks prior to the start of the course.

Please ensure that you have read the full Terms and Booking conditions on the booking form. Confirmation of your booking will be sent out to you on receipt of your deposit and completed booking form.

If you wish the course fee to be invoiced please provide full invoicing details on your booking form.

In the unlikely event of the course not reaching the minimum number as required by Mountain Training for the course to run I will contact you a minimum of 14 days before the coruse start date to discuss options.

Looking forward to meeting you.

Steve Spalding

