

Dear Candidate

Thank you for your interest in our Mountain Leader Award training courses. The spring course will be run over two 3 day weekends .

Dates of Mountain Leader training courses 2024

Split course.

Friday 10 to Sunday 12 and Friday 17 - Sunday 19 May 2024

About the Mountain Leader training course

This training course provides tuition in all the main aspects of leading 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.

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 6.30pm. Make sure you bring enough food and drink to keep you going.

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.

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.

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Experience

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 experience during the course and advise on how much additional experience you should gain between training and assessment.

Link to Mountain Leader award information and registration.

<https://www.mountain-training.org/qualifications/walking/mountain-leader>

Before attending the course you must create an account with Mountain Training, and then register on the Mountain Leader scheme. You must also be a member of either Mountaineering Scotland or the British Mountaineering Council. Link below to a helpful youtube video on the Mountain Training Channel which 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.
- Wristwatch with a stop watch function for timing navigation legs. **Mobile phone clock for timing is not a practical or a 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 still a 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.

2 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 Hazards of Steep Ground ropework 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. If you have walking poles please bring them.

Accommodation in Pitlochry

Booking accommodation is your responsibility. Backpackers Hotel 01794 470044 or the Youth Hostel are both available.

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

Booking

The course fee is £360. 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.

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

[Mountain Training Scotland Bursary Scheme](#) annually offers bursaries to support candidates wishing to undertake a training or assessment course in one of the Mountain Training qualification schemes provided by Mountain Training Scotland for whom the financial constraints may be a barrier to participation and whose participation may promote our commitment to diversity. Looking forward to meeting you..

Any question please ask.

Steve
Steve Spalding



Sample training course programme 2024

<p>Day 1 9 -10 am</p> <p>Meet Moulin Village Hall Face to face introductions. Navigation tool box ideas</p>	<p>10am -16.30</p> <p>Navigation on the hill Introduction to Mountain Training's Leadership Model</p>	<p>16.30 - 18.00</p> <p>Rope work basics on the hill Top tips from day</p>
<p>Day 2 9 am Meet at venue. weather and environmental audit for the day</p>	<p>Weather and access for the day. Navigation skills and Practical rope work skills</p>	<p>Moulin Village Hall Mountain weather talk</p>
<p>Day 3 9 am Meet at venue</p>	<p>Mountain day on Ben Vrackie - descision making on steeper ground. Group leadership and route finding.</p>	<p>Moulin Village Hall Top tips from day - Dlog Brief for second weekend (split course)</p>
<p>Day 4 9am Moulin Village Hall Responsibilities of Mtn Leader, Mountain Training Ethos</p>	<p>Accident and emergency procedures Water hazards - R Garry</p>	<p>On the hill expedition preparation / planning</p>
<p>Day 5 11am 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 leadership, environment, teaching navigation, remote supervision.</p>	<p>Poor visibility and or night navigation</p>
<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 and cake</p>	<p>Course ends 4pm latest Action plans emailed to candidates.</p>