



## **Summer Mountain Leader Award (ML) Training Course**

The Summer Mountain Leader Award is the oldest and most established award in Mountain Training's award structure.

The remit of the award allows holders to operate in any mountain range within the British Isles on non-technical (the use of a rope should not be required) walking and easy scrambling ground in summer conditions (for more details on "summer conditions" see syllabus notes). The award is held in high regard both in the voluntary and commercial outdoor sectors and gives you huge scope to inspire people within the mountain environment. The training course covers all the skills we feel an aspiring leader needs to develop and be competent in, in order to operate safely. It's a great opportunity to spend a significant amount of time in the mountains both being trained and exchanging ideas with other like-minded people. The highlight of the training for many people is often the expedition where all the skills learnt during the week can be practiced in a remote environment.

Our Mountain Leader training courses are based in the Peak District and Snowdonia.

In order to attend an Mountain Leader training course you must meet the following requirements:

1. **Be registered for the Mountain Leader scheme with Mountain Training** before attending a training course. (See below)
2. Be over the age of 18.
3. Have a minimum of 12 months hill walking experience.
4. Have an interest in the leadership of groups in the hills.
5. Have completed a minimum of 20 days walking in mountains.

## **Registration**

All Mountain Leader registrations are administered by Mountain Training. Upon registration, you will have access to a digital log-book, which contains details of your registration, syllabus and guidance notes for the Mountain Leader award along with pages for logging all your experience.

**Please note: If you are attending part of the Mountain Leader scheme you must be registered specifically for this award - even if you have already registered for one, or more, of the other awards e.g. Climbing Wall Award, Single Pitch Award or Hill & Moorland Leader.**

Register now via Mountain Training: <http://www.mountain-training.org>

## **Learning Objectives**

We aim to cover the Mountain Leader syllabus in full. Detailed guidance notes on the Mountain Leader syllabus along with the award handbook are available online via:

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

## **Course Format**

The course is predominantly practical although supported by evening theory sessions. During the 6 days you will have plenty of opportunity to practice and consolidate new skills. There will be a strong focus on navigation as well as leadership skills. Environmental awareness is also an important knowledge base an Mountain Leader needs and we will include elements of this through the whole week.

Main syllabus areas covered:

- Navigation on different map scales
- Poor visibility and night navigation
- Leadership skills
- Camping and expedition skills
- Movement through easy steep/broken ground
- Environmental knowledge
- Rope work and other emergency procedures

During the course our trainers will discuss with each candidate their existing experience and how they may wish to develop their skills beyond the course. For those looking ahead towards completing the assessment we can help formulate a personal action plan for the consolidation period.



## Sample Course Outline:

Meet 08:45 at: Unit 2a-3a Hathersage Park, Hathersage, Derbyshire, S32 1DP

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<b>Hill Day</b>	<b>Hill/ Centre based day</b>	<b>Hill Day</b>	<b>Hill Day/ Steep ground</b>	<b>Expedition</b>	<b>Hill Day</b>
Intro: Us, you & the course  Navigation skills  Basics of being a Mountain Leader	Responsibility Risk assessing and the law;  Hazard awareness/ management;  Dealing with incidents & accidents;  Leader's rucksack  Mountain Rescue.	Intro to steep ground;  Emergency ropework    PM: Travel to North Wales	Hazards and party management through steep and difficult terrain  Leadership	Navigation  Leadership  Getting off the beaten track  Knowledge and environment	Finish Expedition  What to expect at assessment  Round up and course debrief  <b>Course finishes at 5pm in North Wales</b>
<b>Evening Sessions:</b>  Weather forecasts and interpretation	A planning exercise		Preparation for Wild Camping & remote supervision	Night Navigation	
Accommodation Needed in					
Peak	Peak	Snowdonia	Snowdonia	Camp	

*Note1: course programme may change to suit prevailing conditions.*

*Note2: please read our accommodation details particularly regarding the expedition.*

## Venues Used

Our course starts and finishes at our base in the Peak District with the expedition phase taking us to Snowdonia. This has the advantage of allowing us to train you in the widest possible variety of hill and mountain terrain.

Whatever the weather we will be out on the hill everyday and you will find you'll often get the best experience in the worst weather!

## Meeting Point

**Please meet at 08.45am on the first day of the course at the following address:**

**Unit 2a-3a Hathersage Park  
Hathersage  
Derbyshire  
S32 1DP**

## What do I need to bring?

You will need to bring equipment appropriate for full days out in mountainous terrain. Sturdy walking footwear and good waterproofs are essential as is a good rucksack to carry the rest of your kit in. You will need to bring camping equipment for the expedition. **You will also need to supply your own maps & compass (see notes below).**

### ***Kit List:***

Walking Boots & socks  
Waterproof Trousers  
Warm clothing  
Waterproof Jacket  
Rucksack (Ideal size 45-50lt)  
Warm Hat  
Gloves  
Personal first aid kit  
Head Torch (with spare batteries) **(i)**  
Multi tool or Swiss army knife (optional)  
Tent  
Sleeping bag  
Role mat  
Stove  
Hill food for each day as well as Camp Food  
Cup, knife and spoon  
Compass

- (i) *It is important that you use a torch that has a strong beam. E.g. Petzl Myo XP or something similar.*

## **Maps**

The Peak District Dark Peak Area 1:25,000 OL1  
Snowdon / Yr Wyddfa Sheet 1:25,000 OL17

*If you want to bring additional maps of 1:40,000 or 1:50,000 scale then please free to do so.*

## **Accommodation/Food**

Please note that the course price does not include accommodation or food.

**Accommodation will be required in the Peak on the evenings of Day 1, Day 2.**

Given the lengthy nature of the days, we suggest staying in or close to Hathersage.

Further details of Peak District accommodation can be found at:

<http://www.peakdistrictonline.com>

**Accommodation will be required in or near Llanberis on the evenings of Day 3 and 4.**

The following are a couple of options that are particularly convenient:

[Pete's Eats Bunkhouse](#) (recommended)  
[Ben's Bunkhouse](#)

Further details of North Wales accommodation can be found at:

<http://www.walestouristsonline.co.uk/nwcoast/>

## **Cancellation**

Mountain Leader training courses must have a minimum of 4 candidates. In the event of course cancellation due to lack of participants, contact will be made no later than 14 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.

## **What happens now?**

We will look forward to meeting you on the first day of your course. However, in the mean time if you have any queries or require further advice please feel free to contact us.