



The Mountain Experience

Who is it for?

The mountain experience is a weekend course aimed at mountain walkers & climbers who want the skills for safe and legal backpacking, wild camping and mountaineering in the UK.

Why train with us?

People tell us one of the most enjoyable aspects are the small friendly groups you get with North Ridge Adventure allowing you to learn quickly and enjoyably with highly experienced instructors.

How do we structure the course?

Like a mini expedition. We progressively devolve decision making to the participants once you have learned the necessary skills, and we always check for evidence that learning has been achieved. Training is realistic and in the past we have had to contend with gales, flooded rivers and heat waves which all make the training even more effective! Your safety at all times is of first importance and instructors will modify courses and routes appropriate to the conditions.

Accommodation will be in 4-season mountain tents which we provide, although you are welcome to use your own suitable tent. Our experience shows the slight weight penalty of these tents has its reward in being able to camp higher in the mountains. You are expected to provide your own personal equipment including full waterproofs, 65L + rucksack, sleeping bag and mountain walking boots. Loans of equipment such as stoves etc. can be arranged if required at no extra cost.

Among the main talking points of our course are the night-time expeditions, ranging from easy(ish) walks in the dark to full-on night navigation exercises. Although you will not need to carry any equipment other than map, compass, and head torch, we will carry full safety equipment as usual. It's unforgettable the first time you find your way through the darkness of the mountains back to the safety of your tent!



What will I learn?

- Map reading and navigation, to significantly improve your skills
 - Night navigation
 - Appropriate Route planning considering people, weather and terrain
- Camp craft
 - Site selection - weather, drainage and ground
 - Tent selection, and how to pitch your tent
 - Making life comfortable
 - Environmental considerations of wild camping
- Safety matters
 - Drinking water safety considerations
 - Cooking and selection of stoves
 - Hygiene
 - Steep ground, party management and water hazards (as encountered)
- Keeping the weight down
 - what to take and what to do without
 - sharing equipment
 - balancing lightweight, safety and robustness
- How to be self sufficient in the hills!

When do the courses run?

Courses run year round and normally go through to early afternoon on the Sunday, although this can be longer. Experience said this is the optimum time for an enjoyable learning experience and still having time to get home on Sunday. Midweek courses are of course available on request.

Safety

Your instructor will be a fully qualified Mountain Leader and Emergency 1st Aider. We carry comprehensive insurance however you may wish to consider individual 3rd party insurance.