



BMC Developing Scrambling Skills Course

Coniston, Lake District

2nd - 3rd July 2016

COURSE INFORMATION

Course Overview

This weekend is for anyone who has experienced some of the classic Grade 1 routes and wants to venture onto more challenging terrain, learning skills and techniques necessary for safer travel on Grade 2 or 3 routes. We will access some interesting and adventurous scrambles. A good level of general mountain fitness is necessary to enable you to enjoy your weekend.

Course Outline

We will cover the following in as practical way as possible:

- Clothing and equipment
- Scrambling techniques and movement skills
- Choosing a safe route and assessing risk
- Hazard management
- Assisting and safeguarding other party members
- Ropework for scrambles for ascent and descent
- Use of karabiners and slings
- Dealing with different weather conditions

We will do a ghyll scramble one day and a mountain scramble the other.

Level of experience

A good level of general mountain fitness is necessary to enable you to enjoy your weekend. Experience of scrambling at Grade 1.

Location

Run from the Yorkshire Mountaineering Club hut in the Coniston Coppermines, you will spend as much time outdoors as weather and programme allows. The hut belongs to the YMC and therefore you will need to provide your own sleeping bag, towel, personal toiletries, food etc. as you would for any stay in a climbing hut.

Further information can be found at theymc.org.uk/?page_id=393

Instructor

Mandy Glanvill - Mountain Instructor



Mandy has a wealth of experience and knowledge having instructed at all levels. She is a qualified teacher, holds the Mountain Instructor Award, has taught in schools, colleges, at the National Mountain Centre for England & Wales at Plas-y-Brenin, and for private individuals and groups. What singles Mandy out is her ability to make people feel comfortable and confident in the rock environment and provide thoughtful and detailed input while having a boundless supply of energy and enthusiasm.

Mandy has climbed all over the world and also enjoys winter climbing, caving, canoeing and skiing. She lives in Keswick in the heart of the Lake District where she runs her climbing company, WomenRock.

Price

£99 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction (Saturday & Sunday), group equipment

Not included: meals, personal equipment, transport

To secure your place please click to [book online](#) via the BMC website, or follow the link on the course information page . www.thebmc.co.uk/clubsourses