**Advanced Mountain Adventure: Eryri/ Snowdonia**

**Friday 13th- Sunday 15th October 2023 (Optional extra Monday 16th)**

**Are you ready for more challenging and exposed routes?**

This course is for those with a head for heights and a sense of adventure. Off the regular footpaths, seeking out the wild mountainous terrain. It’s not to exclude people, but rather to provide a safe space for those ready to advance to the next step of mountaineering.

**We will :**

- Learn to progress your navigation to find really detailed features.

- Walk over rocky terrain, sometimes off main paths.

- There may be some small sections where we use our hands for balance.

- And definitely some boggy hillside.

- Stay out until dark and use headtorches and compass bearings to navigate our way back off the hill. - And throughout all of this, we will support each other and find the best way to safely challenge ourselves.

**Optional extra: Monday - Yr Wyddfa / Snowdon Ascent**

- Stay on for and join a walk up the highest mountain in England & Wales, via the Pyg/Miners path in plus size group

- Start point: Pen y Pass Youth Hostel

- Distance overall: 12km

**-** Height gain: 700m

- Difficulty: Medium difficulty mountain walk in terms of terrain, but consider this in combination with height gain and distance when assessing whether you want to join

- Time: at least 6 hours

- Walking**:** 3km/hour average

**Course Outline :**

**Meet: Venue: Pen y Pass YHA Friday13th Oct 5pm** [**www.pen-y-pass**](https://www.yha.org.uk/hostel/yha-snowdon-pen-y-pass)

**Friday evening:**

**-** Getting to know each other, course content, hope and fears.

**-** Weather and planning for the weekend.

**Saturday:**

**-** We will start with a few hours inside at the YHA to look at maps and their features in detail .

**-** We will then get out onto the hill until at least 6pm in order to experience ‘be-nightment’ and how to get home safely once it’s dark.

**Sunday**

**-** Wewill start at 9am and finish between 4 and 5 depending on our route.

**What to bring:**

**Equipment**

**-** OS map

**-** OL17 Snowdonia

**-** If you have other maps ( eg BMC, 1:40K etc) please bring them along

**-** Compass – that includes a bearing maker, direction of travel arrow and a magnifying glass (Silva Expedition 4 is a typical one used )

**Clothing**

**-** We will be out in any weather, including the rain and wind, and we will be moving quite slowly discussing course content, so please dress warm.

**-** We will can discuss how best to find the best kit to suit you during the course, but if you would like advice beforehand, please get in touch.

**-** We have provided a suggested list of equipment. Don’t worry if you don’t have it all – let us know and we can bring extras – **full waterproofs are required but please contact us asap if you don’t have them as we may be able to lend you some**. But you will need your own **walking footwear**.

**Food**

**-** Bring a packed lunch for both days and plenty of snacks, at least 1 litre water and extra thermos warm drinks is advised

**-** We will have various short stops throughout the day, although possibly not a proper long lunch break.

**Course Content**

This course is designed to build on your existing navigation skills. You should already be familiar with 1:25k Ordnance Survey maps, basic map features such as Rights of Way, roads, rivers & boundary lines

Understanding of contours, e.g. how hills and valleys are represented. Over the weekend we will learn to combine map interpretation with bad visibility techniques and relocation skills, making you confident and equipped to deal with most situations on the hill.

**Advanced Navigation Skills:**

- Familiarity with different map scales and symbols, grid references, terrain and contour interpretation

- Using a compass to take bearings. Walking on a bearing and the use of ‘attack points’ and ‘aiming off’

- The ability to judge distance accurately by pacing and timing

- Divide navigational legs into ‘macro’ and ‘micro’ navigation i.e. easy handrail navigation along a path for 45mins is macro, while the micro section could be accurate pacing for 200meters while walking on a bearing.

- Using relocation strategies when lost - i.e. heading for the nearest known point for precise location or choosing a safe route to a linear feature.

- Using these skills for bad visibility or night navigation.

- Planning a route with bearings, distances, estimated times and bad weather / emergency alternatives

**Weather**

- Using mountain forecasts and synoptic charts.

- Understanding how to adapt any route before and during the day to allow for weather conditions.

**Terrain**

- How to deal with difficulties on the ground like rocky sections, exposed edges and steep ground.

**Hazards and emergency procedures in the mountains**

- How to respond to any hazards you encounter and what to do in an emergency. We will also look at how to avoid the most common problems and prevent them from become emergencies

**Contact us:**

For questions about the course content, call Cat on 07954326550

To ask about kit or borrow kit for the course, email Steph on steph@everybodyoutdoors.co.uk