

Mountain Scrambling



OVERVIEW

Scrambling is an adventurous and challenging way of reaching your favourite summits. Following rocky ridges, impressive buttresses and exciting spurs, scrambling is the fluid area between conventional walking and more formal rock climbing. The routes provide a fantastic opportunity to survey fine views of the surrounding fells and pick out the distant walkers on potentially busier paths. Good scrambling terrain tends to be broken rocky ground requiring careful footwork, simple rock climbing skills and a good head for heights.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

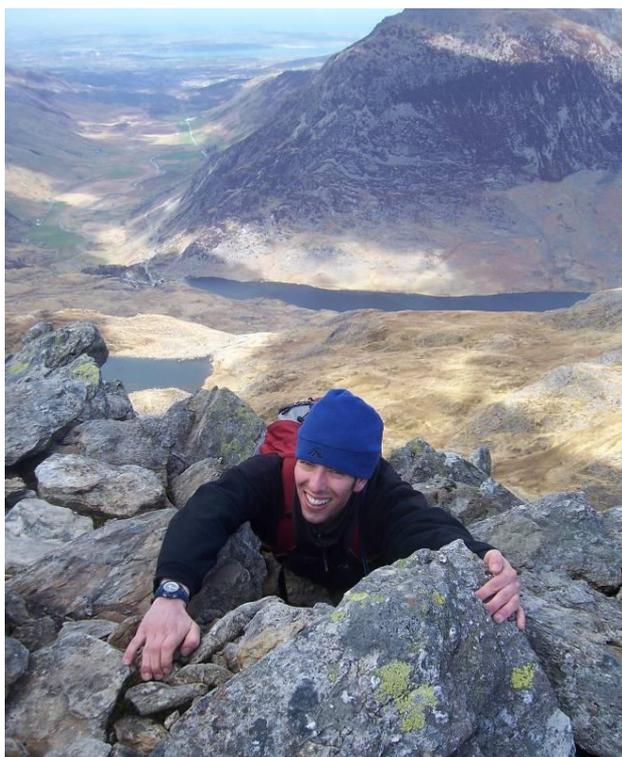
Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of climatic conditions, limitations of transport or other operational factors. As a consequence, the location and duration of the days may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

MOUNTAIN SCRAMBLING

Our Mountain Scrambling Course is an introductory course, offering the summer hill walker the chance to learn the skills required to climb some of the classic scrambling routes and ridges in the Lake District.

We will instruct you in the techniques to enable you to move quickly, confidently and safely over steep and rocky ground plus the basic rope work and route choice skills to become self-sufficient.

The severity of the scrambles undertaken will be tailored to your present ability, from the classic Striding Edge on Helvellyn to Jackø Rake on Pavey Ark or Tarn Crag. This course normally covers Grade 1-3 scrambles.



PREVIOUS EXPERIENCE

You should have experience of 3 season hill walking, a good head for heights and being on steeper terrain, and a reasonable level of physical fitness.

OUTLINE ITINERARY

An exact programme is difficult to confirm as we operate according to the weather, conditions and the progress of the group, but a typical itinerary would be as follows:

Day 1: Please meet at The Adventure Peaks Shop at 9:15 am. Your instructor will discuss your experience, aims and aspirations for the course with you and develop a suitable itinerary. Today usually focuses on safe and efficient movement skills on steep ground.

Day 2: Today introduces basic ropework to protect members of the group on steeper sections. We aim to take in a classic Grade 1 - 3 scramble within the day.



We would hope to visit some of the Lake District's best scrambling areas such as Langdale, Helvellyn, Coniston, Blencathra, the Gables or Scafell.

We offer a very flexible programme. If you arrive with a specific goal in mind then we will do our best to make it happen, be it being guided up Pillar Rock in Ennerdale or preparing yourself for an attempt on the Cuillin Ridge on Skye. It may also be possible to run a longer course for you, please ask for more details.

SCRAMBLING GRADES

Scrambles are graded from 1-3 & 3S:

Grade 1 is unlikely to require a rope (although one should be carried) but would involve steep and sometimes exposed ground, where good route choice is important. Alternative routes can be found to avoid certain sections. Hand and foot holds are always plentiful and decent. Sharp Edge on Blencathra or Striding Edge on Helvellyn are good examples.

Grade 2 would normally require the use of a rope at some point and basic rock climbing skills to negotiate steeper ridges and gullies. There may be at least one part of the scramble that has a more difficult section or the exposure might increase. Many routes on the Langdale Pikes are at this level.

Grade 3 & 3S are likely to require the use of a rope throughout, to safeguard against steeper technical pitches or significant exposure in places. Good route finding and ropework skills will be essential to maintain safety of the party. At this level, some short sections of the scramble may be equivalent to a moderate rock climb, requiring confidence in footwork and balance. A **3S** scramble will be overall much more serious possibly with unavoidable moves graded as Difficult (rock climbing grade).

WEATHER CONDITIONS

Scrambling can be undertaken in most weather conditions. Our instructors will endeavor to make the best use of the conditions to give you an enjoyable and rewarding day out.



WHAT IS INCLUDED

- Instruction and leadership at a ratio of 1:3
- Technical equipment such as ropes

WHAT IS NOT INCLUDED

- Transport to and from Ambleside
- Helmets and harness. These can be hired, please return your hire form and advise your waist size before the course so we can have your harness ready, if you are not bringing your own.
- Personal clothing and equipment
- Lunch, evening meals and accommodation

LEADERS

The majority of our leaders are qualified Mountaineering Instructors, many of whom are members of AMI (Association of Mountaineering Instructors) www.ami.org.uk



ALTERNATIVE DATES

We are happy to run courses on any dates for groups of 2 or more people. Please contact the office for details.

EQUIPMENT

A detailed equipment list is provided before your course but you will require your normal clothing and equipment for summer hill walking.

A 15% discount is available on the RRP of all equipment and clothing from the Adventure Peaks shop from the time of booking to one year after your course. www.adventurepeaks.com/shop

COURSE BASE

The course will start from the Adventure Peaks Shop in Ambleside at 9:15 am. At this point any equipment hired will be issued. You should have your rucksack packed ready to depart including a full packed lunch.

Each day will usually finish at 5:00-5:30pm (the final day you may finish slightly earlier for onward travel).

ACCOMMODATION

Courses are offered on a non-residential basis. There are plenty of B&Bs, hotels and a Youth Hostel in and around Ambleside. **Please check that the course is confirmed before booking any accommodation or making non-changeable travel arrangements.**

If you wish us to arrange accommodation for you, we can do so and the cost would be added to your invoice. Please let us know at the time of booking.

MEALS

Please bring plenty of food and drink for your time out in the hills. Ambleside has plenty of restaurants from Thai, Indian, Chinese, Pizza and pub grub for you to enjoy in the evening if you wish.

COURSE TRANSPORT

During the course we normally ask clients to share transport. If you are without transport we ask that you contribute to the shared cost.



INSURANCE

We recommend you have travel insurance to cover cancellation/curtailment. Search & rescue cover is not required as the Lakes has a dedicated voluntary Mountain Rescue Service.

BOOKS & MAPS

Arguably the best guide book is **Scrambles & Easy Climbs in the Lake District** by John Sparks & Judith Brown.

Ordnance Survey maps **OL4, OL5, OL6 & OL7** cover the entire Lake District at a scale of 1:25,000. OS maps **89 & 90** also cover the Lakes but at a less detailed scale of 1:50,000. The British Mountaineering Council produce a Lake District map at a scale of 1:40,000 which is waterproof and tear resistant and which has been specially designed for walkers and climbers.