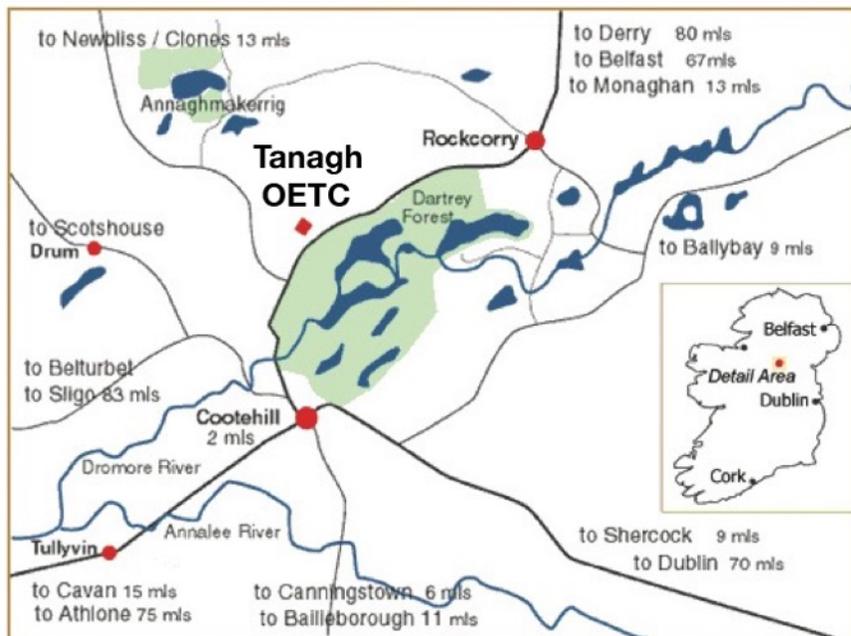


Location



Equipment / Clothing Required

- Rucksack 30 - 40lt
 - Emergency bivi bag / survival bag
 - Waterproof Jacket and trousers
 - Map (OSi 28A) 1:50,000
 - Compass (Silva type 4)
 - Digital watch with stopwatch
 - Torch and spare battery and bulb
 - Walking boots
 - Gaiters (optional)
 - Drink
 - Lunch
 - Whistle
 - Hat and Gloves
 - Spare fleece top
 - Spare food
 - Sunglasses and sun cream
 - Warm drink
 - Mobile phone
 - 1st Aid Kit (See Website)
 - Rucksack liner
- Contact the Centre If you have questions about any of the equipment or clothing listed here. We investigate mountaineering equipment pros and cons on day 1 of the course.

Booking and Enquiries

Tanagh Outdoor Education & Training Centre, Dartrey, Via Cootehill P.O.
Co.Monaghan
W: www.tanaghoutdooreducation.com
E: info@tanaghoutdooreducation.com T: 049 5552988

Mountain Skills 1



This booklet is a brief outline of the course content and schedule.

We cover the Syllabus of Mountain Skills 1.

Our course provider is registered with Mountaineering Ireland.

Booking and Enquiries

Mountain Skills 1 Day 1

Focus on Map Reading & Navigation

Reading and interpreting the map is the single most important skill in mountain navigation. It's a skill that even experienced navigators still need to work at and develop. We will focus on setting the map, walking with the map, relating whats on the ground to whats on the map and exploring the maps usefulness as well as its limitations.

Content

Maps and Mapping

Ireland is historically the best mapped country in the world. If you don't already love maps we will ignite your interest in this fascinating subject. What makes a map useful on the hill. How do we extract the information that we need.

Hill Walk

Time on the hill is invaluable, getting intimate with the map and getting introduced to effective navigation strategy. We use the 5 Ds. Recognizing features near and far away is a skill we will improve and develop.

Depiction of relief

This topic is explored before, during and after the hill walk. Understanding and reading relief via contour lines is possibly the most import skill in map reading. We will use a variety of resources for this.

Gear / Hazards

We will explore Mountain Hazards and investigate the essential gear and equipment you need.

Mountain Environment

We will integrate Leave No Trace environmental Ethics into the course delivery and explore access, ecology and conservation issues.

Schedule for Day One

Day 1

The Following is the schedule we generally follow. Times will be the same but due to weather and location the chronology can sometimes change

8.55am Tanagh OETC Training Room. Introductions and House Rules. Introduction to Mountain Skills

9.15am Maps and mapping, The Grid, Contour Lines.

10.30am Short Tea Break and change for the hill



At Tanagh OETC we have chosen ideal locations on local Hills and Mountains for Mountain Skills Courses

10.45am Travel to the hill

11.25am Hill Walk

1.30pm Lunch on the Mountain

4.00pm Return to Centre

4.40pm Mountain hazards

5.15pm Mountaineering equipment and gear

5.45pm depiction of relief

6.00pm Finish for the Day

The 30 - 40 minute bus trip is not wasted, we use the time to cover the principals of Leave No Trace and Access to the Mountain Environment.

Mountain Skills 1 Day 2

Focus on improving Navigation and Distance Calculation

Continuing our focus on map reading and navigation we build on what we learned on day one. On Day 2 we introduce some effective ways of calculating distance on the ground.

Content

Pacing and Timing

To elaborate on rough distance estimation and introduce more accurate methods. Determine the number of double paces in a 100M. We look at timing and we bring in Naismiths rule. Naismiths rule is adapted to less steep ground, and its limitations are explored.

Hill Walk

Although we dedicate more time on Day 2 for accurate distance estimation we still keep our eyes, and senses tuned for changes in slope and feature recognition. We tune our pacing over short and long legs steep ground and rough terrain. Timing is also developed as a Navigational tool.

Route Card Talk

The importance of route planning is demonstrated. Starting with a simple map photocopy with marked route. Continue to more Detailed Route Card. Use of route card in planning for emergencies and emergency response.

Mountain Environment

We will integrate Leave No Trace environmental Ethics into the course delivery and continue to explore ecology and conservation issues out on the hill where relevant.

Schedule for Day Two

Day 2

The Following is the schedule we generally follow. Times will be the same but due to weather and location the chronology can sometimes change

8.55 am We Meet at Tanagh OETC Training Room. Pacing, Timing, Distance Calculation on the ground.

9.45am Leave for the hill

10.20am Hill Walk

1.30pm Lunch on the Mountain

3.30pm Return to Centre

4.10pm Route Cards



You will get practice leading the Group and your confidence will grow and develop. Increased confidence in your own navigational ability is a key outcome of this course.

5.00pm finish