

Mountain Skills 1

Providing
theoretical and practical
knowledge in
hill walking and navigation



Weekend Program

- Saturday – 9.30am to 5.00pm approx
- Overview of the mountain skills syllabus
- Talks on: Clothing and Personal Equipment
- Table work – maps, grid references, bearings.
- Hill walk
- Sunday – 9.30 am to 4.00pm approx.
- Outdoors, Pacing, Timing, Compass, Route Planning, Debrief, Log Book & Certs...

A Little bit about....

- Niall Ennis - Mountain Leaders, I represent hill walking club interests on the BOS board.
- BOS, Bord Oiliúint Sléibhe, is the Mountain Training Board in Ireland and is governed by M.I.
- Mountaineering Ireland, Mountaineering Ireland is the representative body for walkers and climbers in Ireland. It is recognised as the National Governing Body for mountaineering, hillwalking, rambling and climbing by both the Irish Sports Council and Sport Northern Ireland.

Mountain Skills to Mountain Leader

- MS 1 – a two day training course, followed by consolidation of learning and practicing techniques learned.
- MS 2 – a further two day training course, going into much more detail. Includes night navigation and steep ground movement skills.
- MS Assessment – a test on all the above!
- Mountain Leader – your path (pun intended) starts here.....



