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QUALITY MOUNTAIN DAY

To be able to take part in the Summer Mountain Leader Training Course you need to have logged a minimum of 20 quality mountain days. The description below is taken from the MLTUK website for your information:

In terms of experience, the quality of a mountain day lies in such things as the conditions experienced both overhead and underfoot, the exploration of new areas, the terrain covered and the physical and mental challenge. Such days make a positive contribution towards a person's development and maturity as an all round mountaineer.

Usually some or all of these criteria would be filled:

- The individual takes part in the planning and leadership
- Navigation skills are required away from marked paths
- Experience must be in terrain and weather comparable to that found in the UK and Irish hills
- Knowledge is increased and skills practised
- Attention is paid to safety
- The journey time is five hours or more
- Adverse conditions may be encountered
- Ascent of a substantial peak would normally be included in the day

For the purposes of the Scheme, the mountainous country is defined as where walkers are dependent upon themselves and remote from immediate help. In the UK this can be found in such areas as:

- Antrim Hills
- Black Mountains
- Brecon Beacons
- Cheviots
- Dartmoor
- Galloway Hills
- Highlands and Islands of Scotland
- Lake District
- Mountains of Mourne
- Mountains of North and Mid Wales
- North Yorkshire Moors
- Peak District and Northern Moors
- Pennines

Details of areas in the Republic of Ireland can be found on the MLTUK website shown below.

For more information on the Summer Mountain Leader Award go to the MLTUK website.

www.mltuk.org/docs/training-ml.html