



Icicle Mountaineering - UK Mountain Training 2006

We operate these UK based skills courses, to help train people to be more autonomous and safe in the UK hills, and also to prepare them better for trips to the Alps or expeditions further afield. These weekend courses are designed so that you do not need to take any time off work, and yet maximise your learning and achievements on the course. All the courses outlined below are operated by mountain leaders who are qualified, and who have a lot of experience in climbing in the Alps and on expeditions. Note that all the skills taught are non-roped, and no climbing element is involved. Please be ready for long days, as we want you to get as much as possible from these weekends. For accommodation we use bunk houses in the

Lake District and Snowdonia. The idea of the weekends is to offer the best preparation possible, whilst keeping costs low for you. Near to the accommodation are various pubs, shops and places to eat / buy food. We have offered the lowest course prices possible, so that you can minimise costs too. Note the "Expedition Skills & Night Navigation" course is sleeping in tents.



UK Alpine Preparation Training Course Overview

Course Code: UK - APT

These weekends are open to anyone planning a first trip to the Alps in the near future. They are designed with Icicle clients in mind, who are booked on a forthcoming course, but these weekends are open to anyone, and it is not a prerequisite to have to book on an Icicle Alpine course afterwards. The aim of the weekends are to tackle the four key concerns of people visiting the Alps..... 1) **SPEED**: how best to move together over steep and broken ground. 2) **WEATHER**: predicting mountain weather from reports & charts. 3) **EQUIPMENT**: what to take, how to pack it, what to wear. 4) **NAVIGATION**: how to use a compass, maps, & GPS.

Outline Course Itinerary

SATURDAY - Meeting at 09:00 for a quick briefing, and a day of security on steep ground. Also you will start to cover the basics of navigation. In the early evening there is a discussion about the kit you need in the Alps, and exactly what to select each day. After this you can meet up for food & drinks in town.

SUNDAY - Another day of walking on steep ground, with the instruction starting at 09:00, we aim to end the training by 16:00 so you can travel home. The focus for the day is weather prediction, more advanced navigation, and steep ground skills. At the end of the day you have the opportunity to get individual feedback and advice about Alpine plans and preparation / training.

Course Ratios - 1:6 maximum ratio, but we try to operate with less. The course is guaranteed to operate with 2 people. Contact us if you wish to make a group reservation.

Inclusions - 1) Qualified leader for daily guiding and instruction. 2) All costs and fees for the leader at the weekend. 3) One night bunk house style accommodation. 4) Evening Theory Sessions and Instruction Booklet. 5) Road transport to each venue during the weekend.

Exclusions - 1) Travel to & from the national park for the weekend. 2) Equipment hire such as boots or waterproofs. 3) Bar / food bills & tips, laundry, telephone calls.

Course Price: £95 per person. Group price*: £75 per person, * = group of 4 booking at the same time.

Course Dates: 20 & 21 May 2006 (Lake District), 14 & 15 October 2006 (Snowdonia)



Hillwalking & Basic Navigation Course Overview

Course Code: UK - HBN

This weekend is designed to teach you the basic navigational skills for you to safely walk on the UK hills and moors, and to show that navigation can actually be fun. We will tailor the level of the course to suit the experience level of those on it, whether you are using it to learn the basics, or to brush up your skills prior to an ML assessment. Most people who book onto this course are quite happy navigating in clear weather, but do not have the skills to locate themselves when the visibility is reduced, as often happens in the UK uplands. If your navigation is already quite good, perhaps consider our [Advanced Navigation & GPS](#) weekend course.

Outline Course Itinerary

SATURDAY - Meeting at 09:00 for a quick briefing, and a day of hillwalking on which to learn the basics of navigation. As well as learning navigation there is also a focus on hillwalking skills. In the early evening there is a discussion about route planning, and you will plan the walk for the next day. After this you can meet up for food & drinks in town.

SUNDAY - Another day of hillwalking and navigation, with the instruction starting at 09:00, we aim to end the training by 16:00 so you can travel home. The focus for the day is weather prediction, more advanced navigation, and route choice skills. At the end of the day you have the opportunity to get individual feedback and advice for future plans.

Course Ratios - 1:6 maximum ratio, but we try to operate with less. The course is guaranteed to operate with 2 people. Contact us if you wish to make a group reservation.

Inclusions - 1) Qualified leader for daily guiding and instruction. 2) All costs and fees for the leader at the weekend. 3) One night bunk house style accommodation. 4) Evening Theory Session on Saturday. 5) Road transport to each venue during the weekend.

Exclusions - 1) Travel to & from the national park for the weekend. 2) Equipment hire such as boots or waterproofs. 3) Bar / food bills & tips, laundry, telephone calls.

Course Price: £95 per person

Course Dates: 13 & 14 May 2006 (Lake District), 27 & 28 May 2006 (Snowdonia)



Expedition Skills & Night Navigation Course Overview

Course Code: UK - ENN

Wild camping in the UK mountains is an experience, that very few people do, mainly due to a lack of campcraft skills, and the knowledge of what to do if the group had to relocate using night navigation. You will set off on a two day expedition, with a wild camp and a night navigation exercise in the evening when it is dark. During this expedition you will learn that this knowledge can make wild camps a really enjoyable experience, that can be practiced responsibly and safely, and this will open up a whole range of new walks that you can consider doing in the future. You need to provide your own tent, sleeping bag, mat, stove, eating & cooking utensils, and food.

Outline Course Itinerary

SATURDAY - Meeting at 09:00 for a quick briefing, and full equipment checks as you will be travelling for two days, with a night of wild camping. During the day you will practice your navigation skills, on your way up to a remote area in which to camp for the night. After pitching tents and making a responsible camp, you will prepare dinner and then after dark go on a night navigation exercise for a few hours.

SUNDAY - The night navigation is usually over by the early hours of the morning, then it is time for sleeping! At dawn you strip camp, and remove any rubbish, before another day of hillwalking and navigation exercises. We aim to end the training by 16:00 so you can travel home. At the end of the day you have the opportunity to get individual feedback and advice for future plans.

Course Ratios - 1:6 maximum ratio, but we try to operate with less. The course is guaranteed to operate with 2 people. Contact us if you wish to make a group reservation.

Inclusions - 1) Qualified leader for daily guiding and instruction. 2) All costs and fees for the leader at the weekend. 3) Night navigation exercise during the weekend of about two to three hours duration. 5) Road transport to each venue during the weekend.

Exclusions - 1) Travel to & from the national park for the weekend. 2) Equipment hire such as boots or waterproofs. 3) Bar / food bills & tips, laundry, telephone calls.

Course Price: £125 per person.

Course Dates: 3 & 4 June 2006 (Lake District), 25 & 26 Nov 2006 (Lake District)



Advanced Navigation & using GPS Course Overview

Course Code: UK - ADG

You will already be very confident of maps (scales, sizes, grid systems & references), using the compass (inc. following bearing in reduced visibility and back bearings), and the basics of pacing and timings. This course will improve your micro navigation, contour interpretation, and it will introduce more advanced uses of pacing and timing. Key additional skills include aiming off, boxing around features, using handle features, and advanced route planning. We will also focus on hazard avoidance and management. You will also learn how to use a GPS to navigate in conjunction with a map, and in its own right as a navigational tool.

Outline Course Itinerary

SATURDAY - Meeting at 09:00 for a quick briefing, and a day of advanced navigation. The aim is to travel light to do as many navigation legs as possible during the day, and to learn the basics of using a GPS unit (supplied as required). In the early evening there is a discussion about some of the navigation skills you will encounter the next day. After this go out for food & drinks in town.

SUNDAY - On this second day, instruction starts at 09:00, and we aim to end the training by 16:00 so that you can travel home. The focus for the day is more advanced navigational skills. Predicted bad weather during these weekends is never a bad thing, as reduced visibility is great for you to really test your skills in. At the end of the day you have the opportunity to get individual feedback and advice about your future plans and training.

Course Ratios - 1:6 maximum ratio, but we try to operate with less. The course is guaranteed to operate with 2 people. Contact us if you wish to make a group reservation.

Inclusions - 1) Qualified leader for daily guiding and instruction. 2) All costs and fees for the leader at the weekend. 3) One night bunk house style accommodation. 4) Loan of GPS units as required. 5) Road transport to each venue during the weekend.

Exclusions - 1) Travel to & from the national park for the weekend. 2) Equipment hire such as boots or waterproofs. 3) Bar / food bills & tips, laundry, telephone calls.

Course Price: £125 per person.

Course Dates: 13 & 14 May 2006 (Lake District), 27 & 28 May 2006 (Snowdonia)