



Mountain Journeys

Your adventure starts here...

Lakeland Rock Scrambling



Raven crag, Yewdale



Ill Crag ridge scramble

General

This can be a half or full day course involving one or more scrambling ascents of Lakeland mountains.

Our aim will be to use easy to reach scrambling terrain in the Langdale or Yewdale valleys, near Ambleside.

Mountain scrambling offers the chance to move amongst rocky terrain without the need for rock climbing equipment. This means we move quicker & cover more ground, improving our skills with each step. The situations are sometimes steep & the views always superb. It's a great adventure for all.

Course outline

Before we head into the mountains, we will discuss equipment selection, weather and route choice.

We will focus our attentions on getting plenty of exposure whilst moving on rocky terrain in a variety of settings. The scrambling routes will likely include some of the following: Tarn Crag; Pavey Ark; Harrison Stickle, Ill Crag; Raven Crag; & Pinnacle Ridge. All offer the finest scrambling terrain in Lakeland.

During the scrambling, we may use improvised rope techniques suitable for the terrain.

Kit list

We will provide all technical equipment. You will need to bring your walking boots, warm & waterproof clothing is also required, as it can sometimes feel chilly in the mountains hat & gloves are useful too.

Note: please ensure you bring any personal medication with you during all activities.

Fitness requirements

As a guideline, full days will be between 6 - 8 hours in duration, whilst half days will be around 3 – 4 hours in duration.

Cost

£ - based on number of participants, please enquire.

Disclaimer

This trip involves travel to mountainous areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit participants, the weather or for any other reason deemed necessary. Climbing and mountaineering are dangerous activities where serious injury or death may occur. Please be aware that although we take precautions to ensure your safety, there will always be an element of risk and uncertainty.

And finally....

If you have any questions regarding the above, please don't hesitate to contact Mark or Kate via any of the methods below.

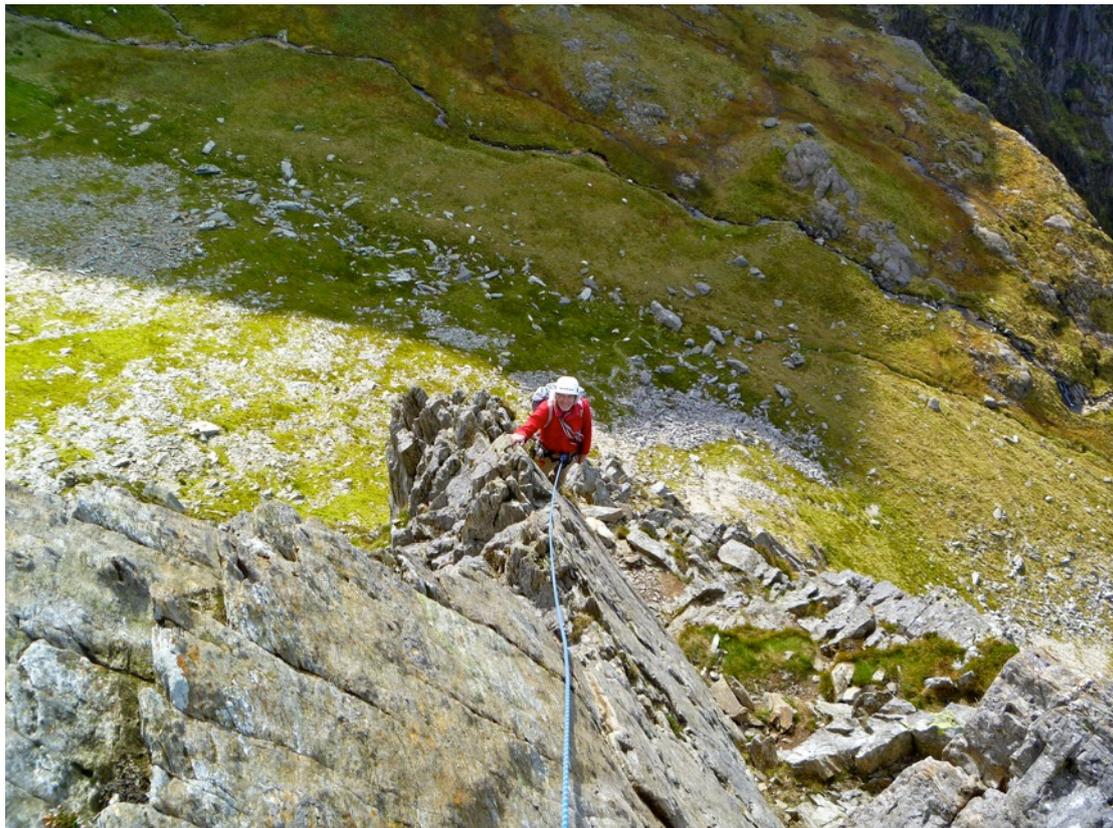
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Exposed scrambling high above the valley