

MOUNTAIN CHAT

HOW TO GET STARTED IN THE WORLD OF MOUNTAINEERING

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Getting started in the high mountains can feel a little overwhelming. Do i need climbing experience? How fit do I need to be? Can I do it on my own? These are all questions that are asked by so many starting out on their mountain adventures.

In this conversation we discuss the following:

- What does mountaineering entail?
- Should I hire a guide?
- How to assess your ability?
- Start Small / Pick your goal?
- What gear do you need?

We hope you enjoy it and find it useful. You can also watch the full video over on instagram.

If you want to know more about how The Altitude Centre can help then it would you can learn more about them [here](#).