



NORTH WALES MOUNTAINEERING INTRO ITINERARY

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Our three-day Mountaineering Introduction Course is a fun and friendly course to kickstart your mountaineering journey. This course is key to learning the skills you need to scramble in the mountains using a rope on grade 2 and 3 scrambles. The course will be delivered by a qualified Mountaineering and Climbing Instructor (MCI) who will guide you through all the skills you need to scramble on steep terrain.

While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. We will always remain as flexible as possible, which is why we only work with experienced and knowledgeable guides, to make sure we can change any plans if required.

DAY ONE:

ARRIVAL DAY

Arrive anytime today. If you're heading down to Snowdonia after work, no problem, we can accommodate late arrivals. Overnight in the Rocks Hostel.

DAY TWO:

LET'S GET STRAIGHT INTO IT

Get to know your instructor over a breakfast briefing before heading straight out into the mountains. Today might be your first taste of mountaineering, or it may be a refresher to revisit some previously learned skills. Either way, we'll be heading out for a full day where we will cover the specifics of mountain adventure; planning, using safety equipment, climbing techniques and skills, and what to do with technical climbing gear. Once tired out we'll retreat to our cosy base at the Rocks Hostel.

Distance: 10-15km Elevation: 700 – 900m +- Time: 7-9 hours

DAY THREE:

PROGRESSION DAY

We'll meet at 9am and get cracking straight away. Today we'll take what we learned yesterday and look to move forwards. We'll focus on the basics of abseiling, speeding up our technical skills and progressing our overall climbing movements. By the end of this day you will have consolidated yesterdays skills and will feel like you understand more of the techniques needed to be a mountaineer. Then back to the Rocks Hostel for a well earned rest.

Distance: 10-15km Elevation: 700 – 900m +- Time: 7-9 hours

DAY FOUR:

YOUR BEST WORK

Today we put the last two days into practice on a bigger route in the mountains. For this day we often head to a classic route like Cneifion Arete, East Ridge of Y Gran or Clogwyn y Person Arete and push your comfort zone while guiding you through all the necessary skills. The trip ends once we're back down in the afternoon and you can make your way back home or on to your next adventure. You should now feel ready to consider the Alpine Prep course and / or some alpine objectives like Mont Blanc for example.

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