

Mountaineering Training at Cappanalea OEC



- Learn to travel the mountains in confidence.
- Learn the necessary skills to navigate safely in the mountains.
- Have the expertise to plan your own routes across the hills.

Training Options :

- **Mountain Skills 1** – a two day practical course in map work and basic mountain navigation techniques.
- **Mountain Skills 2** – a two day practical course in compass work , steep ground work and basic night navigation techniques.
- **Mountain Skills 1 & 2** – a five day practical course combining the skills and navigation techniques.
- **Mountain Skill Preliminary Assessment**—a two day practical assessment in an individual's mountaineering skills.
- **Mountain leadership Training**—A formal MCI Training run over a five day week (m11 & 2) or over a two (m11) and a three day (m12) block
- **Mountain leadership Assessment**—a three day assessment

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Mountain Skills Training at Cappanalea OEC

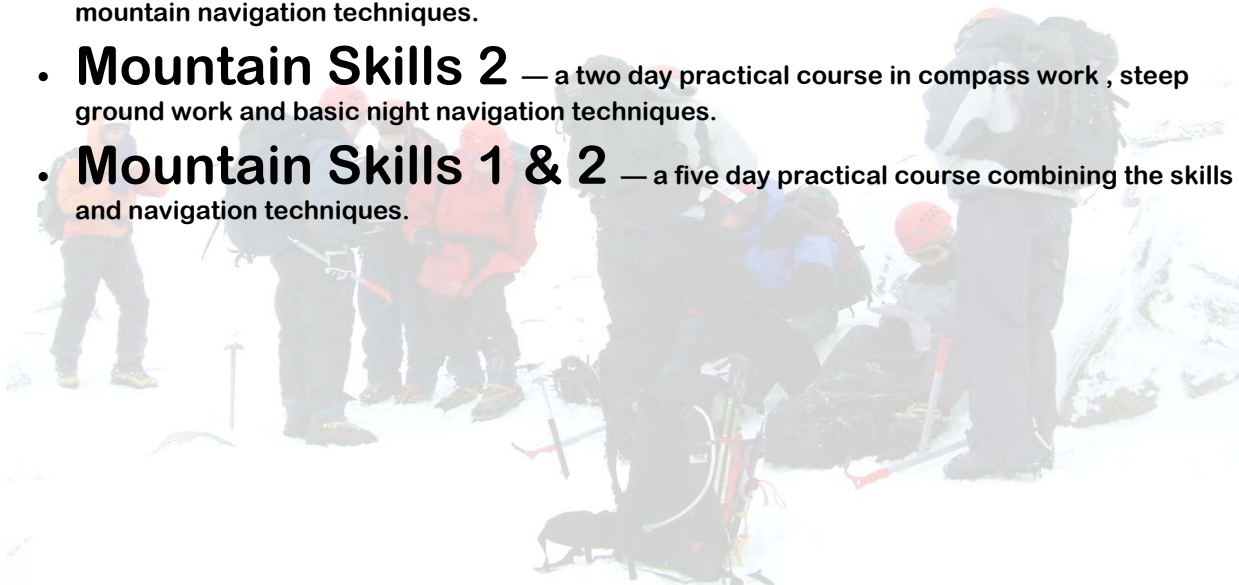


These course are aimed at :-

- those who wish to attain a sound introduction into hill walking.
- those who wish to learn or improve their navigation and mountain skills.
- those wishing to progress onto their mountain leadership.

Course Content :

- **Mountain Skills 1** — a two day practical course in map work and basic mountain navigation techniques.
- **Mountain Skills 2** — a two day practical course in compass work , steep ground work and basic night navigation techniques.
- **Mountain Skills 1 & 2** — a five day practical course combining the skills and navigation techniques.



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