

Day 1 - Travel Day

Evening session at base:

Meet your guides and each other.

Equipment and checks: Kit will be fitted plus instruction on how to pack a rucksack.

Nutrition: Lesson on mountain nutrition and how to fuel a day of adventure.

Planning: Review of the plan for the week, weather forecasts, aims and locations.

Day 2 - Safety in the Mountains

Day Activity: A journey into the mountains, focusing on decision making in the mountain environment.

Evening session at base: Navigation.

Evening adventure film will be shown

Day 3 - Navigation Skills

Day Activity: A journey into the mountains with a focus on navigation

Evening session at base: Knot and ropework session.

Evening adventure film will be shown

Day 4 - Scrambling day

Day Activity: Journey into the mountains with a focus on scrambling and rope techniques.

Evening session at base: First aid and rescue in the mountains.

Day 5 - Rock climbing day

Day Activity: Trip to crags for rock climbing, focusing on technique, belaying and

abseiling.

Evening session at base: Route cards.

Evening adventure film will be shown

Day 6 - The Mountain Journey

Day Activity: Final mountain journey and summit. A culmination of all the skills learnt throughout the programme.

Evening session at base: Debrief from Guides followed by shared takeaways and reflections on the experience.

Day 7 - Travel Day

Throughout Day: Goodbyes and journey home.