

Mountain Skills 1 Training



Course includes:

- ➔ Professional & Experienced Instructors
- ➔ Training course notes
- ➔ MS logbook
- ➔ Personalised feedback
- ➔ Use of training equipment e.g. maps and compasses
- ➔ Transport from and to training base.
- ➔ Tea & Coffee

€130
per
person

Below is a guideline to what you will learn on our Mountain Skills 1 training course:

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|-----------------------|--------------------|
| ✓ Map reading | ✓ Grid references |
| ✓ Personal Equipment | ✓ Mountain Hazards |
| ✓ Contour recognition | ✓ Route Planning |
| ✓ Timing and pacing | ✓ Leave no trace |

At Mór Active we like to add more to your mountain knowledge so we also include other topic areas such as history & folklore, environmental awareness issues, flora & fauna, geology & much more.

Course duration: 18 hours – over 2 days

Previous experience: None required and there is no minimum age limit.

Course size: The group size is a maximum of 1 instructor to 6 students (1:6 ratio)

Course structure: This is a two day course which will begin on the Saturday of each course date at 9:00am and finishes on the Sunday of each course date at 6:00pm. The majority of the time will be spent out on the hill practicing. There are a number of topical discussions that will be presented through a classroom environment.



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