

Mountain Skills 2 Training



Course Includes:

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

€150
per person

Group Booking
Rates Available

Below is a guideline to what you will learn on our Mountain Skills 2 training course:

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|-----------------------------|------------------------|
| ✓ Further map navigation | ✓ Macro navigation |
| ✓ Navigation with a Compass | ✓ Flora & Fauna |
| ✓ Night navigation | ✓ Emergency procedures |
| ✓ Steep/Broken ground work | ✓ Leave no trace |

Course Duration: 18 hours – over 2 days.

Previous Experience: To have either already completed MS1, or to have enough previous personal experience to understand basic navigational skills. In addition, a good level of fitness and happy to walk across steep/broken ground and also learn to navigate in darkness.

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 and finishes on the Sunday. 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. There will be a 2-3 hour night navigation exercise at the end of the first day.



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