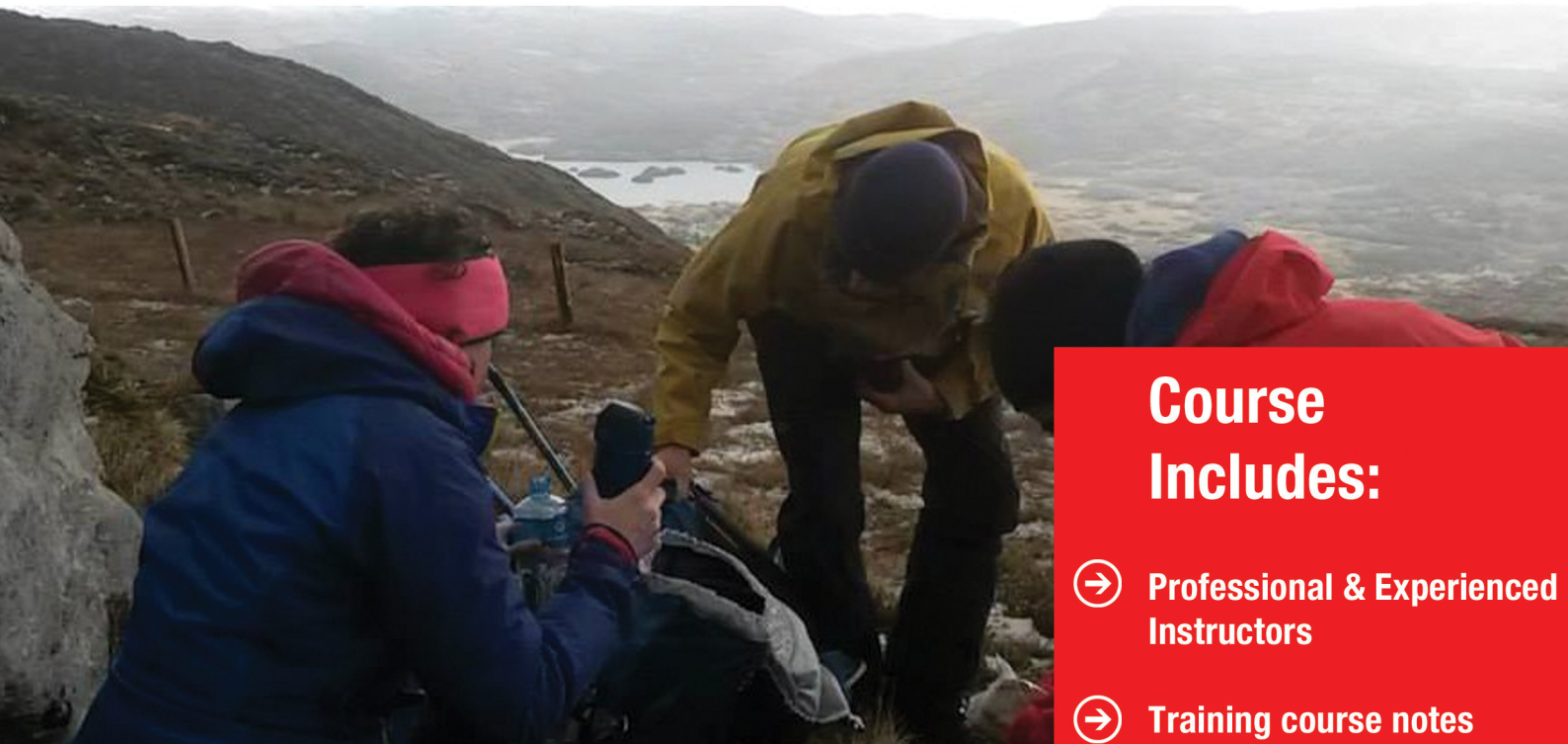


Mountain Skills Refresher



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

€120

per person

**Group Booking
Rates Available**

If you are planning to do your Mountain Skills assessment or just wish to brush up on skills learnt on Mountain Skills 1 and 2 then this is the perfect one day refresher course for you.

We will be covering skills such as timing, pacing, feature recognition, compass work, night navigation and 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 and much more.

Course Duration: 9 hours – over 1 day and includes night navigation training.

Previous Experience: To have either already completed MS2, 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 one day refresher course which will begin on a Saturday. The majority of the time will be spent out on the hill practicing. There will be a 2-3 hour night navigation exercise at the end of the day.



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