



www.glenmorelodge.org.uk



Search - Glenmore Lodge



Search - Glenmore_Lodge



Environmental Awareness for Summer Mountain Leaders

Is it for me?

Although the course is aimed at mountain leaders anyone enjoying the mountains for recreation should enjoy this course. It will be aiming to go up onto the Cairngorm plateau and will explore the changing nature of the environment with altitude so a reasonable level of hill fitness would be helpful.

Aim

Enhance participants knowledge of all that they see around them from flora and fauna to glaciological features and landscape use. The environmental element of the award can often seem vast and daunting, where do you start – ultimately it is all interlinked. A concentrated couple of days with an expert often provides direction in terms of focusing on a couple of areas of interest, provides background principles and the basic cycles of water, soil etc which can be applied to wherever you are in the world. From that your knowledge and curiosity will grow rapidly.

Course content

The course will start with a little basic theory and then move out to the hill. It will cover a wide range of subjects often inspired by what you can see around you and by any particular area of interest there might be in the group over the weekend. Usually Flora, Fauna, Geology and Glaciology are the key areas of interest.

This course will be delivered by Keith Miller – an expert in this field having worked for a variety of conservation bodies including the John Muir Trust. Keith is now an independent consultant having undertaken upland plant survey contracts for SNH & Natural England, is an active IML and freelance instructor. He splits his time between working in the Lake District and the Highlands, and works for the sportsScotland Avalanche Information Service in the winter.



Marmot®



teko



What Equipment Will I Need?

Apart from the standard sort of hill gear (see equipment list), a small magnifying lens and a small pair of binoculars or a monocular can be very useful.

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Helmets
- ✓ Day & Expedition Sacs

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Fleece/insulated jacket
- ✓ Hat & gloves***
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**



teko



Marmot®

