



The UK's most popular mountain, Yr Wyddfa (Snowdon) in North Wales. Could this be your mountain climbing target?

1 Getting Started

Why do we climb mountains? This is something my non-mountain friends challenge me over frequently, and something I'm not always able to persuade them about. But almost without fail, every time I'm stood on a mountain summit, I'm overcome by a huge sense of achievement. Even if it's a mountain I've climbed many times before, or if the weather is rubbish and I'm soaked, or if we got lost on the way up and it took an hour longer than planned; I've still achieved something that most others haven't.

You too can have that sense of achievement, and it's something you can have regularly. What I most envy about you, the reader, is that you're at the start of your mountain climbing career and have the opportunity to achieve so much still ahead of you. Taking your toddlers out to climb a local hill, organising a family trip to something bigger, or planning your own major international mountain ascent – the achievements are out there and waiting for you.

You don't need to be an expert mountain navigator (although knowing the basics will help – see Chapter 10), you don't need to be super fit (read more in Chapter 3) and you don't need all the latest expensive gear (see what you do need in Chapters 7 and 8). Climbing a mountain might not be as hard as you think, so begin the path to your next mountain achievement today.