



Climbing mountains solo is a brilliant way to 'detox' – but there are a few important things you should know.

13 Going it Alone

More and more people are venturing out into the mountains on their own; and it's no wonder when you consider the amount of space and the abundance of peaceful solitude available. When I'm not leading groups or walking with friends, I love being alone outdoors. It's perfectly possible to go a whole day without bumping into anyone. It gives me time to think, come up with new ideas and plan future projects, or I can just switch off and enjoy the silence. There are a few considerations to take into account however, as there are obviously greater risks when exploring remote areas alone.

Never be afraid of walking on your own. Just take a few extra precautions to ensure your safety.

Tell someone what you're doing

Be sure to let a loved one or friend know that you're going for a walk on your own, and give them some information that might be useful if anything were to go wrong.

I'd suggest letting them know where you're planning to go, where you're going to start from and a rough idea of what time you'll be back. If you're following a set route, for example from the back of this book or from another source, or if you've prepared a route