



Learning essential skills such as map reading will make you a more competent outdoor person.

17 Where Can I Learn More?

This book covers what you need to know to climb your first mountain, but there is no substitute for practical experience. The theory suddenly makes a lot more sense when you try it out for real.

Fortunately, there are some great courses that can guide you in your early steps.

Skills courses from Mountain Training

Mountain Training is the UK awarding body for qualifications in walking, climbing and mountaineering. While most of their work is training outdoor leaders, back in 2014 they recognised there was also a need for personal skills courses and introduced the Hill Skills and Mountain Skills courses. These are designed to help you stay safe and enjoy your time outdoors, and aim to equip you with the basic knowledge and safety skills required to participate in hill and mountain walking in your own time.

Hill Skills

The Hill Skills course is your key to getting started in countryside walking. No previous hill walking experience is required to attend a Hill Skills course because the content of