

**ROBIN BEADLE Mountain Guide - tel. (015395) 31598 - email [robin.beadle@gmail.com](mailto:robin.beadle@gmail.com)**

### **ALPINE PREPARATION WEEKENDS**

*Course aim: To give you the technical grounding you need to fully enjoy your high mountain holiday or course.*

You may be planning to attend an Alpine mountaineering course or to climb in the Alps with friends. Whichever is the case, the Alps will provide you with fantastic and challenging opportunities, but to be a successful Alpine mountaineer requires a considerable degree of commitment and training in advance. It is well worth spending a weekend in preparation for the vastly different mountain environment you will be experiencing: the greater scale, high altitude and mix of glacier, crag, snow and rock will offer rewarding objectives indeed, but new mountaineering problems will have to be tackled. Speed is essential, and the ability to organise yourself and your equipment effectively is most important. These preparation courses will help the Alpine novice acquire the basic techniques, and update the skill of the more experienced.

The topics covered will include rope management and belaying techniques for glacier travel and movement on all types of terrain, equipment, basic rope work, simulated crevasse rescue and use of mountain huts. There will be an evening slide show on the Alps, which we hope will put the course into real life context.

On the course we will work on the technical ground you need to cover before your trip. You would also be well advised to do some preparation by yourself as a build up to the Alps! Firstly, try to arrive in the Alps reasonably fit. Do some general hill walking carrying a load up hill whenever you can, and possibly also do some cycling, jogging or running. Secondly, acquire and practice some rope work technique related to rock climbing. If you are already a climber, this should be familiar, but if you are more of a hill-walker then we recommend that you read an instructional book such as "The Handbook of Climbing" by Allen Fyffe and Iain Peter (Pelham Books). The preparation course will obviously help with, this, but it is not a rock-climbing course, and prior familiarity with climbing techniques will be useful. We can offer a thorough grounding in rock climbing techniques for those who require it, either as a course extension or on a separate course. Please feel free to discuss your requirements with us if this is of interest.

The courses will be held in the Lake District, and the course fee includes self-catering accommodation in a cottage, a mountain hut or a caravan for the Friday and Saturday nights. Camping is possible locally, and B&B or any other accommodation of your choice can be arranged at extra cost. Local transport is provided free of charge. You should bring your own food, though courses usually decide to eat out together on the Saturday night. The courses will be directed by myself or by other suitably qualified and experienced staff, the ratio being 1:6 maximum.

Participation is strongly recommended to help you make the most of your Alpine season.

*Once again we will run private courses on dates to suit you. In previous years the advance training and practice provided the participants with a good head start in the Alps. Individuals and groups are invited to enquire regarding private booking rates and dates.*

**ROBIN BEADLE, BARE SYKE, BACKBARROW, ULVERSTON, CUMBRIA LA12 8QF  
tel. (015395) 31598 - email [robin.beadle@gmail.com](mailto:robin.beadle@gmail.com)**