



What can Mountain Training offer young people?

Mountain Training help people develop their skills in climbing, walking and mountaineering.

- Intro skills courses if you're new
- More advanced skills courses as you get better
- A career pathway in these activities that can start at 16



Hill & Mountain Skills

Courses show you how to look after yourself better when hill walking and mountaineering. They are available from age 10+.

[MORE INFO →](#)



Rock Skills

Courses help improve your rock climbing skills and knowledge. You can choose the right course based on how experienced you are already. Rock Skills Introduction is available from age 10 with more advanced options starting at age 12 or 14.

[MORE INFO →](#)

If you're interested in climbing, mountaineering, getting outside with your mates more or even starting to become an instructor we've got loads of options for you!



[Find out more and book a course here:](#)

WWW.MOUNTAIN-TRAINING.ORG/PERSONAL-SKILLS

Indoor Climbing Assistant

This qualification allows you to assist on an indoor climbing session with a fully qualified instructor. It's available from age 16+ and is a great stepping stone if you are thinking about becoming a climbing instructor or coach in the future.

"I really wanted to get more involved in climbing, the Indoor Climbing Assistant is a qualification that is open to people who are under 18 so it was perfect for me."

[Read Darcy's experience during 6th Form](#)



Lowland Leader

This qualification allows you to lead groups on day walks in lowland countryside and woodland in summer conditions. It allows you to lead groups in a lot of areas of the UK and Ireland and can open up loads of opportunities for employment or volunteering. It is also a great first step if you want to work towards higher qualifications later like Mountain Leader! Training can be completed at 17. Assessment can be completed at 18.



Foundation Coach

If you're interested in coaching the movement skills of climbing, Foundation Coach training and assessment is possible from age 16.



Camping Leader

A Camping Leader qualification allows you to supervise camping groups and teach them campcraft skills. It is ideal for working with Duke of Edinburgh and other expedition groups. Training is online and can be completed at 17. Assessment can be completed at 18.



If you work with young people and would like to discuss accessing opportunities with Mountain Training, please contact:

— INFO@MOUNTAIN-TRAINING.ORG