**Lowland Leader training course notes**

**Introduction**

The [Lowland Leader](https://www.mountain-training.org/qualifications/walking/lowland-leader) scheme is designed for people who want to lead groups in lowland countryside and woodland in summer conditions. The majority of the UK and Ireland is made up of this type of terrain so you'll never be short of places to go walking. This award is a wonderful opportunity to gain the leadership skills required to feel confident taking people out walking.

The Lowland Leader training course aims to develop the technical skills, judgements and areas of knowledge deemed necessary to ensure an individual is safe to do so. This is a 2 day course (minimum of 16 hours).

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

[Mountain Training: Our Ethos](https://www.youtube.com/watch?v=PzqVFu7N-RA)

[Learn, Lead, Inspire - Into the Hills](https://www.youtube.com/watch?v=35fhgWhbQN0)

**Prerequisites for the Lowland Leader training course**

Before you book onto the Lowland Leader training course;

* You must be registered on the scheme
* You must have recorded a minimum of 10 varied walks in Lowland terrain where the use of a map is required, which can have taken place at any point (pre or post registration).

**Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the course.**

**Lowland Leader training course content**

The course follows the Lowland Leader syllabus. A typical course will cover the following areas:

* Leadership skills and group management
* Walking skills
* Planning a walk
* Basic map work and route finding skills
* Equipment
* Hazards and emergency procedures
* Environment awareness, conservation, access and land ownership

Detailed information on each of the above topics can be found in the [Lowland Leader Handbook](http://www.mountain-training.org/Content/Uploaded/Downloads/MLT/fc7bef54-fbb1-4c31-912d-e4983532dce2.pdf), and the onus is on you to be competent in all of them by the time you come to assessment.

**Potential outcomes**

Following training a course report will be created. The results you can achieve are:

*Completed:* You have attended and completed the training course and met the prerequisite requirements.

*Not yet completed:* If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

**Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Lowland Leader assessment.**

A diagram of a hiking trail

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**Open** **Access to courses**

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](https://www.mountain-training.org/help/resources/support-for-people-with-additional-needs)

**Sustainable Transport**

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.

[The BMC Community Liftshare site](https://thebmc.co.uk/bmcs-launches-lift-share-site)

**Insurance**

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

**Partnerships**[Mountain Training Association](http://www.mountain-training.org/associations/mountain-training-association) - The Mountain Training Association is a membership community that provide members with support and development opportunities, mentoring, resources, workshops and events to help those working towards their qualification, and keep skills and knowledge current for those already qualified.

[British Mountaineering Council](https://www.thebmc.co.uk/bmc-memorandum-and-articles-of-association) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.