



Quality Mountain Day

A broad definition of a QMD is one which presents new experiences and challenges to a candidate. Such a day would generally consist of the following:

- The candidate is involved in the planning and instigation
- The walk would last at least 5 hours and take place in an unfamiliar area
- The majority of time should be spent above 500m, distance should be over 16km with over 600m of height gain during the day and cover a variety of terrain
- The use of a variety of hill walking techniques
- Adverse weather conditions may be encountered
- Experience must be in terrain and weather comparable to that found in the Irish and UK hills