



# ***Women with Altitude – Programme 2023***

Connemara 19<sup>th</sup> – 21<sup>st</sup> May 2023

Self-led or with guidance through pre-booked tutored sessions

Activity	Description	Location
<b>Arrivals desk 18.30 – 21.30</b>	Registration: Welcome people, confirm activities, and issue gift.	Dining hall - house
<b>18.00 – 20.00</b>	Meet and greet	
<b>20.00</b>	Co-ordination of those interested in self-led walking and climbing on Sunday morning	Dining hall - house
<b>19:00 – 22.00</b>	Mingle - Women with Altitude homemade bakes (bring your recipe) – if you don't bake or don't have time don't worry 😊	

<b>Saturday 20<sup>th</sup> May 2023</b>			
Activity	Description	Location	Staffing / Ratio etc
<b>Breakfast 7.30 -9.00</b>		Tents	
<b>Arrivals desk 8.15-8.45</b>	Late Registration: Welcome people, confirm activities, and issue gift.	Dining hall - house	
<b>Day activities 9.00 – 16.30</b>	<b>All meet in dining area 8.45</b>		
<b>Activity 1 – Happy Hiking – Introduction to Hillwalking</b>	This is ideal for women who wish to gain confidence on the hills introducing them to key skills using information from Mountaineering Ireland's Happy Hiking programme, including advice on planning a walk, what to bring with you, advice on weather, what to do in an emergency, and introduction to map reading.	Outdoors	Ratio 1:8 Cost: €20
<b>Activity 2 – Introduction to Navigation</b>	This course is focused on introducing participants to navigation and is ideal for women who wish to gain confidence on the hills as navigators and to become more independent, thus increasing the ability to explore unfamiliar terrain and new locations.	Outdoors	Ratio 2:16 (2 groups) Cost: €25
<b>Activity 3 – Improvers' Navigation</b>	This is ideal for women who have some navigation experience but want to improve and gain further confidence as navigators, thus increasing the ability to explore unfamiliar terrain and new locations.	Outdoors	Ratio 2:16 (2 groups) Cost: €25
<b>Activity 4 - Mountain Skills Refresher</b>	For those who want some fine-tuning of Mountain Skills training. Part of the day will be run like a mock assessment, with opportunities for further training and trouble-shooting. Each person will be given feedback and advice on how to prepare if they want to go for assessment. This activity will help to keep your MS training skills fresh while out on the hills. Bring your logbooks!		Ratio: 1:6 Cost: €25
<b>Activity 5 – Introduction to Scrambling</b>	Have you ever wanted to explore off the trail? Ever wondered how you could negotiate steeper rocky terrain? Then this introduction to scrambling is for you. Scrambling is described as the middle ground between walking and climbing. Routes are usually over broken ground and involve the use of hands on the rock/steep ground. This course will work on movement techniques, balance, route choice, spotting and may	Outdoors	Ratio 1:9 €30

	also cover some very basic rope techniques. This is designed for beginners so no previous experience necessary ..... just a desire to explore!		
<b>Activity 6 – Introduction to Rock Climbing – Movement Skills</b>	For those who are keen to try this exhilarating sport and acquire the fundamental skills of rock climbing. You will learn some climbing skills, movement techniques, simple knots, rope work and belaying and some advice in order to start climbing more often.	Outdoors	Ratio 2:12 (2 groups) Cost €30
<b>Activity 7 – Improvers' Rock Climbing</b>	Those with basic knowledge of rock climbing and belaying can develop their skills. Covers: equipment, tying and clipping on, belaying a leader, removing and placing gear, carrying gear, slings, understanding anchors and setting up belays.	Outdoors	Ratio 1:4 Cost €45
<b>Activity 8 – Rock Climbing – Learn to Lead</b>	For those with climbing experience who want to learn the skills of leading. Covers: Introduction to equipment, racking up, clipping, placing gear, belaying, climbing calls, anchor selection, setting up belays, personal abseiling, use of prussiks, leading routes under supervision.	Outdoors	Ratio 3:6 Cost €60
<b>Activity 9 – Mountain Environment Walk</b>	A day of discovery and learning, focused on geology and flora, fauna on Maumtrasna. A wonderful way to pick up knowledge to share within your club and brush up on your navigation skills. This session is useful for people going through the Mountain Skills or Mountain Leader programmes.	Outdoors	Ratio 1:8 Cost €10
<b>Activity 10 – Shorter Activity – Orienteering</b>	We are delighted to have Orienteering Ireland joining us for the weekend. This will be a shorter activity of around 1-2 hours where you will learn a selection of key skills (encompassing map orientation, understanding the orienteering map, sampling the electronic timing equipment in an orienteering maze) with a qualified instructor. Afterwards you can try out a short orienteering course.		Ratio 1:8  FREE
<b>Self-led activities</b>	Those heading to the hills or crags/cliffs for own activity are asked to leave details of numbers, locations on the notice board	Give details to one of the organising team.	
<b>Evening activities 17.30 – 22.00</b>			

17.30	Women with Altitude homemade bakes (bring your recipe) – if you don't bake or don't have time don't worry 😊		
17.30	Submit entries for photo competition (max 2 per person) before 5:30. Email: <a href="mailto:www.photocompetition@gmail.com">www.photocompetition@gmail.com</a>	Dining hall - house	
18.00	Co-ordination of those interested in self-led walking and climbing on Sunday morning		
19.00	Dinner		
20.30	Speaker event		
22.00	<b>Results of photo competition.</b>		
22.00	<p>Dark Skies - Walk</p> <p>After a short introductory talk, Georgia will lead a walk-in natural darkness, explaining some of the concepts behind her current research project on dark skies and the benefits of reducing our impact on the nocturnal environment. Dark space is something many people have never experienced. If clear skies allow, this will include a stargazing session during this new moon phase, with time to identify the spring constellations and other celestial favourites of the late spring sky.</p> <p>Gear: The walk will be on steady terrain /trail and will last approx. 45mins -1hour. Participants should be prepared with sturdy footwear and warm clothing (including waterproofs). Please feel free to bring a head torch and a high viz jacket. A red light would be much preferred to white for stargazing and night vision. A red balloon or red nail varnish over white light will work!</p>		<p>Ratio 1:16</p> <p>Free</p>

<b>Sunday 21<sup>st</sup> May 2023</b>			
<b>9.00 – 10.00</b>	Debrief wrap up before activities	Dining hall - house	
<b>Full Day Activities – start at 10</b>			
<b>Activity 1 – Introduction to Navigation</b>	This course is focused on introducing participants to navigation and is ideal for women who wish to gain confidence on the hills as navigators and to become more independent, thus increasing the ability to explore unfamiliar terrain and new locations.	Outdoors	Ratio 1:8 Cost: €25
<b>Activity 2 – Improvers' Navigation</b>	This is ideal for women who have some navigation experience but want to improve and gain further confidence as navigators, thus increasing the ability to explore unfamiliar terrain and new locations.	Outdoors	Ratio 1:8 Cost €25
<b>Activity 3 - Mountain Skills Refresher</b>	For those who want some fine-tuning of Mountain Skills training. Part of the day will be run like a mock assessment, with opportunities for further training and trouble-shooting. Each person will be given feedback and advice on how to prepare if they want to go for assessment. This activity will help to keep your MS training skills fresh while out on the hills. Bring your logbooks!		Ratio: 1:6  Cost: €25
<b>Activity 4 – Introduction to Rock Climbing – Movement Skills</b>	For those who are keen to try this exhilarating sport and acquire the fundamental skills of rock climbing. You will learn some climbing skills, movement techniques, simple knots, rope work and belaying and some advice in order to start climbing more often.	Outdoors	Ratio 2:12 (2 groups) Cost €30
<b>Activity 5 – Improvers' Rock Climbing</b>	For those with some rock climbing experience who want to improve their skills.	Outdoors	Ratio 1:4 Cost €45
<b>Activity 6 – Rock Climbing – Learn to Lead</b>	For those with climbing experience who want to learn the skills of leading. Covers: Introduction to equipment, racking up, clipping, placing gear, belaying, climbing calls, anchor selection, setting up belays, personal abseiling, use of prussiks, leading routes under supervision.	Outdoors	Ratio 1:2 Cost €60

<b>Activity 7 – Mountain Environment Walk</b>	A day of discovery and learning, focused on flora, fauna, local heritage etc. A wonderful way to pick up knowledge to share within your club and brush up on your navigation skills. This session is useful for people going through the Mountain Skills or Mountain Leader programmes.	Outdoors	Ratio 1:8 €10
<b>Activity 8 – Trail Running</b>	Session on trail running, introducing equipment, IMRA, notable female runners, and including a run on the trails.	Outdoors	Ratio 1:8 €20
<b>Activity 9 - LowLand Leader Taster Session</b>	If you're hesitant about leading walks, this is the right session for you. The Lowland Leader is an accessible award for anyone that wants to lead walks. It has been designed for people who wish to lead groups on day walks in lowland countryside and woodland in summer conditions. Try out this Lowland Leader taster session to see what opportunities and leadership skills it can provide. Some previous navigation training and experience would be beneficial.		Ratio 1:8  FREE
<b>Activity 10 – Shorter Activity – Orienteering</b>	We are delighted to have Orienteering Ireland joining us for the weekend. This will be a shorter activity between 1-2 hours you will learn selection of skills training activities (including encompassing map orientation, understanding the orienteering map, sampling the electronic timing equipment in an orienteering maze) with a qualified instructor. Afterwards you can try out a short orienteering course.		Ratio 1:8  FREE
<b>Self-led activities</b>	Those heading to the hills or crags/cliffs for own activity are asked to leave details of numbers, locations on the notice board.	Give details to one of the organising team at registration	

Women with Altitude is a Mountaineering Ireland initiative to encourage women to take on greater challenges in mountaineering, be they personal challenges, technical or leadership challenges.

This is going to be a weekend of adventure for all women interested in hillwalking and climbing from all over the country. We will be based in the heart of Connemara at Petersburg House, Clonbur, Co Galway. To set the tone for pushing your boundaries we are taking over Petersburg OEC for the weekend and going camping! All participants will be camping and we will also have halls and gazebos to congregate and shelter if needed. There will be lots of opportunity to meet new friends and gain knowledge and experience from our qualified female trainers and mountain leaders, including various courses to improve your skills as well as an opportunity to go hillwalking and climbing independently. So tell all your female friends, and if your friends can't make it – come anyway, you will not be on your own!

Grab your tent and start pushing your boundaries!

Registration fee is subsidised and includes camping space for two nights (bring your own tent), Saturday night dinner, talks, a free gift and subsidised activities throughout the weekend. Registration is a must, as there are limited spaces for courses and camping.

*What you need to know:*

You need to register in order to gain access to the campsite as there are limited spaces. **Entry to Petersburg Outdoor Centre and campsite will open at 5:30 Friday 19th May. There will be no entry to the site before then.** Please bring your own tent and supplies for the weekend.

If you want to use your own camper van instead of camping, please select this choice in the add-ons when registering, as there are limited spaces available and entry will only be permitted to those who have booked.

Please note all activities except for dark skies are full day activities, please limit your section to one full day activity per day.

Enjoy lots of *hillwalking and rock climbing* activities over the weekend. The activities are running both Saturday and Sunday – see add-ons when registering. Please make sure to book your Saturday and Sunday activity when registering as spaces are limited.

*What gear do I need*

**For Hillwalking & Scrambling** Wear comfortable clothing like you would use for a walk - leggings, tracksuit bottoms, breathable T-Shirt and fleece & an extra warm layer. Be ready for the rain and pack a rain jacket and rain trousers. A hat and gloves might keep you safe from the wind. Wear good sturdy walking shoes or hillwalking boots with woolly or synthetic socks. Have a backpack with water, sandwiches and snacks, coffee, or tea. There is nothing more rewarding than a nice cup of coffee or tea drunk on top of the mountain. Don't forget to bring first aid kit with plaster and bandages, personal medicine, inhaler, EpiPen etc.

**In Addition:** you can bring a map of Galway/Connemara if possible and a compass if you have one. Bring a whistle – hopefully you won't get lost, but just in case! Maps and compasses may be supplied by the instructor. Have your phone fully charged.

**For Rock Climbing** Wear comfortable clothing like you would for exercising - leggings, tracksuit bottoms (no jeans!), breathable T-Shirt and fleece. You need to feel comfortable and have a full range of movement. Be ready for the rain and pack a rain jacket and rain trousers. A hat and gloves might keep you safe from the wind. Wear good sturdy walking shoes with good rubber grips. You will be climbing on rock - do not wear hill walking boots as they are too big and too heavy for rock climbing. Don't forget to pack water, sandwiches and snacks, coffee or tea. Don't forget to bring first aid kit with plaster and bandages, personal medicine, inhaler, EpiPen etc.

**In Addition:** you can bring rock climbing shoes and harness if you have them already or very light footwear with rubber soles (plimsolls or baseball- type shoes). Have them nice and tight like ballet shoes. They will pack nicely into your backpack. Bring your phone or camera and capture the fun of the rock. Have your phone fully charged.

***Celebrate & Share.*** Share a photo or video on our social media - **tag** @ womenwithaltitude, @MountaineeringIreland