



Women with Altitude

Unleash Your Potential

Programme

Cronin's Yard, Co. Kerry,

17th – 19th May 2024

Friday 17th May 2024		
Time	Description	Location
18.00	Registration – welcome people, confirm activities, and issue gift.	Registration desk in marquee
18.00 – 20.00	Meet and greet with icebreaker questions. Women With Altitude homemade bakes – if you don't bake or don't have time don't worry 😊	Marquee

20.00	Key Speaker – TBA	Marquee
20.45	Co-ordination of those interested in self-led walking and climbing on Saturday.	Marquee

Saturday 18th May 2024		
8.15 – 8.45	Late registration in marquee	
Full-day activities 9.00 – 16.30	All meet in marquee at 8.45	
Activity	Description	Ratio, cost, instructor
Introduction to Navigation	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.	Ratio: 2:16 (2 groups) Cost: €30 Instructor(s): Kathryn Fitzpatrick & TBC
Improvers' Navigation	Candidates should have already completed some Navigation training, ideally Mountain Skills 1 or some informal equivalent training and have spent some time practicing the skills learned. Participants should be comfortable with different map scales and identifying bigger features. The course is intended to build on previous learning and move forwards to more complex problem solving.	Ratio: 2:16 (2 groups) Cost: €30 Instructor(s): Brona Duddy & Maureen O'Brien
Mountain Skills Assessment Prep	For those who have completed Mountain Skills 1 and 2 and want to fine-tune their training. Part of the day will be run like a mock assessment, with	Ratio: 1:6 Cost: €35

	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.	Instructor(s): Margaret McLachlan
Mountain Environment Walk	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.	Ratio: 2:10 Cost: €35 Instructor(s): Helen Lawless & TBC
Movement Skills for Scrambling	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, and spotting. This is designed for beginners so no previous experience necessary just a desire to explore!	Ratio: 2:8 Cost: €50 Instructor(s): Colette Mahon & Clíodhna McArdle
Intermediate Scrambling	This activity is suitable for participants who have done some scrambling previously. Whilst there will be some time spent revising movement skills, much of the time will be spent on choosing routes with a small challenge and learning efficient rope skills suitable for different situations that arise. Previous scrambling experience essential for this course.	Ratio: 2:8 Cost: €50 Instructor(s): Ursula McPherson & Claire Hardy
Introduction to Rock Climbing	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.	Ratio: 2:12 Cost: €35 Instructor(s): Natasza Berlowska & Oonagh Kelly
Improvers' Rock Climbing	This course is ideal for climbers who are already competent at putting on a harness and tying in and have previously learned to belay. The plan is to work on building confidence around climbing and belaying. Consideration will be given to belaying a lead climber and removing gear as a 'second'. Other possible skills covered will be learning how to set up an anchor for top roping.	Ratio: 2:8 Cost: €50 Instructor(s): Clare Wheatley & Orlaith Fitzgerald

Learn the Skills needed to Lead Climb	For those with climbing experience who want to learn the skills of leading. This course will cover principles about gear placement, evaluating the quality of gear placement, feedback and tactics.	Ratio: 2:6 Cost: €60 Instructor(s): Angela Carlin & Claire Comiskey
Multipitch Climbing	Participants should be comfortable leading severe single pitch climbs. The day will cover belay set ups and stance management on multipitch, abseil descent of routes, route finding, and equipment.	Ratio: 1:2 Cost: €70 Instructor(s): Orla Prendergast
Self-led activities	Those heading to the hills or crags/cliffs for their own activity are asked to leave details of numbers, locations with one of the organising team.	
Evening activities 17.30 – 21.30		
Time	Description	Location
17.30	Submit entries for photo competition (max 2 per person) before 17.30. Email: wwa.photocompetition@gmail.com	
18.00	Co-ordination of those interested in self-led walking and climbing on Sunday morning.	Marquee
19.00	Dinner	Marquee
20.30	Key Speaker – TBA	Marquee
21.30	Results of photo competition.	Marquee

Sunday 19th May 2024

8.45 – 9.45	Debrief	Marquee
Full-day activities starting at 10.00	All meet in marquee at 9.45	
Activity	Description	Ratio, cost, instructor
Introduction to Navigation	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.	Ratio: 1:8 Cost: €30 Instructor(s): Beth Dowler
Improvers' Navigation	Candidates should have already completed some Navigation training, ideally Mountain Skills 1 or some informal equivalent training and have spent some time practicing the skills learned. Participants should be comfortable with different map scales and identifying bigger features. The course is intended to build on previous learning and move forwards to more complex problem solving.	Ratio: 1:8 Cost: €30 Instructor(s): Kathryn Fitzpatrick
Mountain Skills Assessment Prep	For those who have completed Mountain Skills 1 and 2 and want to fine-tune their 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.	Ratio: 1:6 Cost: €35 Instructor(s): Margaret McLachlan
Mountain Leader Assessment Prep	For those who are planning to go forward for their ML assessment in October 2024 or March 2025. Consolidation period should be well underway. The day will include review of ropework and navigation and will feature assessment-style legs. Each person will be given feedback and advice on next steps.	Ratio: 1:6 Cost: €40 Instructor(s): Sinéad Pollock

Mountain Environment Walk	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.	Ratio: 2:10 Cost: €35 Instructor(s): Helen Lawless & TBC
Movement Skills for Scrambling	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, and spotting. This is designed for beginners so no previous experience necessary just a desire to explore!	Ratio: 2:8 Cost: €50 Instructor(s): Colette Mahon & Clíodhna McArdle
Intermediate Scrambling	This activity is suitable for participants who have done some scrambling previously. Whilst there will be some time spent revising movement skills, much of the time will be spent on choosing routes with a small challenge and learning efficient rope skills suitable for different situations that arise. Previous scrambling experience essential for this course.	Ratio: 2:8 Cost: €50 Instructor(s): Ursula McPherson & Claire Hardy
Introduction to Bouldering	This activity is ideal for anyone new to bouldering or those who would like to progress from an indoor setting to the outdoors. During the workshop participants will learn some key movement skills and techniques to advance their bouldering. We will also share some safety tips and general bouldering ethics to keep bouldering in the outdoors safe and fun.	Ratio: 1:6 Cost: €35 Instructor(s): Claire Comiskey
Introduction to Rock Climbing	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.	Ratio: 2:12 Cost: €35 Instructor(s): Natasza Berlowska & Aislinn Sunderland
Improvers' Rock Climbing	This course is ideal for climbers who are already competent at putting on a harness and tying in and have previously learned to belay. The plan is to work on building confidence around climbing and belaying. Consideration will be given to belaying a lead climber and removing gear as a 'second'.	Ratio: 2:8 Cost: €50 Instructor(s): Clare Wheatley & Niamh O'Dowd

	Other possible skills covered will be learning how to set up an anchor for top roping.	
Rope Rescue Skills	This workshop will cover foundation skills for self rescue, tying off a belay plate, rigging some simple set ups to help a second who is stuck/injured, and escaping the system. This workshop is geared towards competent seconds and leaders with a sound knowledge of placing gear and anchor building. It is especially relevant for those interested in multi-pitch and/or sea cliff climbing.	Ratio: 1:4 Cost: €50 Instructor(s): Angela Carlin
Lowland Leader Taster Session	The Lowland Leader is an accessible award for anyone who wants to lead walks. It has been designed for people who wish to lead groups on day walks in lowland countryside and woodland. 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 Cost: €30 Instructor(s): Julie Reeves
Trail Running	Session on trail running, introducing equipment, IMRA, notable female runners, and including a run on the trails.	Ratio: 1:8 Cost: €30 Instructor(s): Alicia Christofi-Walshe
Self-led activities	Those heading to the hills or crags/cliffs for their own activity are asked to leave details of numbers, locations with one of the organising team.	