

The Syllabus

Lowland Leaders should be competent in the following key areas, all of which will be covered during your two day training course.

- Leadership Skills and Group Management
- Walking Skills
- Planning a Walk
- Basic Mapwork and Route Finding Skills
- Equipment
- Hazards and Emergency Procedures
- Environmental Awareness, Conservation, Access and Land Ownership

Detailed information on each of the above topics can be found in the Lowland Leader Handbook and the onus is on you to be competent in all of them by the time you come to assessment.



Consolidation

The period between training and assessment varies in length for each person and is an opportunity to develop your skills, paying particular attention to any weaknesses identified during the training course. We recommend at least three months between training and assessment and if it takes you a few years to feel ready, that's fine too. You can use the excuse 'I'm preparing for assessment' to have as many walking adventures as you like, so get out there and explore this beautiful country of ours!

Assessment

Before you book onto a Lowland Leader assessment, make sure you have done the following:

- You must have attended a Lowland Leader training course (or have been granted exemption)
- You must be familiar with the syllabus
- You must have logged a minimum of 20 walks in lowland countryside in different types of terrain (woodland, coastal, farmland etc)
- You must hold a current first aid certificate, minimum 16 hours and relevant to your work as a Lowland Leader

The Lowland Leader assessment is 2 days long (minimum 16 hours contact time)

Assessments are run by one of our approved providers and a variety of cost packages are available, depending on what's included; food, accommodation etc. so you can choose one that's right for you.

[Find a course in Ireland](#)

Find a course in the UK & Ireland

After you've passed your assessment, if you're interested in taking groups on multi-day walks, the **Expedition Skills Module** is the obvious next step.

Support and Development

Join the **Mountain Training Association** and be part of a community of like-minded people on our schemes. The Association offers a range of workshops for trainee and qualified leaders and coaches across the disciplines, as well as a quarterly magazine, gear deals/discounts, a monthly newsletter and an insurance deal. You can join the Association at any point after you have registered on one of Mountain Training's leadership/coaching schemes.



The Book - Hill Walking

Hill Walking is the official companion to the walking schemes and it includes essential tips and information for every walker as well as for those who wish to lead in the hills. The book is split into three parts: Getting Around in the Hills, The Upland Environment and Group Management. Its functional design with easy-reference pages, striking illustration and images make this book an indispensable guide to the skills required for summer hill walking.



[GET YOUR COPY OF THE BOOK - CLICK HERE](#)

Alternatively, from Ireland please click the link below.

[Get your copy of the book](#)

The Scope of the Award

The Lowland Leader Award trains and assesses candidates in the skills required to lead others on walks in lowland countryside and woodland that fit ALL of the following criteria:

- Walks must not cross any hazardous terrain (e.g. cliffs, very steep slopes, water hazards etc.).
- Throughout the walk the group should never generally be more than 3km away from a key access point such as a car park, lay-by or populated area. Any potential escape routes should also lie within the scope of the defined terrain for the Lowland Leader award.
- Walks will require the ability to plan routes, use simple navigation skills using a map and compass and be self-sufficient.
- Walks must follow paths or tracks that are both marked on a map and clearly visible on the ground and that do not require navigation across untracked areas.
- Walks must use bridges or other recognised water crossing points.
- Walks must only take place in summer conditions (ie when there is no unavoidable snow or ice on any part of the route).

As with all Mountain Training awards, a combination of technical competence, leadership skills and a wide range of experience form the basis of effective group management. The scheme addresses all these elements. However, the employer or operating authority must ultimately decide whether a leader possesses the personal attributes needed to take responsibility for any particular group of people.