



Women with Altitude

Build Strength, Crush Limits

Programme

Mourne Mountains

Venue: National Centre, Donard Park, Newcastle BT33 0GR, United Kingdom

Date: 9th – 11th May 2025

Friday 9th May 2025		
Time	Description	Location
18.00	Registration – welcome people, confirm activities, and issue gift.	Greenhill YMCA
19:00 – 20.00	Meet and greet with quiz Women With Altitude homemade bakes – if you don't bake or don't have time don't worry 😊	HUB meeting room 2

20.00	Welcome to the Mourne	HUB meeting room 2
20.45	Co-ordination of those interested in self-led walking and climbing on Saturday.	HUB meeting room 2

Saturday 10th May 2025

8 am	Breakfast	Canteen
8.15 – 8.45	Late registration	Greenhill YMCA
Full-day activities 9.00 – 16.30	All meet at Greenhill YMCA 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 Instructors: Beth Dowler & Aly Coyle
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 Instructors: 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 Instructor: Margaret McLachlan

	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.	
Mountain Environment Walk	A day of discovery and learning, focused on flora, fauna, geology, 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 Instructors: Helen Lawless
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 Instructors: Colette Mahon & Clíodhna Mc Ardle
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 Instructors: Ursula MacPherson & 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 Instructors: Laura Timoney & 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 Instructors: Orlaith Fitzgerald & Niamh O'Dowd
Learn the Skills needed to Lead Climb	For those with climbing experience outdoors who want to learn the skills of leading on rock. This course will cover principles about gear placement, evaluating the quality of gear placement, feedback and tactics.	Ratio: 2:6 Cost: €60 Instructors: 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: 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: www.photocompetition@gmail.com	HUB meeting room 2
18.00	Dinner	Dining Room
19:30	Co-ordination of those interested in self-led walking and climbing on Saturday.	
20:00	Key Speaker – CINDY DOYLE Curiosity fuels every step! From co- owning and managing a successful adventure business for over 25 years to tackling the realities of 'pees, poos, and periods' in the wild, Cindy's adventures are as real as they get. She's an outdoor leader, a mother, an educator, a rescuer and always evolving. Join her for a dose of inspiration, a good laugh, and a reminder that adventure is for everyone.	HUB meeting room 2
21.00	Results of photo competition.	HUB meeting room 2
Sunday 11th May 2025		
8am	Breakfast	Dining Room
8.45 – 9.45	Debrief	HUB meeting room 2

Full-day activities starting at 10.00 – 15:00	All meet at HUB meeting room 2 for 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: 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: 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: Maureen O'Brien
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 Instructors: Colette Mahon
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 Instructors: Ursula McPherson & Clíodhna Mc Ardle

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: 1:6 Cost: €35 Instructor: Michelle Gormley-McLaughlin
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: 1:4 Cost: €50 Instructors: Orlaith Fitzgerald
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: Angela Carlin
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 Instructors: Claire Comiskey & Margaret McLachlan
Improver Trail Running	Session on trail running, equipment, races and opportunities for personal challenges, notable female runners, plus including a run on the trails.	Ratio: 1:8 Cost: €30 Instructor: Alicia Christofi-Walshe

Mountain Environment Walk	A day of discovery and learning, focused on flora, fauna, geology, 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: 1:10 Cost: €35 Instructor: Helen Lawless
Mountain Leader Assessment Prep	For those who are planning to go forward for their ML assessment in October 2025 or March 2026. 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: Claire Hardy
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: Maureen O'Brien
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.	