



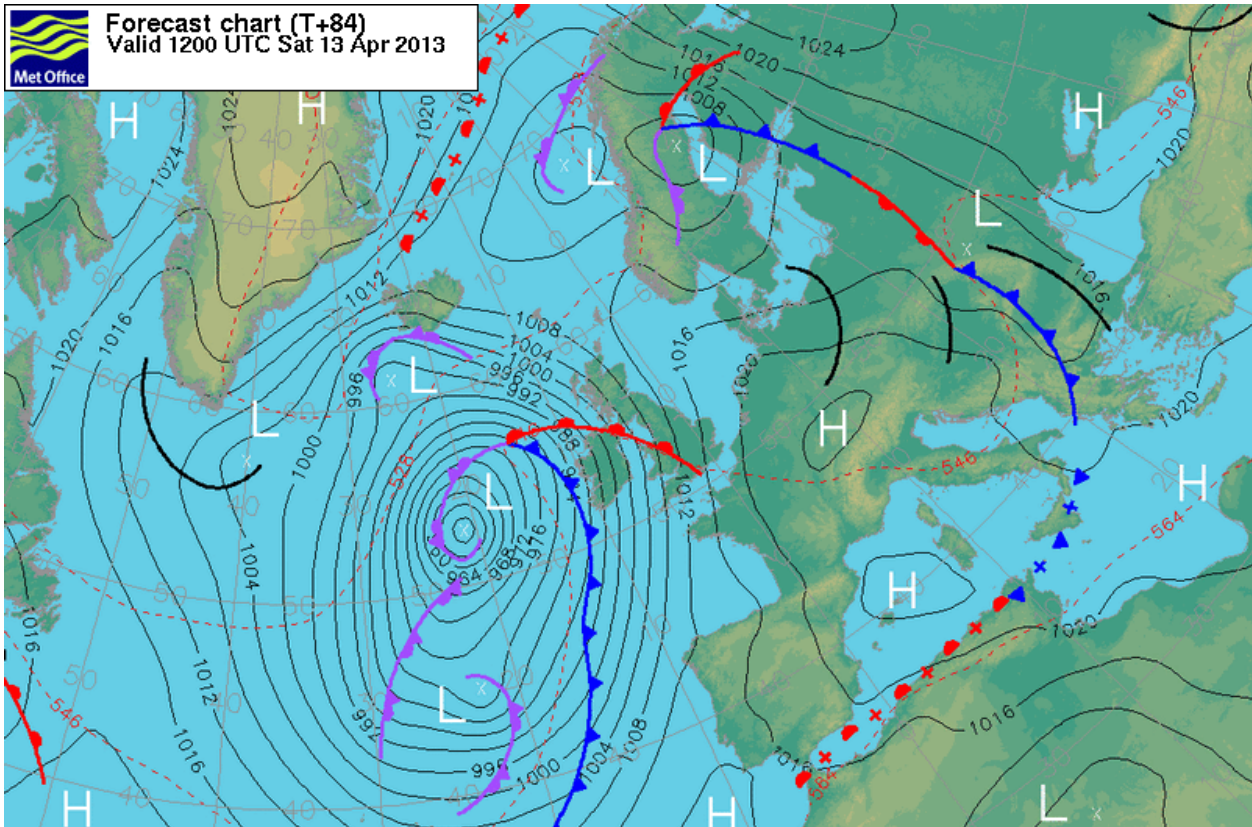
Instruction - Guiding - Coaching
JB Mountain Skills
Climbing - Mountaineering - Qualifications

Mountain Leader Home Paper

Please complete this home paper and bring it along to the assessment where we'll go through it as a group.

1. Name three sources of information you might use when researching access to an unfamiliar area.
2. One of the most common causes of conflict between landowners and recreational users is control of dogs. Why is this and what advice would you give to your group?
3. Give two reasons why access to upland areas may be temporarily restricted.
4. Name four of the government agencies responsible for conservation in England, Northern Ireland, Scotland, Wales or the Republic of Ireland
5. Name two organisations that use volunteers to assist with their upland conservation aims?

6. Name four designations that government can award in order to give wild landscapes a degree of protection?
7. How can Mountain Leaders make a positive contribution towards conserving the environment for the future?
8. You are planning an overnight camp in a mountain location. How would you minimise the impact?
9. What issues do you need to consider when advising your group on sanitary matters and human waste disposal in the mountains?
10. What, if any, bio-degradable material would you leave in the mountains and, if so, how would you leave it?
11. Describe what the main differences in landscape would be if you visited the mountains of Britain and Ireland six thousand years ago.
12. When did the last ice-age come to an end? a. 10 000 years ago b. 50 000 years ago c. 100 000 years ago
13. Name and describe three features created by glacial action that can be found in the mountains of the UK?
14. List three types of rock and for each name an mountain area in the UK where this rock type is the major influence on the landscape.
15. Purple saxifrage and mountain avens are examples of arctic alpine plants. Our climate differs from most alpine regions. Why can these plants still be found in our mountains?
16. Name three trees found in the mountains of the UK.
17. Name and describe two mountain plants that can easily be recognised by their scent?
18. Name an upland bird that: i) occasionally flies upside down ii) eats other birds iii) is a threatened species
19. Name two animals in the UK uplands that change their appearance depending on the time of year?
20. Name a reptile, an insect and a microbe that could be a hazard to walkers.
21. Using the surface pressure chart below, what is the weather going to be like on the mountain tops and what will it be in 24 hours?



22. What is the best mountain in the UK?

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