

Date	Region or Area	No. of Nights as part of walking activity	Highest Terrain Category (See Definitions)	Details	Role	Comments						
27/10/2019	Ireland, County Mayo, Connaught	N/A	T2	Croagh Patrick/Cruach Phádraig	Leader, non-Scouting Party	Beautiful late Autumn day; very cold, strong wind: windchill well below zero on summit @ 764 m. Heavily eroded quartzite terrain: challenging for such a popular mountain. Sea-level to summit; stunning views over Clew Bay. 7km						
19/20-10-2019	Lake District	0/2	T1	Peak Assault 2019 - Caldbeck	Competitor, Adult Scouting Party	Day 1: Late Autumn; mild, damp day. Occasional low visibility and rain at times. Lots of micro-navigation.	Day 2. Late Autumn; cooler, damp day. Lots of micro-navigation.					
15-09-2019	Wales, Snowdonia	0/2	T2	IMC Reunion - Y Garn via east ridge, toward Foel Goch, Llyn Cywion to Yr Hafod.	Leader, Scouting Party	Miserable day; wet, with low cloud.						
14-09-2019	Wales, Snowdonia	0/2	T2	IMC Reunion - Tryfan (Heather Terrace), S Summit, scree to Glyder Fach, Castell y Gwent, Y Grŵn spur.	Leader, Scouting Party	Beautiful early Autumn day; cold, bright, little/no wind. Stunning day; scrambling; challenging in what was achieved by YP.						
14/21-04-2019	Scotland, Lochearnhead	2/7	T2	Hertfordshire Mountaineering IMC Course - Week 2	IMC Course Assistant Leader, Adult Scouting Party	AL to 3 adults. Day 1: Cool, blustery. Ben Vorlich via North Ridge.	Day 2: Cold, strong winds from S-SE. Glen Kendrum "Local 6". Pace counting & micro-nav. Meall an t-Seallaith (Corbett), Cam Creag, Creag MacRanaich. Glen Kendrum walkout.	Day 3: Weather very poor, low cloud, rain. Micro-nav. Fin Glen, Beinn Bhain, Black Craig.	Day 4: Weather improving, bright, gusty turning cloudy on tops. Ardchullerie More, Glen Ample, Ben Each (Corbett) to Stuc á Chroin. No view of Vorlich in low vis. Cornice dangers explained & snow in low vis. Creag Dhubb to Glenample.	Day 5: Beautiful day. Long walk in via Glen Turret, camped at Lochan Uaine.	Day 6: Ben Chonzie from NE: steep approach up Biorach à Mheannain. Superb views down Glen Turret and Glen Almond. NE approach Ben Chonzie more interesting than anticipated: SE exposure to Glen Turret can be easily avoidable in bad weather, but made much better approach. No tourists until summit. Meall na Séide to Cairn Chois.	Day 7: Hot, cloudless day. Mòine Bhéag, A'Chairidh, Auchnafree Hill (Corbett). Was BC worth doing once - yes. Would I do it again - no.
07/13-04-2019	Scotland, Lochearnhead	2/7	T2	Hertfordshire Mountaineering IMC Course - Week 1	IMC Course Assistant Leader, Scouting Party	AL to 4 YP. Day 1: QMD. Mixed weather, some snow, very low visibility <10m. Micronavigation, pacing, "Night" navigation. Glen Ogle - Meall Reamhar.	Day 2: Beautiful weather. Ben Vorlich via Edinample. Some ice-axe practice North ridge to Ardvorlich.	Day 3: Clear & sunny, but cold. Lawers to Coire Odhar. Path under Beinn Ghlas to avoid hard snowpack. Ice axe practice. Ben Lawers too crowded to bother with: more snow lessons on cornice dangers to B. Ghlas.	Day 4: Glen Kendrum. Beautiful day. Micro nav., pacing, timing, rope-work, belaying etc.	Day 5: Beautiful day. Walk in from Glen Lockay to camp at shellings on Beinn nan Oighreag.	Day 6: Frosty overnight & cold, overcast, windy. Beinn nan Oighreag, Cam Chreag, Meall Ghaordie.	Day 7: Weather deteriorating & wind increased gusting 50+mph. Made top of Meall Ton Eich then made safety call to descend. Out via Meall Buide saddle to Cairn.
20/21-10-2018	Wales, Brecon Beacons	0/2	T1	Peak Assault 2018 - Glynatawe	Competitor, Adult Scouting Party	QMD. Late Autumn; cool clear day. Lots of micro-navigation. Knee injury in party required management and Shortest Viable Path Off Hill for medical assistance.	Cool clear day. Lots of micro-navigation.					
09-09-2018	Wales, Snowdonia	0/2	T1	IMC Reunion - Rachub, Moel Faban, Llef, Gyrn	Leader, Adult Scouting Party	Wet, lowered visibility. Figure 8 route - micro navigation. See Notebook.						
08-09-2018	Wales, Snowdonia	0/2	T2	IMC Reunion - PenYr Ole Wen	Leader, Scouting Party	QMD. Very wet, low visibility until late afternoon, cold (See Temp Gradient for benefit of Storm Shelter); scrambling. See Notebook.						
01-08-2018	Cornwall	N/A	T0/T1	South West Coast Path: Zennor loop. St Ives to Zennor, Zennor Quoit, skirt Trink Hill to Knill's Monument.	Non-Scouting Pair	23km; very hot; little to no breeze.						
08-07-2018	Hertfordshire	N/A	T0	Barton Challenge Orienteering Competition. Marshalling route covering Scouts and Explorers.	Scouting - Marshall - Pair	16 km. Extremely hot: >40C recorded						
01-09/04/2017	Scotland, Lochearnhead	2/7	T2	Hertfordshire Mountaineering IMC Course	IMC Course Attender/Assessee	Day 1: Cool, fine. Glen Kendrum, Creag Mac Ranaich., Meall Sgallachal, Sgorrach Sean, Glen Ogle. Micro nav. & orientation.	Day 2: Wet, cold, strong wind. Windchill 7. Ben Vorlich from Glenample. Patchy snow.	Day 3: Weather very poor, gusting 40+ mph, sleet, snow. Meall nan Tarmachan, Meall Garbh, Beinn nan Eachan, Creag na Caillich. Teaching micro navigation to Scouts	Day 4: Beautiful day. Dun More, Lord Melville's Monument, Chappel Pass. Micro-nav. training day, rope work.	Day 5: Beautiful day. Walk in to Lochan nan Cat via Lawes Burn. Camped at Lochan, then An Stic via Cat Gully, return via Bealach Dubh.	Day 6: Overcast, clearing. Ben Lawers via Creag an Fhithich, Ben Ghlas: return Lawers via east/north-east ridge. Struck camp, to snowline at Lairg Innein.	Day 7: Hot, cloudless day. Pre-dawn start to see sunrise over Meall Greigh on ascent to Meall Garbh. Frozen, icy start, low cloud on Meall Garbh. Struck camp, out over Meall Greigh to Ben Lawers Hotel.
24-25/03/2017	Hertfordshire	1	T0	Training exercises	Leader/Trainer	Micro Navigation/Pacing/Orienteering Training						
29/01/2017	Hertfordshire	N/A	T0	20km Training Hike	Leader/Trainer	Micro Navigation. Full Expedition Load. Fine, cold, turning to frost						
28/01/2017	Hertfordshire	N/A	T0	20km Training Hike	Leader/Trainer	Micro Navigation. Full Expedition Load. Icy/Cold, turning to rain						
06/03/2017	Hertfordshire	N/A	T0	Scouts - Night Hike - 5.5 km	Leader/Trainer	Night Navigation/Micro Navigation						
05-06/11/2016	Hertfordshire	1	T0	13km Training Hike	Leader/Trainer	Micro Navigation. Full Expedition Load. Fine, cold, turning to frost						
Sept 2016	Hertfordshire	1	T0	Herts Cubs County Night Hike 8.1M/13Km	Leader	Night Navigation						
Sept 2015	Hertfordshire	1	T0	Herts Cubs County Night Hike 8.1M/13Km	Leader	Night Navigation						
August 2015	Cornwall	N/A	T0	South West Coast Path: Around St Ives, Carbis Bay, Gwithian, Godrevy	Solo	Not the hardest navigation. Clockwise, keep sea on left.						
09/03/2015	Hertfordshire	N/A	T0	Scouts - Night Hike - 5 km	Leader/Trainer	Night Navigation						