



Mountain Training

Hill & Moorland Leader

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| Title: | Hill & Moorland Leader Quality Days Fact Sheet & Top Tips |
| Summary: | This fact sheet is intended to help candidates work their way through what makes a quality Hill & Moorland day, what we'd like to see in your log books and how to enter them into Mountain Training's DLOG (digital logbook) system. |
| Note: | <p>Candidates must be registered on to <i>any</i> Mountain Training Award scheme (we're assuming Hill & Moorland Leader - but if you've previously registered for an award with Mountain Training then you will already have access to the system).</p> <p>You will not have access to DLOG until you are registered on a scheme.</p> |
| What makes a Quality Hill & Moorland Day ? : | <p><i>It's important to remember that most of these should factors be part of the day going to familiar places or simple random walks on a lovely sunny day doesn't tell us much!</i></p> <ul style="list-style-type: none"> • <i>Should be 4+ hours</i> - but if you've had an epic 3.5hrs still at it to your DLOG! • At least 50% of your DLOG days should be in the UK - but other listing experience you've gained helps us build a picture of you. • You should be involved in the planning - so helping choose the route, doing some of the preparation (looking at weather forecasts, etc). • You'll use some navigation skills during the walk. • The walk happens in applicable terrain - there's a description on our website. • Adverse weather might be experienced - yeay! <p><i>What doesn't count?</i></p> <ul style="list-style-type: none"> • Walks under the instruction of someone else - i.e. course days! • Repeating your favourite days - go somewhere new! |
| What should I record in my Dlog? | <p><i>It get's a bad press - but DLOG is surprisingly flexible once you get to know it...</i></p> <p><i>Don't:</i></p> <ul style="list-style-type: none"> • Write a massive essay - bullet points are best • Try and find your exact location - select the area, there are lots of repetitions in the system - ignore them <p><i>Do:</i></p> <ul style="list-style-type: none"> • Put down the location, weather, duration, distance, group info • Tell us what skills you practiced - navigation, compass work, map features, matching map to landform, leadership etc etc • Tell us what role you played on the walk - leader, assistant, solo • Add a picture - but only if it tells us some info • you can add a gpx/gps file if you wish - but we'll still need a description |
| How do I use Dlog: | <p>Mountain Training have made several useful videos - they're not specific to Lowland Leader - but DLOG works the same way for each award:</p> <ul style="list-style-type: none"> • How to add a DLOG entry: https://www.youtube.com/watch?v=SyvukozmdNs • How to edit or delete an entry: https://www.youtube.com/watch?v=0nv9ZaBAIm8 • How to review your DLOG: https://www.youtube.com/watch?v=NVmoSAPhM7k • How to add a gpx file to DLOG: https://www.youtube.com/watch?v=sdRzCaK1eLY |
| Final Thoughts: | DLOG can seem like a chore - but its a fantastic tool for both proving your experience & also measuring your progress - it really is worth getting to grips with it and making it part of your learning journey - who knows - you might want to do more awards in the future! |