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| Location  | Weather Conditions | Tutors | Time (hours) |
| Cader Idris | Wind: (SW) 11 mphVisibility: Moderate – Poor on SummitTemperature: Highs of 7$°$C and Lows of 0$°$CConditions: Snow and Rain  | Fiona Nicolles,Dr. Mark Leather | 6 hoursDate: 06/03/2017 |

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| **What I noticed or learned about:** |  |
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| My **self** | I had a choice of a day out on the hills nearby practicing ropework or choosing to summit Cader Idris by the means of the ‘stone shoot’ path a very steep terrain that at the time was knee high snow deep and icy rocks, with one lecture and another member of the group. So my choice was obvious after yesterday on Cader Idris I made it my personal goal to summit the mountain. It was the hardest but shortest route up the mountain and it was good practice to ascend such a route. I had learnt many from the experienced two members of the group of how to distribute my weight more effectivly to traverse and ascend steep terrain, at the same time I had learnt a lot more about the kit I should aspire to get, expensive but specialist. I had also noticed opportunities to stop and evaluate what I really want to do in my future life, the conideration of the travlleing and doing more mountaineering seemed appealing now. |
| **Others** in the Group | There were only two members of my group, both were experienced therefore it was more reason t stand in there shadow, learn and let them lead the way than for me to do so. They had high morale and peak physical fitness standerds that would make excellent group memebers for the expeiditon.  |
| The **environment** around me | The same environment around me was aesthetically pleasing. It made me realise why so many people seek to go mountaineering. I was relaxed and finally for the first time in months I had escaped my society based problems and I was able to breathe.  |
| **How I felt about the challenges:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition,  | I am physically prepared and I feel readty for this expedition,. My skill acquisition may need to be finessed but I believe that may occur throughout my expedition where I have no choice but to use difficult manouvers. |
| **Mental** – understanding, problem solving,  | I was able to solve problems of navigation and I personally believe I have the ability to navigate effectively.  |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I had felt anxious about the steep terrain, at the same time my knee injury had begun to play and fustrate me, I had an uncomfortable thought of not being able to walk again and hinder my expedition but I felt determined and ready for this expedition, nothing will stop me succeeding, even if I have to crawl to the end. |