

## North of England

The Lowland Leader Award has been designed for people who want to lead groups on day walks in lowland countryside and woodland in summer conditions (ideally suited to DofE Bronze and Silver expeditions). The lowland leader training course consists of two days training. Followed by a consolidation period and completion of a 16 hour First Aid Certificate. Once completed, a separate two-day assessment will be required (booked separately).



“An excellent course designed for those who wish to take the lead on Bronze and some Lowland Silver expeditions. This is also ideal for your continued professional development.”

Paul Griffiths,  
Operations Manager  
North of England



### Prerequisites Training

- You must be registered on Mountain Training. Go to [mountain-training.org/walking/skills-and-awards/lowland-leader](https://mountain-training.org/walking/skills-and-awards/lowland-leader)
- You must have recorded a minimum of 10 varied walks in lowland terrain where the use of a map is required

### DLOG

When you register with Mountain Training you will gain access to a DLOG account. This is where you will record all of your walks and experience.

Visit [tahdah.me/help/dlog](https://tahdah.me/help/dlog) for advice on how to fill in your DLOG.

If the minimum records for training (10 days) or assessment (20 days) are not evidenced then you may unfortunately be refused a place on the course.

### Consolidation

The period between training and assessment varies in length for each person and is an opportunity to develop your skills, paying particular attention to any areas for development identified during the training course and in your action plan. We recommend at least three months between training and assessment and if it takes you a few years to feel ready, that's fine too.

## First Aid

First Aid Courses run throughout the year and can be found on our Opportunity Finder;  
<https://www.dofe.org/opportunity-finder/>

### Assessment

- You must have attended a Lowland Leader training course (or have been granted exemption from Mountain Training)
- You must have logged a minimum of 20 walks in lowland countryside in different types of terrain for example woodland, coastal and farmland.
- You must hold a current first aid certificate, minimum 16 hours and relevant to your work as a Lowland Leader prior to your Lowland Leader Assessment.

### Cost of Lowland Leader Courses

- £130 for training
- £130 for assessment
- £49 Registration with Mountain Training. Please visit [mountain-training.org/walking/skills-and-awards/lowland-leader](https://mountain-training.org/walking/skills-and-awards/lowland-leader) (Please note: training and assessment dates need to be booked separately. You can only book onto the assessment, once you have completed the training)
- Cancellation details are detailed on the course resource page when you book onto this course.

## Further information

To apply for a place on a Lowland Leader Training or Lowland Leader Assessment course, please visit [DofE.org/notice-boards/north-of-england/training](https://DofE.org/notice-boards/north-of-england/training). Here you will find a link to all of our Lowland Leader courses. For further booking information please contact;  
**Email:** [Kerry.Lindsay@DofE.org](mailto:Kerry.Lindsay@DofE.org)  
For more technical information regarding this course, please contact Alan Pashley;  
**Email:** [Alan.Pashley@DofE.org](mailto:Alan.Pashley@DofE.org) **Tel:** 0151 228 2533