

FS Tim Welsh 88 (Battle Sqn) Sussex Wg

Although initially feeling apprehensive about the course, I came away having very much enjoyed the experience. The structure and content of the week really enabled not just myself, but the whole group to get a feel for both how we could operate in much bigger landscape and how we could run a similar trip ourselves. It allowed me to combine skills from previous, summer & winter courses and put them together during days which went from snow fields to river crossings.

I felt that the course allowed me to push my boundaries, both in what I can personally achieve and what can be done in so far as bringing our own groups out overseas. The instructors allowed us to make our own decisions each day, on what route we might take or how we might tackle an obstacle. Which allowed group discussions and ideas to flow out. This culminated in the final day where the instructors stepped back and let the group manage ourselves up the mountain.

The course also allowed us to see the different challenges that we may face, things that perhaps we would not have to tackle in the UK. But also allowed us to appreciate that there is more than one way to do things. I think we all benefited from the experience and knowledge of the instructors.

I came away from the course with a personal sense of achievement, inspiration to go out and plan my own trips and to return to Mercantour with friends to show them what can be achieved. The course has also reinforced my desire to go out and get my Summer mountain leader award.