

# GLOSSARY

Please check the index for definitions that do not appear in the Glossary.

*Amble* A short walk.

*Anklets* Short, ankle-length gaiters.

*Arête* A narrow, exposed mountain ridge.

*Balaclava* A hat that encloses the ears, mouth, chin and neck.

*Bealach* see *Pass*.

*Beck* A term used in the north of England for a minor watercourse.

*Bench mark* A mark made by surveyors on a permanent object such as a wall to indicate a known elevation above sea level.

*Benighted* The condition of being stranded after dark.

*Bimble* An aimless stroll following no particular route.

*Bivouac bag (bivvy bag)* A simple plastic or nylon bag carried for emergency use in upland areas.

*Bog* Marshy ground with stagnant pools found in areas of peat.

*Bog-trotting* Derisive term used to describe a tedious walk across boggy terrain.

*Boreen* A narrow, country lane in Ireland.

*Bothy* A primitive structure providing shelter in upland terrain. Bothies are located mostly in the remoter areas of the north of England and especially in Scotland. They normally lack facilities and merely provide protection from the elements.

*Box quilting* A method of constructing baffles in duvet clothing and sleeping bags that keeps the insulation in place.

*Brew, brew-up* A hot drink taken *al fresco*.

*Brocken spectre* A combination of atmospheric conditions which results in mountaineers seeing their own shadow cast on a wall of cloud or mist. So named after the Brocken in the Harz Mountains of Germany where the phenomenon is relatively common and where it was first described.

*Bum bag* A small bag secured to the body by a waist strap. Known in North America as a *fanny-pack*.

*Bunkhouse* Inexpensive, self-catering accommodation for groups and individuals. Bunks or beds are provided, and sometimes linen, but most walkers will bring their own sleeping bag.

*Burn* A stream, especially in Scotland and Northumberland.

*Bwlch* see *Pass*.