

In association with



Navigation Skills - Higher Level

Course Duration: 2 days 9.00am – 5.00pm (these times can be adjusted slightly to suit each group).

Is it for me? This two-day course is designed for people who have a reasonable standard of navigational skills and wish to improve confidence in a mountain environment over difficult, challenging terrain and often in poor weather conditions. This is suitable for those wishing to lead groups or to go on to gain a professional qualification.

Course Content:

- Build on existing skills.
- Route selection through difficult and challenging terrain and in poor visibility.
- Planning and recording a safe route, taking into account the terrain and weather conditions.
- Micro navigation techniques.
- Methods of relocation.
- Understand the effects of fatigue and discomfort on decision-making and the individual.
- Use of contours and landforms as a primary means of navigation.
- Safety in a mountain environment.
- Night navigation
- Use of the GPS can be covered on request.

Tuition: The majority of this course is of a practical nature in a mountain environment, involving distances averaging 8km per day.

Terrain: Mountain.

Certification: This course is eligible for accreditation by the National Navigational Award Scheme at Gold level. Please inform us on booking if you wish to be assessed under this scheme, there will be a small additional charge of £3.00 to cover the cost of certificates.

Kit Required: Map and compass provided. Please bring suitable outdoor clothing, a kit list will be issued with your joining instructions.

Accommodation: Accommodation in the area will be issued with your joining instructions.

Locations: **North Wales – Snowdonia:- Betws-y-Coed**
Scotland and Lake District by arrangement