

In association with



**Navigation Skills** - Introductory level

**Course Duration:** 1 day 9.00am – 5.00pm (these times can be adjusted slightly to suit each group).

**Is it for me?** This one-day course is designed for people with little or no experience of map reading and compass use and who wish to gain experience of navigating safely in a hill or moorland environment.

**Course Content:**

- Types and scale of maps and their various uses.
- Map symbols – understanding the map legend; locating symbols; interpretation of symbols.
- Grid system – obtaining and plotting 4 and 6 figure grid references.
- Understanding True North; Grid North and Magnetic North and their differences.
- Understanding and calculating magnetic variation.
- Introduction to the compass.
- Use of the compass.
- Practical outdoors session using the map and interpretation.
- Use of bearings, way points and check points.
- Route selection and planning a route.
- Use of route cards.
- Safety in a hill environment.

**Tuition:** Indoor and a practical outdoor short walk, in region of 5km.

**Terrain:** Semi rough and rough open hills, fells or moorland.

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

**Meeting Point:** The meeting point will be issued with your joining instructions.

**Locations**  
**Dartmoor** – Princetown or Bellever  
**New Forest** – Brockenhurst or Lymington  
**North Wales** – Snowdonia:- Betws-y-Coed  
**Peak District** – High Peak area:- Hathersage, Castleton or Edale  
**South Wales** – Brecon Beacons or Black Mountains