

Advanced Navigation Skills

Course Notes

Is it for me?

For this 2 day course participants will have done some summer hill walking and are familiar with the basic map and compass skills and can take a bearing from the map to use on the ground.

We expect to focus on mountain and poor visibility navigation skills and relocation skills in difficult weather. The course will also cover the use of altimeters and touch on the use of a GPS although this not a GPS course in itself.

Every course is slightly different depending on the weather conditions and the group aspirations but we will cover all the main subject areas listed below.

Aim

This course will provide the skills required for confident navigating in the hills using map, compass and altimeter. These skills apply to summer or winter.

Course Content

You will usually be in a group of no more than 6 with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss people's experience and aspirations for the weekend.

The two days are usually spent on the hill although a revision session in the local area may be useful to start with. After ensuring everyone can successfully take a bearing and measure out distances on the ground we will progress all navigation skills from accuracy to relocation skills and the use of devices such as the altimeter and GPS.

A great deal of navigation skill comes from confidence in the skills and from using the right technique at the right time. There are also strategies which support the techniques and are vital in poor visibility or winter to avoid walking into hazardous situations. Using slope aspect, attack points, aiming off, contouring skills etc. are all a part of that.

Route planning, from guidebooks, maps and taking into account information about the weather and how fast you walk should help you to make sound decisions when planning your hill days. Understanding the weather forecast and interpreting its influence on your journey is often key to enjoying a day in the hills, so we incorporate this into the planning of each day.

What Will I Need? Summer Mountain & Rock Courses

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves***
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended ***
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms, for ML courses a 1:25,000 is also useful. ***

If you have digital mapping at home then print an area of the Cairngorms within the following co-ordinates. It will be several sheets of

A4 but covers all the main variety of options we might use in a week depending on the weather. Very occasionally we might go outside that area but we have some mapping for that eventuality.

South West Corner 95 98
South East Corner 05 98
North West Corner 95 14
North East corner 05 14

- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**