

Course Notes
Intermediate navigation skills
One day

Is it for me?

This one day course is well suited to anyone who has had some basic navigation experience or wants to be reminded of compass skills often learnt in the dim and distant past. It is about gaining confidence with a compass so the focus is on a steady progression from map setting to checking the direction of line features to taking and walking on a bearing across open ground.

The course is designed to follow on from the one day introduction to navigation skills and can be combined with that day or on some weekends with the more advanced course on relocation skills.

Aim

This course will equip participants with the skills required for poor weather and detailed navigation in the UK hills.

Course Content

You will usually be in a group of no more than 6 with one instructor. The day is mainly outdoors in the local forest learning the key compass skills through some fun exercises.

The day progresses with map in hand around the local area. The skills are built up, how to take a bearing from the map, applying that to different circumstances, following the compass on a bearing, keeping moving in a straight line, measuring the distance on the map and on the ground.

Other navigation strategies come into play such as the use of “attack points”, “aiming off”, recognising and using “catching features” and simple relocation strategies.

We have a 1:5,000 map of the local forest around the centre, this is excellent for teaching and having fun with navigation skills. It provides lots of opportunity to practice before transferring the techniques to the bigger hill environment which we aim to do in the afternoon.

Equipment

We can supply maps and a compass

If required our stores can supply – Waterproofs, boots and a rucsac. You only need to come dressed for a day on the hill with gloves and hat. Midge repellent and sun cream might be useful.

Administration

With a one day course it is important to be at Glenmore Lodge ready to start by 09.00 so teaching time is not lost. You will need to collect a packed lunch and fill you flask from our dining room and if you need to get to the stores, that will be open from 08.30. The day will finish around 16.30 – 17.00 with a review of the day and tea and cake.

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