

**Course Notes**  
**Advanced Navigation Skills**  
**One day**

**Is it for me?**

This one day course is designed to follow on from the intermediate navigation skills course which is based around compass skills and can be combined with that one day course to make a weekend of it. The day is well suited to anyone who is comfortable with their basic compass skills and is keen to get a better understanding of the compass and more advanced navigation skills with the focus being on relocation skills. It is not a GPS course but a couple of basic GPS functions can be useful.

**Aim**

This course will equip participants with the skills required for poor weather and detailed navigation in the UK mountains including relocation skills and combining Altimeters and GPS into map and compass navigation skills.

**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. Working on relocation skills with bearings along line features, bearings linked to contours such as slope aspect, moving onto the hill we can use bearings linked with an altimeter to help us work out our position.

The course will cover the overall range of strategies from searching for difficult to find features in poor visibility to coping when you are lost or temporarily geographically embarrassed.

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 after starting in the local environment.

## 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 your 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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