

## **Introduction to navigation skills - One day**

### **Is it for me?**

There is no need for any previous experience to attend this course. It is about gaining confidence with a map so the focus is on a steady progression from map setting to following a route along paths and other line features. Reading the ground and interpreting the map including ground shape and contours are essential to sound navigation in the countryside.

This course is the first of 3 and can be combined with the second one day course which is focused on compass skills and runs the following day.

### **Aim**

This course will equip participants with the skills required for straight forward good weather navigation in the UK countryside under summer conditions.

### **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 principle of map setting through some fun exercises, this is the basis of all navigation and it is simple when presented in a memorable way.

The day progresses with map in hand around the local area following linear features, learning to read the ground shape and generally building confidence with map skills. Measuring distance on the map and on the ground and understanding your speed of travel are also valuable skills to be covered.

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.

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 course as we go along.

### **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. Please ensure you have been to stores and collected your lunch prior to this time.

Stores will be open at 08:30 if you need to collect anything.

Please collect a packed lunch and fill your flask from our dining room.

The day will finish around 16.30 – 17.00 with a review of the day and tea and cake.