



## 1-day **MAP READING** course **2012** *Yorkshire Dales*

*Improve your map-reading skills and step out with confidence*

### **COURSE INFORMATION**

1-day map-reading, navigation & hill-walking skills courses in the Yorkshire Dales

#### **YOUR INSTRUCTOR**



**Mark Reid**  
Walking Group Leader  
Mountain Leader  
Author of 'The Inn Way' guidebooks

#### **WHERE AND WHEN TO MEET**

We will meet at 9am at the village pub in the location of your choice. Courses are held once a month between April and October at **Grassington, Malham** and **Reeth**.

#### **BASIC NAVIGATION SKILLS**

Our one-day basic navigation skills courses are designed to introduce you to the basics of map and compass skills, route planning and enjoyment of the countryside. It is these basic skills that provide the foundations for developing navigation skills further. Good map skills are the key to effective navigation; however, they must be coupled with an understanding and appreciation of safety, route planning, gear and equipment, weather conditions, access rights and responsibilities. All of these elements are inter-connected.

##### ***The Basic Navigation Skills course will cover:***

- Route planning - safe and achievable routes
- Weather forecasts
- Understanding and interpreting an OS map
- Grid references
- How to use a compass
- Where can you walk legally?
- Countryside Code
- Navigation strategies
- Essential clothing and equipment
- What to do if you get lost and emergency procedures
- Staying safe in the countryside and on the hills

## WHAT'S INCLUDED

- Full day's navigation skills in the Yorkshire Dales with Mark Reid
- Tea / Coffee in the morning whilst we discuss the day ahead
- OS Map and compass for use during the course
- Course notes
- Use of our Berghaus gear if required.

**NB:** All participants must provide their own walking boots and packed lunch. *Over 18s only.*

## OUTLINE OF THE DAY

The day will begin at 9am with tea and coffee.

We will head out on our walk at approximately 10:30am, and return back to the pub at around 5pm.

Lunch will be a packed lunch on the hillside. We will cover around 6 miles during the day, and walk a beautiful low-level walk through the Yorkshire Dales.

**FULL DETAILS OF THIS COURSE, INCLUDING PRE-COURSE PREPARATION, ROUTE PLAN AND COURSE OUTLINE, WILL BE SENT OUT ONCE A FIRM BOOKING HAS BEEN MADE (*and approximately 2 weeks prior to the course*).**

### **ANY QUESTIONS?**

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**TeamWalking**

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