



1-day **Compass & Contours** course *Yorkshire Dales*

COURSE OVERVIEW

YOUR INSTRUCTOR



Mark Reid

Walking Group Leader
Hill & Moorland 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 throughout the year at various locations in the Yorkshire Dales.

COMPASS & CONTOURS

Our one-day Compass & Contours courses are designed to build on your navigation skills by introducing you to the skills required to navigate across open country, using natural features, landscape topography and compass bearings. However, good compass skills are not enough on their own - you also need an understanding of the upland environment, weather forecasts, accurate distance estimation, safety, gear and equipment as well as knowledge of access rights and responsibilities - we will cover these topics during the day.

The Compass & Contours course will cover:

- Where you can walk legally
- Route planning & weather forecasts
- When to use a compass
- Compass work, including bearings
- Navigation strategies
- Navigation using natural features
- Contour interpretation
- Distance estimation
- Navigating away from paths and tracks across open country
- Essential clothing and equipment

WHAT'S INCLUDED

- ✓ Full day's 'compass and contours' 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 Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, food (including packed lunch for both days) and accommodation (if applicable). *Loyalty Reward issued on the course.* Our courses are suitable for all ages. Under 18s (min age 14) may attend if accompanied by a parent/legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

OUTLINE OF THE DAY

- **9am:** Discuss the day ahead, learning objectives, weather forecast and route over a cup of coffee
- **10am - 4:30pm:** full day's hill walk, with compass and contours training (packed lunch on the hillside). The walk will cover around 6 miles over the course of the day, with plenty of rest stops and time to practice skills and ask questions. We will be walking across upland terrain and moorland, away from paths and tracks with the potential for rough and boggy ground, adverse weather and lots of inclines.
- **4:30pm - 5pm:** finish back at the pub for a de-brief and a well-earned drink!

Please note: all timings are approximate.

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Sunhat, sunscreen and sunglasses
- Warm hat, waterproof gloves and spare fleece
- Water bottle (at least 1 litre) and flask of hot drink
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note: We will provide you with an OS map and compass for the duration of the course. You need to provide your own suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

ANY QUESTIONS?

info@teamwalking.co.uk / 01423 871750 / 07711 264019

Final details of this course will be sent out by email approximately 2 weeks prior to the course