



1-day Map Reading course *in the Yorkshire Dales*

In association with

 THE YORKSHIRE POST

 National Trust

COURSE OVERVIEW



YOUR INSTRUCTOR

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

WHERE & WHEN TO MEET

We will meet at 9am at the village pub in the location of your choice. Courses are held between February and November at Askrigg, Aysgarth Falls, Buckden, Burnsall, Clapham, Grassington, Kettlewell, Malham (*village*), Malham Tarn (*National Trust*) & Reeth.

MAP, COMPASS & NAVIGATION SKILLS

Our one-day Map Reading courses are designed to introduce you to the fundamentals of map and compass skills, route planning and enjoyment of the countryside. It is these fundamental key 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 Map Reading 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 you can walk legally
- Countryside Code
- Navigation strategies
- Essential clothing and equipment
- Staying safe on the hills
- What to do if you get lost/misplaced

WHAT'S INCLUDED

- ✓ Full day's Map Reading and 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
- ✓ Detailed course notes
- ✓ Use of our Outdoor clothing & gear, if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, packed lunch, travel and accommodation (if applicable). *Over 18s only. * Loyalty Reward issued on the course.*

OUTLINE OF THE DAY

NB: *All timings are approximate*

9am: Meet at the village pub for tea/coffee

9am - 11am: Introductions, learning objectives, weather forecasts, key map skills.

11am - 5pm: Full day's walk through the Yorkshire Dales, with 30 minutes for lunch on the hillside. We usually cover around 10 km (6 miles) over the course of the day, although this varies according to location, season, group needs and weather conditions. There will be plenty of rest stops to learn new skills and admire the views. The terrain we will be walking across will mainly include pleasant field, riverside and woodland paths, although there will also be some uneven ground, rough terrain, stiles, stream crossings, hills and perhaps some moorland, tracks and lanes, as well as a number of ascents and descents; we may also experience adverse weather conditions. The precise route will be flexible and dynamic to suit the group's needs during the day.

5pm - 5:30pm: De-brief back at the pub

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. These must be waterproof with good ankle support and sturdy soles
- 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 (spring, summer & early autumn)
- Warm hat & waterproof gloves
- Spare fleece
- Water bottle (at least 1 litre) and a 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 day. You need to provide your own suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

Please see the Booking Form if you wish to borrow waterproof outdoor clothing or gear from us.

Final details of this course, including pre-course preparation, will be sent to you approximately 2 weeks prior to the course

ANY QUESTIONS?

Email: info@teamwalking.co.uk

Tel: 01423 871750

Mob: 07711 264019



TeamWalking
www.teamwalking.co.uk