



Night Navigation course

Yorkshire Dales

COURSE OVERVIEW

Evening 'Night Navigation' course in the Yorkshire Dales

YOUR INSTRUCTOR



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

WHERE AND WHEN TO MEET

Meet at 6pm at a village pub in the Yorkshire Dales (various locations).

NIGHT NAVIGATION

Our evening Night Navigation course is designed to introduce the skills required to deal with and navigation through poor visibility, such as mist or darkness when out on the hills. This course is ideal as a refresher for NNAS Silver award holders or those working towards their NNAS Silver/Gold awards or ML assessment as well as experienced hill-walkers who wish to brush up their hill skills. Being out on the hills at night can be a daunting experience, but this course will give you the skills you need in a safe environment as you will be accompanied by an experienced Mountain Leader at all times - savour the outdoors at night under a starlit sky (hopefully!) and experience a new nocturnal world amongst the hills of the Yorkshire Dales

This course will cover

- 'Map to Ground' compass bearings and micro navigation
- Accurate distance estimation
- Contour interpretation
- What features to use and what to look for on the map
- Escape routes and relocation

WHAT'S INCLUDED

- ✓ Night Navigation training in the Yorkshire Dales with Mark Reid
- ✓ Head-torch for the evening
- ✓ OS Map and compass for use during the course
- ✓ Use of our Berghaus gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: Please provide your own walking boots, food & hot drink. * *Loyalty Reward issued on the course.* Our courses are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

OUTLINE OF THE EVENING

- **6pm:** meet at the local village pub for a briefing
- **6:30pm - 10:30pm:** Fully guided night navigation training walk, taking in paths, tracks, hills and open country. These guided walks will cover approximately 6 miles and will include rough terrain, a number of inclines and reduced visibility; we may encounter adverse weather conditions. Walking at night requires extra care and attention, as visibility is reduced, hazards are harder to spot (such as rabbit holes, rocks etc), pace decreases and it is also colder at night.
- **10:30pm:** finish back at the pub for a de-brief.

Please note: all timings are approximate. **No dogs allowed.**

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
- *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

- Warm hat, waterproof gloves and spare fleece
- Water bottle and flask of hot drink
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Head-torch if you have one (*we can provide head-torches*)
- Rucksack (to carry all of this in!)

Please note:

We will provide you with an OS map, compass and head-torch 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.
www.teamwalking.co.uk