



1-day **Relocation Skills** 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 either the **Devonshire Arms Hotel** at **Grassington** or the **Board Inn** at **Hawes** in the Yorkshire Dales, for a chat about the day over a cup of tea or coffee. We will then drive (car share if possible) up onto some nearby hills so we can access Open Country as quickly as possible, walking across areas such as the moors above Yarnbury, the flanks of Great Shunner Fell or Lovely Seat.

RELOCATION, RELOCATION, RELOCATION!

Our one-day **Relocation Skills** courses are ideal for experienced and accomplished hill-walkers who want to develop a set of reliable skills and techniques to establish their location and get back on track. During the course, we will move progressively into more challenging terrain and conditions, and we will actively seek out poor visibility and featureless terrain. Once we have coached you on the key relocation skills, then we will get you 'lost' so you can put your new skills into practice (*you will always be accompanied by your instructor*).

The course will cover:

- How to stay calm and focussed when you are unsure of your location, and deal with the situation effectively
- Learn what information you can use around you to establish your location
- Key Relocation skills & strategies for valleys, hills, featureless terrain and poor visibility
- Strategies for finding features (linear, area & spot features)
- Search techniques
- Importance of planning - escape routes & safety bearings
- *Plus...* brush up on your hill & navigation skills (bearings, contours, distance estimation etc)

WHAT'S INCLUDED

- ✓ Full day's 'relocation' 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 summary notes
- ✓ Use of our Berghaus gear if required
- ✓ TeamWalking Loyalty Reward scheme *

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

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 relocation skills and training (packed lunch on the hillside). The walk will cover around 6 to 8 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, hills and moorland, away from paths and tracks with the potential for rough and boggy ground, adverse weather and lots of inclines.
- **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

- 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)
- head-torch and spare batteries
- 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