



1-day course

Advanced Navigation Skills Masterclass *Yorkshire Dales & Howgill Fells*

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 **9:30am** at a village car park in the Yorkshire Dales or Howgill Fells (*with facilities*) for a chat about the day. We will then walk up onto the hills and fells of the Dales or Howgill Fells for a full day's walking across these wonderful open hills.

ADVANCED NAVIGATION SKILLS

Our one-day **Advanced Navigation Skills** course is ideal for experienced and accomplished hill-walkers, who may be working towards their Mountain Leader or NNAS Gold awards. During the course, we will move progressively into more challenging terrain and conditions, and we will actively seek out poor visibility and complex terrain and landscapes.

The course will cover:

- Planning ahead - weather forecasts and clothing & kit for the hills
- Navigation skills, strategies & techniques, including Route Simplification
- Poor visibility and night navigation strategies
- Micro and macro navigation
- Compass bearings (map to ground and ground to map)
- Slope aspect and fall lines
- Navigating using contours
- Relocation skills
- Accurate distance estimation over challenging terrain
- Route planning, route choice & route finding - selecting the right strategy
- Continuous location

WHAT'S INCLUDED

- ✓ Full day's Advanced Navigation skills with Mark Reid
- ✓ Unlimited access to 5 Video Tutorials covering key aspects of contours & hill skills
- ✓ OS Map and compass for use during the course
- ✓ Use of our outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme

NB: All participants must provide their own walking boots, food (including packed lunch) and accommodation (if applicable). 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 DAY

- **9:30am:** Meet at a village car park in the Yorkshire Dales
- **9:30am - 4:30pm:** full day's hill walk, with navigation skills 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.
- **4:30pm - 5pm:** finish back at the village for a de-brief

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 walking boots, with sturdy cleated soles and ankle support.

ANY QUESTIONS?

info@teamwalking.co.uk / 07711 264019

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