



1-day **Contours Masterclass** 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 9:30am at a village car park (with facilities) pub in the Yorkshire Dales.

CONTOURS

This 1-day course will introduce you to the key hill skills needed to navigate across hills and open country using contours as the prime method of navigation - contour interpretation and how they relate to landform. We will also look at appropriate compass use, from setting the map to 'quick' bearings and 'full' bearings. We will spend the day getting to grips with contours, so we can relate map contours with landform, slope angle and slope aspect, and tie this in with compass work to allow you to navigate across the hills away from paths using contours and landform.

The Contours course will cover:

- Shape of the landscape - *knoll, saddle, valley, spur, shoulder.*
- *Angle of slope (steepness) - what is too steep?*
- Slope shapes - *convex, concave, uniform & composite slopes.*
- Height and depth - *what's going up & what's going down.*
- *Slope Aspect & Contouring - direction of slope.*
- Contour Strategies - *break of slope, fall line, handrails, area features.*
- *Compass use to back up your contour navigation.*
- *Various scales of map: 1:25k, 1:40k and 1:50k.*
- *Appropriate use of the compass, including bearings*
- *Various hill skills, including planning & strategies, distance estimation, weather forecasts, upland terrain etc.*

WHAT'S INCLUDED

- ✓ Full day's 'contours' skills in the Yorkshire Dales with Mark Reid
- ✓ Unlimited access to 4 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 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

- **9:30am:** Discuss the day ahead, learning objectives, weather forecast and route
- **9:30am - 4:30pm:** full day's hill walk, with compass and contours training (packed lunch on the hillside). The walk will cover around 6 - 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 and moorland, away from paths and tracks with the potential for rough and boggy ground, adverse weather and some steep ground.
- **4:30pm - 5pm:** finish back at the village 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 / 07711 264019

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