



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'll meet at **9:30am** at a village car park in the Yorkshire Dales (*with facilities*) for a chat about the day. We will then head out onto the moors and fells of the Yorkshire Dales for a full day's relocation, navigation and hill skills training course. The walk will usually cover between 6 and 8 miles over the day, with plenty of rest stops and time to practise skills and ask questions.

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
- ✓ Unlimited access to 4 Video Tutorials covering key aspects of 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). * *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 DAY

- **9:30am:** Discuss the day ahead, learning objectives, weather forecast and route
- **9:30am - 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.
- **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 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