



Navigation Skills

3-day courses

National Navigation Award Scheme

'STRAIGHT TO SILVER' navigator overview

Thank you for booking our NNAS Navigation Skills course. We are sure that you will find this course interesting, informative and enjoyable. We very much look forward to meeting you.

• YOUR INSTRUCTOR

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



WHAT IS THE NATIONAL NAVIGATION AWARD SCHEME (NNAS)?

The NNAS is a personal performance, non-competitive, incentive scheme for all ages, ranging from basic navigation skills at Bronze level through to more advanced skills at Silver and Gold levels, validated to a national standard. The NNAS Awards are credit-rated by the Scottish Credit and Qualifications Framework Partnership (SCQF). The SCQF have rated the Bronze Award at level 4, Silver Award at level 5 and Gold Award at level 6 with each award worth 2 points. *The NNAS awards are not leadership qualifications.*

NNAS Bronze and Silver Awards

This NNAS course teaches detailed map and compass skills, route planning and knowledge of the upland environment that will allow you to explore Open Country away from paths and tracks. Sound map skills are the key to good navigation, and fully understanding a map allows you to build a mental picture of the route which then helps you plan a safe and enjoyable walk that is within the scope of your experience and ability. But good map skills are just one element, for they need to be coupled with an understanding and appreciation of safety, route planning, appropriate gear and equipment, weather conditions, the upland environment, access rights and responsibilities. All of these elements are inter-connected. This NNAS course will take you onto the open hills, where conditions can be more demanding than at valley level. A good knowledge and understanding of the upland environment is crucial, as are good navigation skills where attention to detail and the landscape around you on a micro scale becomes much more important.

• WHO'S THIS COURSE FOR?

This course is suitable for people with some hill-walking and map reading experience, who wish to develop their skills & experience further, and fill the knowledge gaps so that they get a good grounding in the key skills, techniques and strategies of hillwalking in the UK – it is your passport to freedom on the hills!

This NNAS course includes:

- Map interpretation, symbols, scales and grid references on a variety of maps.
- Weather forecasts, clouds and 'reading' the weather on the hill

- Map orientation, with and without a compass.
- Navigation strategies and effective route choice using Rights of Way and Open Country.
- Detailed compass work, including bearings. Accurate distance estimation, on both map and ground.
- Contour interpretation, on the map and on the ground.
- Plan a safe, suitable walk - both from the map and whilst on the hill.
- Countryside Code, access rights, responsibilities and issues (local and national). Environmental and conservation issues as well as the human impact on land.
- Safety, first aid & emergency procedures. Essential clothing, gear & equipment.
- Relocation techniques.
- Understanding the physical demands of navigation & how this may affect you and your route choice.
- Understanding the effects of fatigue and physical discomfort brought on by navigating in demanding countryside and/or extreme weather conditions.

Learning objective:

By the end of this course, you will be able to effectively plan and safely follow your own walks in the countryside away from paths and tracks. There is something very satisfying about planning and undertaking your own walk across Open Country, away from paths and tracks where a whole new world awaits - and this Navigation Course will teach you how to do just that!

• WHAT'S INCLUDED

- ✓ 3 day's navigation skills and hill-craft training with Mark Reid
- ✓ Unlimited access to 8 Video Tutorials covering key aspects of map reading & navigation skills
- ✓ Detailed course notes
- ✓ Use of our outdoor gear if required.
- ✓ OS Map and compass for use during the course
- ✓ NNAS Silver certificate upon successful completion
- ✓ 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.*

• OUTLINE OF THE COURSE

NB: *All timings and distances are approximate.*

DAY ONE - *Bronze Award training*

9:30am: Meet at a village car park in the Yorkshire Dales (*with facilities*) to discuss the day ahead, learning objectives, weather forecast and potential routes.

9:30am - 4:30pm: Full day's walk in the Yorkshire Dales, with 30 minutes for lunch on the hillside. Topics we will cover will include: map interpretation, contours, navigation skills and strategies, compass work, relocation techniques, essential clothing, gear and equipment, safety on the hills, Countryside Code and the natural environment.

4:30pm - 5pm: De-brief and route planning

Evening: *Route planning exercise and Question Sheet to complete*

DAY TWO - *Silver Award training*

9:30am: Meet at a village car park in the Yorkshire Dales (*with facilities*) to discuss the day ahead, learning objectives, weather forecast and potential routes.

9:30am - 4:30pm: Full day's upland walk in the Yorkshire Dales, with 30 minutes for lunch on the hillside. Topics we will cover will include: map interpretation, contours, navigation skills and strategies, compass work, relocation techniques, essential clothing, gear and equipment, safety on the hills and the natural environment.

4:30pm - 5pm: Break on the hillside

5pm - 7pm: Evening navigation exercise, followed by de-brief back at the village.

Evening: Question Sheet to complete

DAY THREE - *Silver Award assessment*

Participants will be assessed on their participation throughout the course, written question sheet and their practical navigation skills during Day Two. A pass will be awarded to candidates who demonstrate knowledge and application of the navigation skills required at Silver level and who are deemed to be competent to make journeys across Open Country unaccompanied.

9:30am: Meet at a village car park in the Yorkshire Dales (*with facilities*) to discuss the day ahead, learning objectives, weather forecast and route plans.

9:30am - 4:30am: 12-km upland hill walk across Open Country in the Yorkshire Dales with 30 minutes for lunch. During the first part of the morning we will practice and consolidate the skills, then each person will navigate at least 1 km leg of the walk to a given navigational point on the map, guiding the rest of the group.

4:30pm - 5pm: Course feedback and results.

There will also be some pre-course preparation, including watching the 8 videos, Home Study paper, weather forecast and a route planning exercise.

• 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 gloves
- Spare warm fleece
- Water bottle (at least 1 litre)
- Flask of hot drink
- Packed lunch (for each day)
- Lots of 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, compass and headtorch for the duration of the course. You need to provide your own suitable walking boots with sturdy cleated soles and ankle support. A reasonable level of fitness is required for this 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.

Full details of this course will be sent to you prior to the course

ANY QUESTIONS? info@teamwalking.co.uk / 07711 264019