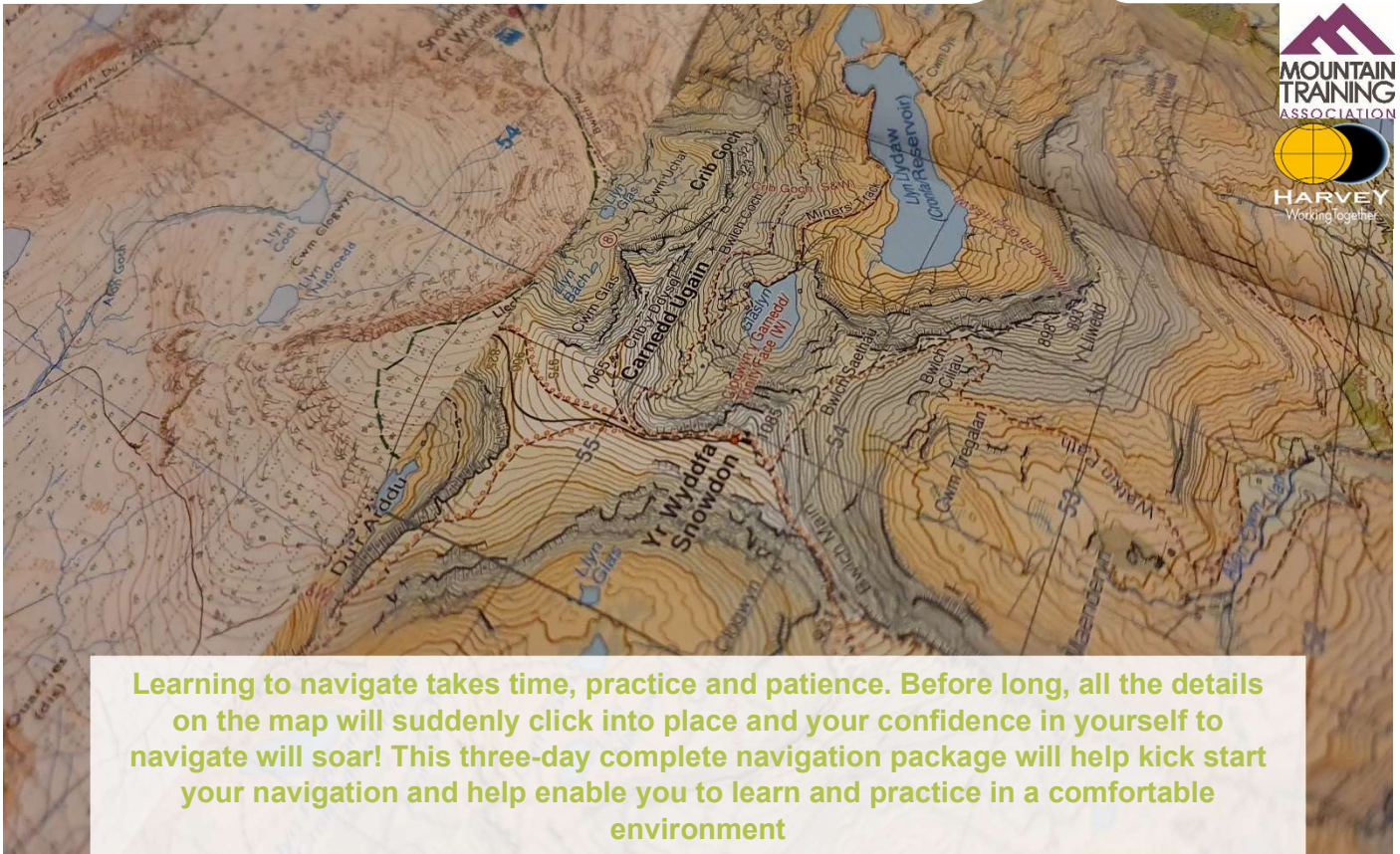


Complete Navigation



AT THE EDGE MOUNTAINEERING
"Your greatest failure is not to try"



Learning to navigate takes time, practice and patience. Before long, all the details on the map will suddenly click into place and your confidence in yourself to navigate will soar! This three-day complete navigation package will help kick start your navigation and help enable you to learn and practice in a comfortable environment

COMPLETE NAVIGATION

We will start by focusing on the key elements of navigation along footpaths and other public rights of way, before progressing to more demanding terrain and complex navigation towards the end of the course. This would be perfect for those with limited experience who want to make that running jump into hill walking and mountaineering.

AIMS:

By the end of this course, you will:

- Be confident in planning your own walks in the hills and mountains of the UK
- Be confident in navigating by yourself along footpaths and progressing away from marked paths
- Start to develop an understanding of relocating yourself if lost
- Be inspired to continue and progress with navigation in the hills and mountains.

WHERE SHALL I MEET YOU?

(Details specified when booking)

COURSE TIMINGS:

We will meet at 09:00 and hope to be finished by 16:30

BRIEF ITINERARY:

09:00 Meet & Greet
Course intro & briefs
09:45 Prep for walking
10:00 Start our day in the Hill
13:00 Stop for lunch
16:30 Course finish, debrief & Thanks

Head to my FAQ page on my website for more general information

www.attheedgemountaineering.co.uk

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CONTENT:

On this course, we will cover the following:

- Conventional Symbols
- Maps scales and the grid system
- Orientating the map to the ground
- Identifying and using handrails
- Parts of a compass
- Contours and large features
- Measuring Distances
- Simple relocation
- Different types of maps and scales
- Grid references
- Pacing and Timing
- Naismiths rule
- Route planning
- Compass bearings
- Attack points
- Aiming off
- Catching Features
- Tick off features
- Smaller contour features
- Intro to poor visibility/night navigation
- Relocation techniques
- Use of altimetres
- Accurate compass work
- Poor visibility/night navigation
- Map memory
- Contour only navigation
- Small contour features
- Micro navigation
- Aspect of slope
- Back bearings
- Resections
- Map memory
- Dead reckoning
- Using the group to aid navigation

PREVIOUS EXPERIENCE

You do not need any previous experience however some knowledge of hill walking is beneficial.

MAPS/BOOKS/RESOURCES

(Specific maps will be specified when booking)

- Harvey Maps - Superwalker XT25
- Ordnance Survey Map - Explorer 1:25 000 scale
- 'Navigation in the Mountains' - Carlo Forte
- 'Hill Walking' – Steve Long
- www.shavenraspberry.com (Navigational aids)

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