



NAVIGATION COURSES

	Beginner	Intermediate (hills)	Intermediate (mountains)
Terrain:	Predominantly lowland areas – on public rights of way & permissive footpaths	Open country – including hill & moorland areas both on and away from marked footpaths	Mountains – predominantly along footpaths but sometimes away from them
Example areas (South West England & South Wales):	Chew Valley and the immediate surrounding area	Mendip Hills Quantocks Exmoor	Black Mountains Brecon Beacons
Navigational skills covered on course:	<ul style="list-style-type: none"> ● Identifying types of footpath & other features (covering 1:25k & 1:50k map scales) ● Basic orientation of a map ● Using key map features in order to navigate ● Advice on route plotting, distancing, and planning personal walks ● Countryside Code 	<ul style="list-style-type: none"> ● Measuring horizontal distance on a map and estimating timings; “The Four D’s”! ● Taking and following a simple compass bearing ● Use of handrails & other linear features; “Aiming off” ● Interpreting slope shape from map contours ● Relating small knolls, valleys, re-entrants & spurs to map contours ● Catching & collecting map features 	<ul style="list-style-type: none"> ● Measuring horizontal distance on a map and estimating timings; “The Four D’s”! ● Taking and following a simple compass bearing ● Use of handrails & other linear features; “Aiming off” ● Interpreting slope shape from map contours ● Relating small knolls, valleys, re-entrants & spurs to map contours ● Catching & collecting map features ● Pacing ● Flexibility in route planning/use of escape routes



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Skills required for course:	None	Comfortable using a map to navigate along public footpaths. Experienced walker.	Comfortable using a map to navigate along public footpaths. Able to walk an extensive distance over uneven ground.
Participants *all children aged under 18 must be accompanied by a parent/guardian	<ul style="list-style-type: none"> ● Adult-only sessions ● Family sessions with children aged 8+ 	<ul style="list-style-type: none"> ● Adult-only sessions ● Family sessions with children aged 14+ 	<ul style="list-style-type: none"> ● Adult-only sessions
Kit required for session	<ul style="list-style-type: none"> ● Rucksack ● Comfortable clothing ● Waterproofs ● Suitable footwear ● Water & snacks ● OS Map & map case 	<ul style="list-style-type: none"> ● Rucksack ● Warm clothing ● Waterproofs ● Walking boots & socks ● Hat & gloves ● Packed lunch ● OS Map & map case ● Compass 	<ul style="list-style-type: none"> ● Rucksack ● Warm clothing ● Waterproofs ● Walking boots & socks ● Hat & gloves ● Packed lunch ● OS Map & map case ● Compass