

## Navigation

- **Introduction to Navigation (NNAS Bronze Award)**
- **Improve your Navigation (NNAS Silver Award)**



### Overview

Navigation is a fundamental skill which once learnt will greatly increase your enjoyment and safety in the British hills and further afield. Our courses cover the full spectrum of skills from the basics of setting the map and taking a bearing to fine tuning the abilities of mountain marathon competitors. If you want to know what to do when you're lost or lack the confidence to explore the hills when the cloud is low then our courses will point you in the right direction!



Our courses also offer the opportunity to gain a National Navigation Award Scheme (NNAS) Bronze or Silver Award. (Please specify this at time of booking). This is a non-competitive, personal performance scheme designed to offer a structure to your development in a fun and enjoyable way.

<http://www.nnas.org.uk/>

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement



“The many skills involved in navigation are like tools in a box. The more you have, the more likely you are to have the right tool for the job. There will always be several ways of completing the task but one tool may work better in a given situation”

### Introduction to Navigation

The course will be based outdoors on the hill to give all members the maximum opportunity to learn and practise new skills. It will be taught in a practical way, starting with the basics and progressing at a rate to suit the group. The Bronze NNAS syllabus covers the following;

- ✚ Understand the nature of a map as a two dimensional plan.
- ✚ Understand how to use map symbols and scales, on a variety of maps.
- ✚ Take a 6 figure grid reference for any given position and also locate such a reference on the map.
- ✚ Orientate the map with and without a compass.
- ✚ Use the orientated map to identify land features and indicate direction of travel.
- ✚ Choose simple navigation strategies and routes.
- ✚ Use linear features (e.g. paths and tracks) as handrails in simple navigation exercises.
- ✚ Estimate distance on both map and ground.
- ✚ Using a basic understanding of contours, match major landforms like hills and valleys to their map representation.
- ✚ Plan a safe, suitable walk.
- ✚ Relocate using simple techniques on paths and other handrails.

The course will also cover other essential hill skills including;

- ✚ weather knowledge
- ✚ safety issues, and procedures in the event of an emergency
- ✚ basic first aid for individuals
- ✚ knowledge of appropriate equipment for walking
- ✚ knowledge of access and conservation issues as appropriate
- ✚ awareness of the impact on the environment by countryside users.



### Previous Experience

The Introductory course assumes no previous experience with a map and compass although some experience of hill walking would be useful.





### Improve your Navigation

This course continues from the introductory introducing different techniques in more complicated terrain and develops strategies for various situations. The course may also look at GPS use and there is an optional night navigation session (Oct – May). The NNAS Silver award continues to develop the skills from the Bronze award plus the following; (Note, you don't have to have completed the Bronze award prior to this course).

- ✚ Devise a strategy for a navigational stage, to break it down into 'coarse' and 'fine' navigation and to use clear features en route to check that they are 'on course'.
- ✚ Understand and apply the following components of a navigational strategy 'aiming off', 'attack points', 'collecting features', simplifying navigation, and apply them in varying terrain.
- ✚ Demonstrate an understanding of contour features, both large and small, on the map and on the ground.
- ✚ Demonstrate an understanding of the navigation physical and factors affecting route choice.
- ✚ Judge distance accurately on the map and on the ground.
- ✚ Employ simple relocation strategies when lost.

- ✚ Use a compass to follow accurate bearings and to check the direction of footpaths or other linear features on both map and ground.
- ✚ Demonstrate knowledge of the effects of fatigue and physical discomfort brought on by navigating in demanding countryside and/or extreme weather condition. Knowledge of basic first aid is also expected.

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- ✚ awareness of the impact on the environment by countryside users.

### Previous experience

The Improvers course will be tailored to your needs so may be used to develop your skills from a basic level through to fine tuning mountain marathon competitors.



## Venue

The course will commence from The Walkers Shop in the centre of Ambleside at 9:15am. At this point any hire equipment required will be issued. You should have your rucksack packed ready to depart including a full packed lunch. Each day will finish at 5.00pm-5.30pm except on the final day when you will finish around 4pm to take account of onward travel.

## Instructors

The majority of our leaders are UIAGM Guides [www.bmg.org.uk](http://www.bmg.org.uk) or qualified Mountaineering Instructors many of whom are members of AMI (Association of Mountaineering Instructors). [www.ami.org.uk](http://www.ami.org.uk)



## Weather conditions

The course will be adapted to the prevailing conditions, good or bad. Poor weather is actually ideal for learning to navigate so will be beneficial!

## Equipment

- ✚ Waterproof jacket & trousers
- ✚ Warm Clothing : fleece layers, hat and gloves (all year),
- ✚ Walking boots
- ✚ Day Sack and waterproof liner (e.g. bin liner)
- ✚ Water bottle and or flask with hot drink
- ✚ Packed lunch
- ✚ Compass
- ✚ Map OS Explorer map OL7 1:25 – The English Lakes South Eastern area. (For the Improvers Course you could also bring OS Landranger 90 1:50
- ✚ Map case
- ✚ Watch (ideally with a stop watch function)
- ✚ Notebook & pen
- ✚ Headtorch

**A discount of 15% on new equipment is available from the Adventure Peaks shop in Ambleside or purchased directly from our website (excluding books, maps & electrical goods).**

## Accommodation

Courses are offered on a non residential or B&B basis. For residential courses, the accommodation is booked from the night of your arrival, with instruction starting the following morning. Check out is normally on the morning of your final day unless you have booked an additional night.

## Course Transport

During the course we normally ask clients to share transport. If you are without we ask that you contribute to the shared cost.



## Maps

The area around Ambleside is well covered by a variety of maps, all of which are suitable for hill walking. We recommend getting the plastic coated waterproof versions as they are easier to use and will last a lot longer. Please bring the following map:

- ✚ OS Explorer OL7 1:25

If doing the Improve your Navigation course, you may also bring the following map for reference.

- ✚ OS Landranger 90 1:50

## Books

There are a number of excellent texts on the subject of Navigation and general mountain skills. We recommend the following which are available from our shop;

- ✚ 'Mountain Navigation' by Pete Cliff
- ✚ 'Hill walking' by Steve Long