



# Venturing Out

Outdoor Activities to Stimulate Learning & Development

## Introduction to Navigation Course

The introduction to navigation course is structured to prepare you for confident self supported journeying.

The following are covered during the course:

- Understanding Ordnance Survey and Trail maps
- Orientation
- Map to ground
- Measuring distance
- Basic compass work
- Equipment & Clothing
- Access & Conservation
- Weather influences
- Route planning, preparation & safety procedures
- Basic 1<sup>st</sup> Aid

### Kit List:

- Backpack
- Waterproofs
- Walking Boots
- Spare top
- Food & Water
- Basic 1<sup>st</sup> Aid, plasters etc.
- Walking poles if you require them

Courses run 10am till approx 4pm

Cost: £45 per person

Maximum of 6 participants

Introduction to Navigation courses are run in the Lammermuir & Pentland Hills.

### Course Prerequisites

This course is suitable for those new to Navigation, map reading or even hill walking.

Please consider the physicality of this type of course prior to booking. If you are unsure get in touch.