



Venturing Out

Outdoor Activities to Stimulate Learning & Development

Introduction to Navigation Course – Groupout 21st April 2012

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
- Map to ground
- Measuring distance
- Basic compass work
- Equipment & Clothing
- Access & Conservation
- Weather influences
- Route planning, preparation & safety procedures

Kit List:

- Backpack
- Waterproofs
- Walking Boots
- Spare top
- Food & Water
- Walking poles if you require them

Timings: 10am till approx. 5pm

Location: Flotterstone Ranger Centre, Near Penicuik, Midlothian, Scotland

Follow Link:

<http://www.streetmap.co.uk/map.srf?x=323337&y=663187&z=120&sv=323337,663187&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=851&ax=323337&ay=663187&lm=0>

Transport: If you are arriving by public transport from Edinburgh you will need to get a number 37 or 47 bus to Penicuik. There is a good service on a Saturday with buses every 15 to 20 minutes. If you are taking this option you will need to aim for an arrival in Penicuik no later than 9.30am. Transport from Penicuik to Flotterstone will then be arranged, likewise for the return journey. **Please let us know well in advance of the activity date if you will require this pickup.**

Cost: £40 per person / Limited availability

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.

Please don't hesitate to contact me with any queries, see contact details below.

Thank you for your interest.

Regards, Antony