

# Map, compass and walk planning Course

Small groups  
10 to 12 participants.  
Participants must be at least 18 years of age.

**This course aims to help participants to become familiar and confident in using a map and compass enabling them to walk independently and to become confident in planning walks for groups in the hills and countryside.**

The course is based on the practical knowledge and experience gained over many years by the promoters.

<b>COURSE CONTENTS</b>	
<b>SESSION 1</b> Map Types Map Grids Map Features Rights of way, Bridal paths, Footpaths Measuring distance Foreshortening Contours and relief Naismith's rule for timing walks	<b>SESSION 2</b> Compass Features Magnetic North Taking a Bearing Walking on a Bearing Setting the Map Pace Counting Following Features
<b>SESSION 3</b> <b>FIELD WORK PRACTICAL</b> Walking to Compass Identifying Features Finding Features Pacing Where are we Setting the map Rough Terrain River crossing	<b>SESSION 4</b> Planning a Route Walking the Route Grading the Route Weather Rucksack contents Safety Issues Risk Assessment Route Card What Next to Progress

## YOUR COURSE LEADERS

Martin and Hester are experienced walkers and navigators. They enjoy helping people acquire the skills of map reading and navigation and plan a friendly, relaxed course where there are no tricks or exams to stress you out.

The course has been based upon a successful model prepared and delivered for local Rambler groups.

**The course can be residential based or day based in the Brecon Beacons.**  
**Contact Martin Smith 01685 811949 email [Martinwalks@aol.com](mailto:Martinwalks@aol.com) for further details or to request a booking form.**