



Advanced Navigation / Refresher Course Content

Interpreting contours - so that you know whether you are going up or down

Taking and walking on a bearing - to find your way when you're not on a path

Back bearings - to ensure you are still on track or to retrace your steps if necessary

Pacing and timing - to help measure distances

Boxing and avoiding hazards - to keep you safe from bogs!

Relocation techniques - to help you get back on track when things get confusing

Safety on the hills - to give you confidence when you're out in the hills

Navigation for Women

Website: www.navigationforwomen.co.uk **Email:** info@navigationforwomen.co.uk

Contact: 07444 794 300