



## **Compass Skills for the Hills Course Content**

The components of the compass - working out what each bit does

The three norths - to understand where your compass is pointing and why

Setting the map with a compass - to help you work out where you are when things get confusing

Taking, and walking on, a bearing - so that you can walk off path across moor and mountain

Back bearings - to retrace your steps or ensure you're still on track

Map to ground navigation - to check the direction of paths or intended routes

Ground to map navigation - to identify distant features or help you find where you are if you know the name of a feature in the landscape

**Navigation for Women**

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