



Map Skills for the Hills Course Content

Map scales and symbols, grid references - to help you understand the map

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

Measuring and estimating distance and time - so that you can work out how long a walk should take

Pacing and timing - to help you measure shorter distances

Planning a walk - so that you can plan your own routes

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

Access to the Countryside - so that you know where you can and can't go

Safety and emergency procedures - to keep you safe in the outdoors

What to take / wear in the hills - so that you're ready for anything!

Navigation for Women

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

Contact: 07444 794 300