



Course Description from NNAS Website:

The Bronze National Navigation Award is a practical hands-on award. It is aimed at people with no navigation experience whether you are new to the outdoors or have been relying on others, guidebooks or easy well-defined routes.

The syllabus of the Bronze National Navigation Award teaches navigation in the countryside using paths tracks and other linear features. Basic map interpretation and compass work is also included.

NNAS Bronze Level Key Course Content

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

Interpreting contours - so that you know if you're 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 - as they are great ways of measuring distance

Using features to keep on track - so that you'll be more aware of what's around you

Relocation techniques - to get you back on track if you go wrong

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

Setting the map with a compass - to help work 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!

For a full list of course content, visit the [National Navigation Award Scheme website](http://www.nationalnavigationaward.co.uk).

Navigation for Women

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