



Course Description from NNAS Website:

The Silver National Navigation Award develops the navigation skills acquired at the Bronze level. It adds skills required to navigate to features and places some distance from paths and tracks. It teaches accurate compass work. It will also teach you to select the suitable navigational techniques to cross open country. Silver National Navigation Award courses are taught in areas with access to open country and involve periods where you'll be navigating away from paths and tracks.

NNAS Silver Level Key Course Content

Utilising skills developed at Bronze level (or existing skills) in the context of Silver level terrain

Interpreting contour lines - so that you know whether you are going uphill or downhill

Using a compass to walk on a bearing, back bearings - so that you can explore off path

Aiming off, attack points, catching features and handrails - all useful tools to keep you on track

Timing and pacing - useful for measuring distance

Route finding in poor visibility - so that you have the skills to find your way even if you can't see anything due to low cloud

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

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.navigationalaward.co.uk).

Navigation for Women

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

Contact: 07444 794 300