



Hill Skills Course (age 10+)

This 2-day Hill Skills course is your key to getting started with walking in the countryside and moorland. No previous hill walking experience is required but if you have some and would like to gain confidence planning walks, navigating and understanding the equipment required, then it's an ideal way to develop your skills.

SYLLABUS (16 hours):

Topics covered:

- ▶ **Planning** - how to successfully plan a hill walk in the UK or Ireland.
- ▶ **Weather** - how it affects the hills and your day out.
- ▶ **Clothing and equipment** - being suitably dressed and equipped can make the difference between a great day out and a complete disaster.
- ▶ **Walking skills** - what things should you consider while out walking and what can make life easier (pace, nutrition, movement skills etc).
- ▶ **Environmental knowledge** - how to minimise your impact on the hill and information on good practice and useful organisations.
- ▶ **Navigation on the hills** - everything from selecting a compass to navigation strategies and an intro to GPS.
- ▶ **Hazards and emergency procedure in the hills** - how to respond to any hazards you encounter and what to do in an emergency.

PRICE: £140.00

Course includes:

- ✓ A copy of the Safety on Mountains book
- ✓ A navigational timing card
- ✓ A certificate of attendance
- ✓ Lifetime use of Mountain Training's digital logbook (DLOG) for recording your walks

YOUR TUTOR

This course will be run by Jane Wood - Jane is a qualified and experienced Mountain Leader.

Your tutor is a member of the Mountain Training



BOOKING DETAILS

For further details, please contact Jane:
jhcwood@freedom-days.co.uk
Mobile: 07760665488 or to secure your place on this course, please complete the booking form on our website:
www.freedom-days.co.uk/navigation-training/