



Central Reservations
08701 553255

SYHA Activity Holidays **Bronze National Navigation** **Award Course** **(Grade 1)**

These courses are based at a variety of hostels throughout the year. An ideal opportunity to discover a new hostel or revisit an "old friend", learn some new skills whilst exploring the surrounding countryside.

The Bronze course is the introductory level of a range of practical courses aimed at enabling walkers to gain the necessary skills to navigate in a variety of terrain. This staged scheme offers a systematic and progressive approach to finding your way around in the countryside and opens up the possibility of independent walking with increased confidence. This level involves navigation mainly by linear features with help from basic compass techniques. No prior knowledge is assumed. On completion of this award, participants will be able to plan and follow simple walks in the countryside mainly on paths and tracks.

The course takes place over a weekend and includes assessment.

1. Understanding the nature of a map as a two dimensional plan.
2. Understanding map symbols, scales, on a variety of maps.
3. Take a 6 figure grid reference for any given position and also locate such a reference on the map.
4. Orientate the map with and without a compass.
5. Use the orientated map to identify land features and indicate direction of travel.
6. Choose simple navigation strategies and routes.
7. Use linear features (e.g. paths and tracks) as handrails in simple navigation exercises.
8. Estimate distance on both map and ground.
9. Using a basic understanding of contours, match manor landforms like hills and valleys to their map representation.
10. Plan a safe, suitable walk.
11. Relocate using simple techniques on paths and other handrails
12. Understand access rights and responsibilities
13. Demonstrate an awareness of local and national access issues and access legislation
14. Demonstrate knowledge of the Countryside Code, and of procedures to be followed in the event of an emergency.

MEETING PLACE

- PITLOCHRY Youth Hostel: 13 Mar 09, 20.00
- MINNIGAFF Youth Hostel: 17 Apr 09, 20.00
- BRAEMAR Youth Hostel: 24 Apr 09, 20.00
- INVERARAY Youth Hostel : 1 May 09, 20.00

ITINERARY

DAY 1: Rendezvous at the hostel at 20.00. Briefing about the weekend.

DAY 2: Most of the day will be outside learning and practising the various skills.
Return to the base about 17.00 and a short debrief for the day.
Evening indoor session on planning walks, outdoor access .

DAY 3: Again we spend most of the day out learning and practising the skills at the bronze level. During the day, there is a practical test of what you have learnt.
Return to the base about 16.00 and after a break, a short written paper will help to ensure that you have grasped the concepts of the course.
Depart with the skills and confidence to start getting out to explore your countryside.

ACCOMMODATION and MEALS:

2 nights hostel accommodation. No meals are included but there is a good self catering kitchen. You should bring with you food for 2 breakfasts, 2 packed lunches, and 1 evening meal, plus drinks/snacks.

If you require accommodation either before or after your course, let us know and we can arrange this for you.

TRANSPORT:

Local transport is provided daily as required for the practical elements of the course.



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EQUIPMENT: To wear:

- Short-sleeved shirt or vest, long-sleeved thin but warm sweater,
- Warm trousers (NOT made of denim material),
- One or two pairs of comfortable socks, stop-tous or gaiters.

To carry in a small rucksack (30 litres minimum) when walking:

- 100% waterproof jacket with attached hood (do NOT bring a cape) and waterproof overtrousers
- Warm hat & gloves, spare warm sweater or fibre pile jacket
- Thermos flask / water bottle & packed lunch
- Sun hat & sun screen cream
- Insect repellent, small personal first-aid kit (at least a few Elastoplasts), whistle, survival bag.
- Map & compass, paper and pen/pencil.

MAPS:

- OS 1:50,000 No. 43 for Braemar based course
- OS 1:50,000 No. 52 for Pitlochry based course
- OS 1:50,000 No. 77 and 83 for Minnigaff based course
- OS 1:50,000 No. 55 and 56 for Inveraray based course
- Compass – Recta or Silva type compass.

C-N-Do will supply appropriate maps and compass if you do not have your own.

FOOTWEAR:

Comfortable walking boots are essential. They should be in good condition, have a deep tread and be well walked-in. New and untried boots should be left at home! .

FITNESS:

We will be out of doors for most of the time and will be walking a few miles each day. Terrain will vary from tracks and paths on the Bronze course to increasingly more off-path walking on the Silver courses. Previous walking experience is helpful but not essential for the Bronze level. For the Silver courses there will be some rough off path walking.

GUIDING COMPANY:

This course is operated by C-N-Do Scotland on behalf of SYHA. Please note that they are not able to deal with any enquiries relating to your holiday all of which should be directed to our own Central Reservations office on 0870 155 32 55.

LEADER:

C-N-Do staff are all specially chosen and are well qualified for the activities they instruct. For NNAS the instructor has the minimum qualification of Summer Mountain Leader, a current valid first aid certificate plus a lot of personal experience and competence in delivering informative, fun and inspirational outdoor courses. Having a small group ensures that the course is very much focused on you the participant, providing as much practice as is possible and being able to answer the many questions that may arise.

OPERATING RATIO:1 leader to 6 participants.

EMERGENCY CONTACT:

If you are delayed on route to the meeting points you can contact C-N-Do Scotland on 01786 445703 before 16:30 if meeting at Stirling station, or Cairngorm Lodge hostel on 01479 861238 if meeting there. Please do not contact either of these organisations for any other issue related to your holiday.

COMPLAINTS PROCEDURE:

In the unlikely event of having a complaint about your activity please make your views known to the instructor in charge so that it can be resolved immediately. Failure to do so may lead to your claim being reduced or rejected. Should it not be possible to resolve your problem immediately, you should write, giving full details, to the Activities Manager, SYHA as soon as possible after the activity. Delay in so doing may lead to an inability to substantiate your claim. All complaints and claims will be dealt with under Scottish Law and Custom.