

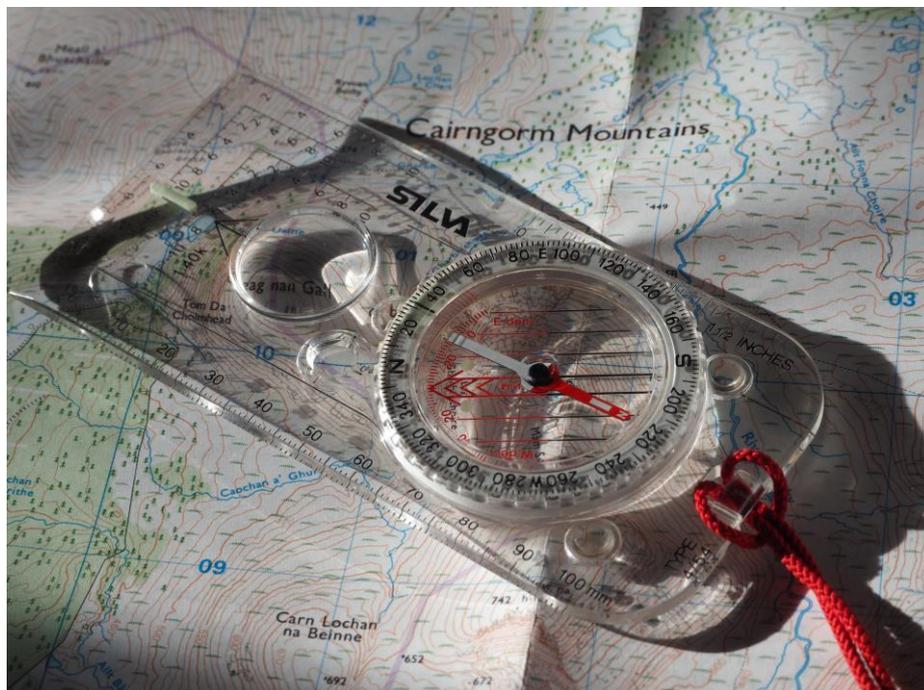


## Navigation for Hillwalkers

Learn or refresh the essential navigation techniques needed to confidently enjoy the Scottish Hills, including:

- “Setting” or orientating the map
- Interpreting contours
- Keeping track of how far you’ve walked: timing and pacing
- Using the compass appropriately
- Putting it all together: a system for success!

We will start the day at a local orienteering course, using 1:10,000 scale maps, which will allow everyone to get lots of practice in a short space of time. No running or lycra I promise! We will then move to spend the afternoon on the hills near Inverness on a more usual 1:25,000 scale map.



**When:** Sunday 7<sup>th</sup> April 2019 08:30-16:00 (approx.!)

**Where:** We will meet at a venue close to Inverness (to be confirmed closer to the time) at 08:30. We may be able to help with/organise lift-shares if needed. We will be off the hills by the time dark falls, and will then travel back towards Inverness.

**Experience required:** You will have done some summer hillwalking, and are happy with basic map reading e.g. symbols, following paths etc, but don't have the skills yet to feel confident and head off into open country. You will need a basic level of fitness to enjoy a day's walking; there will be no large summits to climb but potentially some difficult ground e.g. heather, away from paths.

**Gear required:** Normal hillwalking gear including a compass and warm clothing: a kit list is available on our website under "FAQs". Maps will be provided by On High Hills. If you don't have a compass and are looking to invest I would recommend the Silva Expedition or Expedition 4.

**Your instructor:** Jonty Mills, local Mountaineering Instructor (MIA) & UIMLA International Mountain Leader. [www.onhighhills.com](http://www.onhighhills.com)

**Price and booking:** £ 60 per person. Max. 4 places to ensure plenty of individual attention and tuition.

**To book or to enquire** email [jonty@onhighhills.com](mailto:jonty@onhighhills.com) or phone 07757 302 590. A booking form is also available on our website.

