

INTRODUCTION

Welcome to **AT THE EDGE MOUNTAINEERING'S** home navigation course. This course is designed for you to be able to learn at your own pace and from anywhere.

The course is split into four sections and broken down into Parts:

1. **INTRODUCTION TO MAPS** (5 Parts, 1.1 – 1.4.1)
2. **NAVIGATION TECHNIQUES** (6 Parts, 2.1 – 2.5)
3. **CONTOURS** (1 Part, 3.1)
4. **NAVIGATION STRATEGIES** (4 Parts, 4.1 – 4.4)

At the end of each Part, there is a Question sheet to help you recap and test yourself about what you have just learnt. The answer sheets are found at the beginning of the part that follows. Not all the Parts have a question sheet, but this is specified where applicable.

The PDF versions of this course contain clickable links.

This course focuses on the theory behind navigation training and progressively increases in content and knowledge, meaning the next Section will be a progression from the previous. As the course goes on, each skill learnt will transfer at some point to the next section. This course is not intensive and doesn't cover every element of navigation. Instead, it is designed to build your base knowledge for you to continue to learn and progress. There is no substitute to practicing these skills for real in the outdoors and I would recommend you attend a navigation course to help you consolidate these skills and to further your learning in the hands of a qualified and experienced Hill and Moorland or Mountain Leader.

EQUIPMENT & RESOURCES:

All the maps you require will be attached to the question sheet. To get the most out of this course, I have outlined some resources below to help you learn but not all of these are essential.

(Links to **highlighted** resources are available in my [DOWNLOADS](#) section on my **website**. Resources in **BOLD** are attached to this document):

- Paper and Pens
- Ruler
- Calculator (Or use your phone)
- **Navigation Timing Card**
- String
- **Copy of Harvey Maps and OS Maps Legends:**
 - Harvey Maps XT25 & British Mountain Maps Legend
 - OS Explorer & Landranger Legend
- **Ordnance Survey (OS) Maps app OR Viewranger app (Subscriptions required)**
- **Blank Route Card**

I hope you enjoy the course! Please feel free to leave feedback or ask questions via email or on any of my social media pages. Details are on the cover page.

Enjoy!

To put these skills into practice and to learn more, take a look at my [Navigation Courses](#) I offer.

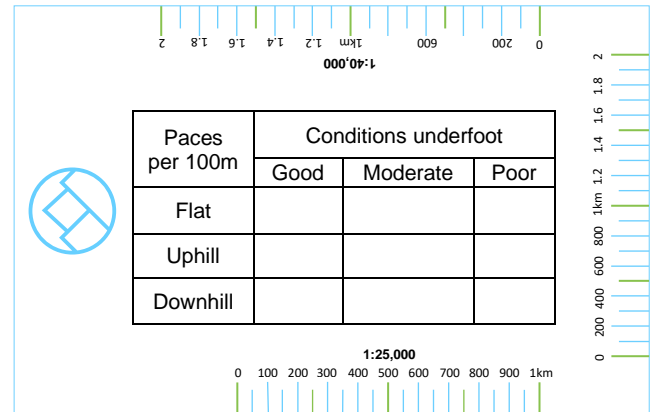
All **confirmed bookings** will receive a **10% discount** code to use on **Harvey Maps** products from their site.

5% of your course fee will be donated to the **Mountain Rescue team** in the area the course operates from.

PRINTABLE RESOURCES

Below are some printable navigation resources to help you answer the questions in this course and to use when out on the ground navigating for yourself. Print this page to ACTUAL SIZE, cut out the resources and laminate them for durability. **1km on the 1:25,000 scale (of the measuring distance and pacing card) should measure 4cm when measured from 0 to 1km**

Distance	Speed (kph) (Timings rounded to nearest ½ minute)				
	2	3	4	5	
1,000m	30 min	20 min	15 min	12 min	
900m	27 min	18 min	13½ min	11 min	
800m	24 min	16 min	12 min	9½ min	
700m	21 min	14 min	10½ min	8½ min	
600m	18 min	12 min	9 min	7 min	
500m	15 min	10 min	7½ min	6 min	
400m	12 min	8 min	6 min	5 min	
300m	9 min	6 min	4½ min	3½ min	
200m	6 min	4 min	3 min	2½ min	
100m	3 min	2 min	1½ min	1 min	
50m	1½ min	1 min	¾ min	½ min	



Distance Metres	Scale		
	1:25,000	1:40,000	1:50,000
25m	1mm	-	0.5mm
40m	-	1mm	-
50m	2mm	-	1mm
100m	4mm	2.5mm	2mm
200m	8mm	5mm	4mm
300m	12mm	7.5mm	6mm
400m	16mm	10mm	8mm
500m	20mm	12.5mm	10mm
1000m	40mm	25mm	20mm

RELOCATION PROMPT CARD:

STOP | THINK | OBSERVE | PLAN

1. **WHAT** did I see on the way?
2. **WHAT** can I see around me?
3. **WHAT** can I see if I walk further?
4. **WHAT** other techniques can be used?
5. **WHAT** if I cannot relocate?

THE 4 D's and 5 WHAT's

<p>DISTANCE:.....</p> <p>DURATION:.....</p> <p>DIRECTION:.....</p> <p>DESCRIPTION:</p>	<p>WHAT are you going to see en-route?</p> <p>WHAT are you going to see at the destination?</p> <p>WHAT will you see if you go too far?</p> <p>WHAT are the potential hazards?</p> <p>WHAT are the appropriate skills and techniques to use?</p>
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Route Name:								Tel Nos:			
Day of the week:		Date:	Day number:		Names of team members:						
Leg	PLACE WITH GRID REF		General direction or bearing	Distance in km	Height climbed in m	Total time for leg	Estimated Time of Arrival	Setting out time:			
	START							Brief details of route to be followed			Escape/Notes
1	TO										
2	TO										
3	TO										
4	TO										
5	TO										
6	TO										
7	TO										
8	TO										
9	TO										
10	TO										
11	TO										
			Totals:								

Leg	Details
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	