MOUNTAIN NAVIGATION
INTRODUCTION
North Lakes

COURSE OVERVIEW

This mountain navigation course provides a hands-on introduction to essential navigation skills for outdoor and mountainous terrain.

You'll learn practical map reading, compass use, and route planning to navigate confidently in hills, moorland, and mountains. The course emphasises real-world application in a controlled environment, ensuring you develop the skills to find your way safely and independently.

SKILLS COVERED

- Choosing a map and map types
- Grid references
- Orientating the map
- 4 D's of navigation
- Measuring distances
- Timings
- Navigating via linear features such as paths, walls and streams
- Developing hand railing techniques
- Basic contour interpretation
- Intro to GPS

For more information visit the course page

MEETING DETAILS

MEETING LOCATION:

Honister Slate Mine
Honister Pass
Keswick
CA12 5XN
Google Maps Link: 🌐 **Google Maps**
What3words: ///pots.almost.shunning

Parking info:

- The car park at Honister is £5 per day and you can pay for this in the Honister shop
- There is also a National Trust car park at this location (next door)
  - This is £8 for the day or free to NT members
  - Location: ///concerned.blend.streaking

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am
- Your instructor will meet you inside the cafe at Honister.
- We'll also share their vehicle details, to make it easy and clear for meeting them on the day.
- On arrival, there will be a briefing to outline the day's plan and itinerary.
- The instructor will check for any medicals
- We will ensure everyone has the correct kit. Please follow the kit list - without the right equipment, we may not be able to proceed for safety reasons.
- Please arrive ready to go with your bags packed, ready for the day on the hill
- We will begin the day with a short theory session before we do the practical elements on the course and head onto the hill

KIT LISTS:

Kit lists can be found here - **KIT LISTS - LDM**

Please ensure you have the following equipment:

MOUNTAIN CLOTHING:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)

- Rucksack 30-40L
- Warm hat & gloves

OTHER ITEMS:

- Flask (optional)
- Water bottle
- Lunch & snacks
- Small first aid kit and/or personal medication
- Walking pole(s) (optional)

NAVIGATION EQUIPMENT:

- OL4 map (1:25,000 scale)
- Map case (or make sure you have waterproof maps)
- Silva Expedition Type 4 compass
- Timing card (provided)
- Stopwatch (watches are best such as inexpensive Casio style watch)

OTHER USEFUL INFORMATION:

We can share group equipment such as first aid kits & group shelters etc. LDM can supply group first aidkits and group shelters.

Please make sure you have all of your personal medication to hand on your person if needed and let the instructor know if you are carrying medication.

Please make sure your footwear is appropriate for the terrain we are in and adheres to the weather on the day. We will be walking in rough and rocky terrain in the mountain environment and it can also be boggy and wet - so waterproof boots or waterproof socks are recommended.

30L ish Day Bag - your rucksack needs to big enough to comfortably fit all of your equipment INSIDE. Please don't bring duffle bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

Please pack all kit inside the bag as best as possible; a rucksack liner or dry-bags are best to keep kit organised and dry.

It is worth bringing hat and gloves even in the summer. The mountain conditions can be significantly different at the top with cold temperatures experienced all year round.

A waterproof jacket can be used as windproof jacket even when it's not raining.

Please no jeans or cotton. Wool/nylon base-layers are best and soft-shell mountain trousers are quick drying.