



- LAKE DISTRICT -

**MOUNTAINEERING**

## **1 DAY MOUNTAIN NAVIGATION COURSE**

**info@lakedistrictmountaineering.co.uk**



### **Meeting Location:**

Honister Slate Mine

The car park is £5. There is a free National trust car park at the YHA (next door)

There is no phone signal at Honister

- Postcode: CA12 5XN
- Grid ref: NY224135
- What 3 Words: ///:pots.almost.shunning

<https://maps.app.goo.gl/ZjzB1zVP91ZjNmcy5>

### **Directions:**

From Keswick, take the B5289 driving down the Borrowdale Valley around Derwentwater. This is the Borrowdale pass. On route you will pass the Ladore Hotel, Borrowdale Hotel and pass through the village of Rosthwaite.

Around 1.5 miles from here you will arrive in Seatoller and the start of the Honister Pass. Drive through the small collection of houses in Seatoller and take the ascent of the Honister Pass.

In another 1.5 miles you will arrive the top, Honister Slate Mine is on the left-hand side, just beyond the Honister Hause YHA.

### **Meeting:**

Your instructor will be waiting for you in the location detailed above.

Please meet inside the Honister cafe.

From here there will be a briefing where the instructor will discuss the plan for the day & introduce the course. We will cover some theory inside the cafe to set up the day. Feel free to grab teas/coffees when you arrive, its always nice to support Honister whilst we use their facilities.

The instructor will clarify any medical conditions and make sure everybody has the appropriate kit - please adhere to kit lists as without the correct equipment we may not be able to take you into the mountains for safety reasons.

This is a mountain navigation course that can run with up to 6 people per instructor.

This introduction to navigation course is designed to equip participants with the foundational skills needed to navigate effectively in the outdoors. It emphasises hands-on, practical learning in a controlled environment, ensuring participants leave with the ability to find their way in various terrain and conditions.

The day will be based in High Borrowdale, meeting at Honister Slate Mine, in the cafe at this location for briefings and course background before we cover some navigation theory and head out for a journey around Grey Knotts, Brandreth, Haystacks and Fleetwith Pike, to put all skills into practice and develop our navigation techniques.

The day will be in mountainous terrain, firstly on paths and trails before heading up to the higher mountains. Here we will be on mountain and fell paths and tracks, rough ground, bog and grass with some short but steep uphill and downhill sections.

The journey is normally around 8km.

### Course Outline

- Theory Session
  - Map choices, legend, scales and symbols
- Understanding the Map
  - Features, contours & topography and grid references
- Map Reading Skills
  - Orientating the map, feature association, recognising prominent landmarks,
- Orienteering and Journey Planning
  - Measuring distances and forming solid strategies, relaying information from map to ground with pacing and timing
- Compass Basics
  - The compass, its features and basic usage
- Practical Navigation Exercises
  - Participants practice their navigation skills in a controlled outdoor setting with an emphasis on using maps, compasses, and orienteering techniques appropriate to the terrain travelled
- Intro to GPS
  - Looking at appropriate apps and technology, what's recommended and what should be avoided

### Skills Covered

Choosing a map and map types

- Grid references
- Legend, scales and symbols
- 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

## **Kit List:**

Kit lists can be found here: <https://www.lakedistrictmountaineering.co.uk/kit-lists>

Please arrive for your day with warm and waterproof clothing, suitable mountain footwear and a rucksack to carry everything comfortably.

- Waterproof Jacket
- Waterproof Trousers
- Fleece Mid Layer
- Insulation (spare warm top)
- Hat & Gloves
- Sturdy Walking Boots
- 25-30L Rucksack
- Lunch & Snacks
- 1 litre water (minimum)
- Personal Medication
- Walking Poles (optional)

## **Other useful information...**

The guide will be carrying all safety equipment for the day. This includes a first aid kit, group emergency shelter and map and compass.

You will need to bring and wear enough suitable clothing to be warm and dry in adverse mountain weather as the course runs outside.

25-30L rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment inside for the day.

We recommend carrying up to 2 pairs of gloves, as they get wet in the rain. A waterproof jacket can also be used as a windproof even if there is no rain

Please no jeans, we recommend quick drying walking trousers (softshell material)

Maps are provided for the day but the OS Explorer map for the area is the OL4 if you wish to bring it

Compasses can be provided by LDM but we recommend bringing a Silva Expedition Type 4 - please make sure your compass is in degrees and not mils.

Please get in touch if you have any questions.  
LDM are looking forward to meeting you soon!

**Contact Details:**

Email: [info@lakedistrictmountaineering.co.uk](mailto:info@lakedistrictmountaineering.co.uk)  
WhatsApp: 07458353048  
Website: [www.lakedistrictmountaineering.co.uk](http://www.lakedistrictmountaineering.co.uk)

**Thank you for your booking**

