



# MOUNTAIN NAVIGATION CONFIDENT NAVIGATOR

South Lakes



## COURSE OVERVIEW

---

Develop your mountain navigation skills with our comprehensive 2-day course designed for those looking to improve and advance their abilities. This course covers all the essential navigation skills needed to confidently move around the UK's mountains.

You'll deepen your understanding of contour interpretation, refine compass use, and learn how to build effective navigation strategies, as we provide the opportunity to practise your navigation techniques in varied mountain terrain and conditions.

## SKILLS COVERED

---

- Measure distances
- Timing
- Pacing
- Aiming off
- Attack points
- Intricate contours & ground interpretation
- The compass and its features
- Compass bearings & accurately following bearings across open ground
- Navigate away from marked paths
- Relocation tactics

[For more information visit the course page](#)



WWW.LAKEDISTRICTMOUNTAINEERING.CO.UK | INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK

# MEETING DETAILS

---

## MEETING LOCATION:

Stickle Ghyll Car Park

Great Langdale

Amblesde

LA11 9JU

**Google Maps Link:**  [Google Maps](#)

**What3words:** [///elevates.closes.develops](#)

## Parking info:

- This is a National Trust car park
- This is ~£8 for the day or free to NT members
- You can pay with coins
- Or you can pay by phone

## MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am unless stated otherwise
- 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



[WWW.LAKEDISTRICTMOUNTAINEERING.CO.UK](http://WWW.LAKEDISTRICTMOUNTAINEERING.CO.UK) | [INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK](mailto:INFO@LAKEDISTRICTMOUNTAINEERING.CO.UK)

# 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:

- OL6 map (1:25,000 scale)
- Or Dorrigo Dinky+ (covers all area of the central fells on one map)
- 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 aid kits 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 be 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.

