



**LAKE DISTRICT  
MOUNTAINEERING**

## **MOUNTAIN NAVIGATION**

### **2 DAY - IMPROVERS**



## **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](#)**



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# MEETING DETAILS

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## MEETING LOCATION:

Honister Slate Mine

Honister Pass

Keswick

CA12 5XN

**Google Maps Link:** [@ Honister Slate Mine · Honister Pass, Keswick CA12 5XN, United Kingdom](#)

**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



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## KIT LISTS:

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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)
- Walking boots
- Warm hat
- Gloves (+spares)
- Sun hat
- Sun screen
- Rucksack

## OTHER ITEMS:

- Flask
- Water bottle
- Small first aid kit and/or personal medication
- Head torch + spare batteries (for shoulder seasons - Spring/Autumn)
- Walking pole(s) - optional

## NAVIGATION EQUIPMENT:

- Relevant maps include:
  - [1:25,000 – OL4](#)
- Map case (or waterproof maps)
- Compass – **Silva Expedition type 4 is the recommended model**
- Timing card (provided)
- Stopwatch (watches are best like 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.



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