

Safety on the hills

This one day course is designed for those who have an interest in learning to navigate safely in the mountain environment, but with little or no previous experience. It can be used as a single day introduction to navigation, or as day one of the National Navigation Award Scheme's Bronze award.

Cost: £60.00 per person (incl. VAT)

Includes a one day parking permit and a drinks voucher (collect from the information desk on arrival)

Duration: One day (a.m. indoor theory session, p.m. practical outdoor session)

During this course, you will learn to:

- Understand the importance of safety in the mountain environment, including equipment, navigation, weather conditions and health.
- Understand the nature of a map as a two dimensional plan.
- Understand the importance and use of grid lines, and recognise footpath and boundary symbols on OS Explorer (1:25,000) maps.
- Understand the significance of map scales.
- Orientate the map without a compass.
- Use the orientated map to identify land features and indicate direction of travel.
- Estimate distance on both map and ground (using pacing and timing).
- Demonstrate an awareness of local and national access issues and access legislation.
- Demonstrate knowledge of the Countryside Code, and of procedures to be followed in the event of an emergency.
- Take a six figure grid reference for any given position and also locate such a reference on the map.
- Demonstrate the ability to take bearings from a map using a compass, and to use the compass to indicate direction of travel.

There is no assessment for this course, although you will receive an attendance certificate for completing the day.

Total distance walked (approximately): 3-5km

Bronze navigation award

This two day course is designed for those who have an interest in learning to navigate safely in the mountain environment, and who have little or no previous experience. This course is accredited by the National Navigation Award Scheme, and is nationally recognized. Day one is the same as the "Safety on the hills" course (see left), day two is as below. Both days must be completed to gain the award and you must attend any day one before you attend any day two, but they don't need to be done on the same weekend—some people prefer some consolidation time between the two.

Cost: £110 (incl. VAT). Fee includes a parking permit for both course days and two drinks vouchers (collect from the information desk on arrival).

Duration: Two days.

During day one you will complete the safety on the hills syllabus (see left)

During day two you will learn to:

- Understand how to use map symbols and scales, on a variety of maps.
- Understand the significance of magnetic variation over time.
- Understand the significance of the grid system to locate precise positions on any map.
- Identify map features which can vary over time, and understand their significance for navigation.
- Choose simple navigation strategies and routes.
- Use linear features (e.g. paths and tracks) as handrails in simple navigation exercises.
- Using a basic understanding of contours, match major landforms like hills and valleys to their map representation.
- Correctly and concisely plan and record a safe, suitable route for a short walk.

Total distance waked (approximately): 3-5km

There will be a practical assessment on these topics during the Sunday afternoon of your course. This assessment is included in your course fee.

To book a place on the **Safety on the hills** course or the **Bronze award**, please contact the **Visitor Centre** on (01874) 623366.

For more information on course content, please contact:
andy@manzoku.co.uk or 07813 087328

What do I need to bring?

Each course day, you'll need:

- A watch to time your pacing over distance
- Walking gear– everything you'd normally take out in the hills with you, including waterproofs, as the course will run whatever the weather!
- Packed lunch (you can pre-order a selection of items for a packed lunch from the Tea Rooms on your arrival)

How do I get there?

The **Visitor Centre** is easy to find. We're signposted "**National Park Visitor Centre**" from the **A470**.

Coming North: Turn left just as you enter the village of **Libanus**, about 15 miles north of **Merthyr Tydfil**.

Coming South: Travel about 6 miles south from **Brecon** and turn right just as you're passing out of the village of **Libanus**.

Terms and conditions

Reservation

Your booking is provisional until payment is made. Provisional bookings will be held until seven days before the course is due to run. After this time has elapsed your place will be automatically cancelled and if there is a waiting list, it will be re-allocated immediately.

Cancellation

We understand that you might have cause to cancel or postpone your attendance on the course. We will impose the following cancellation policy:

If you cancel with less than five days notice of the course taking place, you will not be entitled to a refund.

If you cancel between five and 14 days of the course taking place, you will lose 75% of fees paid.

If you cancel between 14 and 28 days of the course taking place, you will lose 50% of fees paid.

Postponement

If you would rather postpone your attendance to another course, we will do all we can to find a mutually agreed date. This is entirely dependent on availability at the time of postponement.

If this renewed date is cancelled, no refund will be given and any subsequent enquiries will start on the basis of a new enquiry.

Navigation courses at the National Park Visitor Centre 2012



These courses are delivered by **Manzoku** on behalf of the **Brecon Beacons National Park Authority**.

Course dates 2012:

Safety on the hills/ Bronze award day 1	Bronze award Day 2
Sat 25th February	Sun 26th February
Sat 21st April	Sun 22nd April
Sat 16th June	Sun 17th June
Sat 15th September	Sun 16th September

Can't find a date to fit? More course dates will be offered subject to demand. Check the events page of www.breconbeacons.org or call the Visitor Centre on (01874) 623366 for our current list of dates. If you are a group of six or more we may be able to offer you a private course—please contact the Visitor Centre to make arrangements.

Courses start at 9.45, and finish by approximately 4.30, daylight permitting (in winter).