



Lake District Mountain Navigation

16th - 20th October 2017

20th - 24th November 2017

Five informative days of navigation coaching with a food and accommodation option in a B&B.

Professional instruction with six clients to one instructor so that you can maximise your learning.

Learn to navigate like a pro with practice in navigating complex terrain, in thick mist and at night.

If you have some experience, by the end of this course you'll be a mountain navigation expert.

Based in the Great Langdale Valley with mountains on your doorstep and close to Scafell Pike.

Great value at just £250 for instruction only or £500 with 5 nights of full-board accommodation.

Call 0300 030 1045 or email navigation@mountainmagic.org to book a place and find out more.



Paul Following A Compass Bearing Into The Mist On The Langdale Pikes

“A fantastic teacher! I now feel confident to navigate in the dark and in poor visibility.” - Annie





- Instructor We are professional members of the Association of Mountaineering Instructors. Enthusiastic guides, patient instructors and experienced coaches, we love to see you enjoying the mountains and becoming expert mountain navigators.
- Content
- The 5 Ds: **Distance**, **Direction**, The 3rd **Dimension**, **Details** and **Duration**.
 - Accurately measuring and quickly estimating **distance** on your map.
 - Counting your paces to measure **distance** when you need to be precise.
 - Using a compass to orientate the map, set a **direction** and follow a bearing.
 - Reading contour lines to see the terrain in the 3rd **dimension** on a 2D map.
 - Symbols for man-made, rock, water and vegetation features - the **details**.
 - Using time to estimate the **duration** from A to B and keep track of progress.
 - Tick off points, attack points, handrails, aiming off and grid references.
- Group Just six friendly clients to one instructor so that you can learn at your own pace, ask lots of questions and benefit from professional 1:1 coaching time.



Using The Compass To Take A Bearing On The Map

“We had an amazing time and have been out practicing lots since, with much success!” - Laura





Daytime After breakfast and a weather forecast update, we often start around 9am and finish around 5pm. You'll also have the opportunity to practice navigation after dark and develop your skills in poor visibility. The main focus is on your navigation development and there are brilliant mountains for you to climb with some beautiful, off-the-beaten-track approaches...

<p>The Langdale Pikes Bowfell Crinkle Crag Scafell Pike Pike O Blisco</p>	<p>Iconic mountains with fantastic views into Langdale. The biggest mountain in the Langdale valley. A complex mountain ridge to test your navigation. England's highest mountain. A big walk from Langdale. With memorable views of the Langdale Pikes.</p>
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Ability You can walk for 8 miles on steep and rocky terrain with a full 30-litre rucksack.

Transport You can take the train to Windermere and catch the bus to Langdale. There is also parking if you drive. Once we're in the valley, we can stay there all week! 😊



Paul Navigating To Stickle Tarn After Descending Bright Beck On The Langdale Pikes

“Amazing in Langdale with Mountain Magic. A brilliant course in map reading.” - Adam





- B&B** You'll receive a warm welcome from Sue Taylforth at [Millbeck Farm](#), a renowned supplier of Herdwick Lamb and Angus Beef. Sue cooks an excellent full English breakfast with vegetarian or lighter alternatives and makes your packed lunch to order. The farmhouse dates from 1621 with oak beams and log fires.
- Evenings** Dinner is in the [Sticklebarn](#), a National Trust pub with local dishes, a roaring fire, relaxed atmosphere and fine local ales. The water is from the fells, the wood fuel is from the local land, the electricity is from the Stickle Ghyll hydro-electric scheme and every penny made goes towards the up-keep of the valley.
- Equipment** You will be given a map, a map case and a compass. You will need to bring your own mountain walking boots or shoes, waterproof jacket and trousers, warm clothing, hat and gloves, a water bottle, a head torch and a rucksack. See the full kit list below and feel free to call or email for more advice...



Rob Orientating His Map And Making A Plan In Fading Light On High Raise

“Thanks for your patience. It was extremely helpful and I feel a lot more confident.” - Chris





Kit List

Things you need to bring. Please feel free to ask any questions...

Lightweight Base Layers - for wicking sweat and moisture away from your skin
Warm Mid Layers - made from fibre pile, fleece, synthetic fibres or wool
Waterproof & Breathable Jacket - with a good hood to close around your face
Waterproof & Breathable Trousers - that will easily go on over your boots
Warm Hat & Scarf - to keep your head warm and cover your face in a storm
Warm Gloves or Mittens - your hand protection must be warm and windproof
Warm Walking Socks - thick and comfortable without being too tight in your boots
Walking Boots - comfortable, warm and waterproof with a good grip on the sole
30 Litre Rucksack - that fits your back well and feels comfortable when full
Waterproof Rucksack Liner - thick, robust and NOT a dustbin liner
Head Torch + Spare Batteries - so you can walk at night with both hands free
Survival Bag - a strong, orange polythene bag to trap your body heat inside
Whistle - in an emergency, blow 6 blasts every minute until help arrives
Personal First Aid Kit – plasters, dressings and bandages for minor injuries
Water Bottle or Drinking Pouch - 1 to 1.5 litres, robust and leak proof



On The Right Track Whilst Descending Scafell Pike At Night And In Thick Mist

“Thank you! They were terrific days.” - Rob

