

Hornby Laithe ~ Stainforth ~ Settle ~ North Yorkshire ~ BD24 9PB ~ 01729 824455

*Dates for all these courses can be found at the end of this page. You can book and pay online. If you prefer you can email or phone us with the course you require and pay by cheque or card over the telephone. New dates will be added so watch the website for news. If you have a group of 4 or more people wishing to do any of our courses we can arrange a date specifically for you.*

## **Basic Navigation Skills Days (10.00 am to 4.00 pm)**

Never used a map and compass before or with very little experience?

These days are designed for people who want to learn the basics of map and compass navigation.

Basic Map and Compass skills, planning a walk and safety on the hills. Meeting up at the Penyghent Cafe in Horton-in-Ribblesdale and then walking in the area.

Bring a packed lunch with you and walking kit appropriate for the weather on the day.

Map, compass and all safety kit supplied for the day.

Cost per person £50 for the day

## **Walking with a GPS Days (10.00 am to 4.00 pm)**

Do you have a GPS which you have not really used much?

Do you have a phobia about manuals?

Do you want to know if you would find a GPS useful?

These days are designed for people who want to learn the basics of a GPS while on a walk.

Meeting at Hornby Laithe for tea/coffee and after an introduction to how the GPS works we will go for a walk in the area with our GPS and see the practical advantages. The day will run from 10.00 am until 3.30 - 4.00 pm at the latest.

We can loan you a GPS and map for the day or bring your own and learn how to use it. Bring a packed lunch with you and walking kit appropriate for the weather on the day.

Cost per person £50 for the day



VAT No: 856 3133 25

Registered to provide activities under the following headings:  
Caving, Hill Walking & Mountaineering, Gorge Scrambling.  
Abseiling & Rock Climbing.  
Registration number L8365/R0337

## **SAFETY ON THE HILLS (10.00 am to 4.00 pm)**

Happy about your navigation skills but need to gain some confidence around your knowledge of personal safety when out walking on the hills?

These days will be very practical and look at planning and preparation for going into remoter areas.

Weather and how it effects you and the people walking with you. Clothing – appropriate and inappropriate and what to take with you in your rucksack. Simple procedures for unforeseen incidents e.g. medical alerts or small accidents, Knowing who and how to call for assistance if needed, Looking at scenarios of real incidents dealt with by the rescue team and how you can learn from them. We will be outdoors for most of the time.

Bring a packed lunch with you and walking kit appropriate for the weather on the day.

Map, compass and all safety kit supplied for the day.

Cost per person £50 for the day

### **DATES of DAYS**

21BN	Basic Navigation Skills Day	Saturday 17 <sup>th</sup> July 2010	£50.00
22GPS	Walking with a GPS Day	Sunday 18 <sup>th</sup> July 2010	£50.00
24BN	Basic Navigation Skills Day	Saturday 14 <sup>th</sup> August 2010	£50.00
25GPS	Walking with a GPS Day	Sunday 15 <sup>th</sup> August 2010	£50.00
26BN	Basic Navigation Skills Day	Saturday 28 <sup>th</sup> August 2010	£50.00
27SH	Safety on the Hills Day	Sunday 29 <sup>th</sup> August 2010	£50.00
28BN	Basic Navigation Skills Day	Saturday 18 <sup>th</sup> September 2010	£50.00
29GPS	Walking with a GPS Day	Sunday 19 <sup>th</sup> September 2010	£50.00
31BN	Basic Navigation Skills Day	Saturday 16 <sup>th</sup> October 2010	£50.00
32GPS	Safety on the Hills Day	Sunday 17 <sup>th</sup> October 2010	£50.00
35BN	Basic Navigation Skills Day	Saturday 13 <sup>th</sup> November 2010	£50.00
36GPS	Walking with a GPS Day	Sunday 14 <sup>th</sup> November 2010	£50.00

All prices inclusive of vat.



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