

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 dates specifically for you.

NNAS – National Navigation Award Scheme

On the Bronze/Silver courses we teach the Award at Silver level as in our experience people coming with even the basic skills can develop them to the required level by the second day. Often people just need reassurance that what they are doing is right and maybe to gain some extra knowledge to build their confidence up. If on the Sunday someone is not at the Silver level we assess them at Bronze. By working with small groups we are able to let people concentrate on the areas they need to develop the most.

Between November and February we start an hour later on the Saturday so that we work into poor daylight and dusk, just in case the weather is too nice! It gives people the chance to practice their skills in the difficult conditions when you need your confidence in the map and compass.

The course begins on Saturday at our base Hornby Laithe near Stainforth at 9.30 a.m. for a coffee/tea. After a brief session checking out what you know and what areas you need to concentrate on we will either walk straight from Hornby Laithe and onto the fells or travel up to Horton-in-Ribblesdale and the side of Penyghent. We will spend the rest of the day navigating in that area. We will finish around 5.00/5.30 p.m.

On the Sunday we go to either Ribblehead, Birkwith or Clapham to continue practicing your skills and complete the assessment side of the course.

You will need a packed lunch, drink and snacks for the Saturday but on Sunday we will finish at a pub where you can get a reasonably priced meal if you wish. This is where we can have a de-brief and give the certificates out. The course should be over by about 3.00 – 3.30 pm.

Apart from food and drink you will need to bring your walking kit as appropriate for the weather that weekend. We will be in exposed areas for much of the time so it can get cold and windy but the views are great! The safety kit will be provided by us. We can also lend you a map and compass for the duration of the course.

The course includes - Use of compass · Pacings · Timings · Grid References · Route Planning · Escape Routes · Kit Needed · What to do if you get lost · What to do if you have an accident · Basic First Aid · How to get help · How to help yourselves



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

NNAS Gold Award

This requires you to attend 2 days training and then a separate day for assessment. The level of this award is high and you really need to have completed at least your Silver Award before going onto Gold.

Details of the levels and the award are available at www.nnas.org.uk

For our Bronze/Silver Courses there will be a maximum of 6 people to an instructor. For the Gold Training and Assessment the ratio is 1:4

The price will include:

Instruction for the two days and navigation equipment for the duration of the course.

You will need to bring your outdoor walking kit, packed lunches and a flask. Your instructor will carry all group safety gear.

As members of local rescue teams our instructors are able to give you real examples of situations that groups and individuals have found themselves in and how these were resolved. This will help you develop your skills in risk assessment in the outdoors. Our Instructors all live in the Dales and are experienced and qualified to take groups walking and hold a current First Aid qualification specifically for working in the outdoors.

DATES of NNAS COURSES

20NBS	NNAS Bronze/Silver Award Training & Assessment	Sat 26th & Sun 27th June 2010	£115.00
23NBS	NNAS Bronze/Silver Award Training & Assessment	Sat 24th & Sun 25th July 2010	£115.00
30NBS	NNAS Bronze/Silver Award Training & Assessment	Sat 25th & Sun 26th September 2010	£115.00
33NBS	NNAS Bronze/Silver Award Training & Assessment	Sat 22nd & Sun 23rd October 2010	£115.00
34NGT	NNAS Gold Award Training	Sat 6th & Sun 7th November 2010	£125.00
37NBS	NNAS Bronze/Silver Award Training & Assessment	Sat 27th & Sun 28th November 2010	£115.00

All prices inclusive of vat.



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