



## Transition Year mountain navigation program (SAMPLE)

Day 1: 9am – 12

- Introductions to staff and program
- Looking at the map in a new light –
  - Map scales/symbols/conventional signs.
  - Ordnance Survey maps/history, reliability, suitability, comparison of different scales.
  - Terminology /features (e.g. corries, spurs, ridges, aretes etc.)
  - Relief depiction including contours, crags.
  - Orienteering maps.
- Hike in the local area – Skills worked on during the hike
  - Map orientation
  - Locating where you are
  - Map Memory
  - Basic Contour features
  - Depiction of relief
  - Gear talk while on route

Day 2: 9am – 12

- Mountain Environment
  - Leave No Trace
  - Access
  - Flora and Fauna
  - Weather
- Hike in the local area – Skills worked on during the hike
  - Map orientation
  - Map Memory
  - Measuring distance – pacing
  - Grid References



Day 3: 9am – 12

- Hike – in the Galtees if possible but would work in the local area
  - Pacing
  - Map orientation
  - Naismith's formula for timing legs of the walk
  - 5 D's

Day 4: 9am – 12

- Route card planning
- Mountain Hazards

*This is a bad weather day and can be run any of the days really but will take a full session in the class. The plan here is to go through the safety and thought process for developing a route card and to draft up a route card for a hike to Galtee Mor. I would like to organise to bring them on this hike for the final day but it will be a full day hike. If this is not possible, we can work something out later in the year to bring them on a hike to the Galtees but it is a nice goal for the end of the course.*

Day 5: 9am – 12

- Hike in the Galtees if possible
  - Leading legs using the 5 D's
  - Introduce handrails and the use of them
  - Recap on pacing/timing if needed

Day 6: 9am – 4pm

- Full day hike to Galtee Mor using the pre-prepared route cards and the skills already learned.