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www.wfra.org.uk

**WELSH
FELL
RUNNERS
ASSOCIATION**

Navigation Course 2011

SUNDAY, 20th NOVEMBER
LLANBERIS

The Course will cover the following

★ Map Interpretation ★

Understanding common map symbols
OS Grid System, Grid References and measuring distance
Rights of way and access Map orientation
Basic contour interpretation

★ Compass Work ★

The compass and its main uses
Taking bearings

★ Navigation Strategies ★

Rough Navigation Fine Navigation
Route choice Pace / distance judgement

★ Relocation Strategies ★

The course can be made easier or harder depending on the experience of the group
(Commence 09.00 to 17.00hrs. approx)

The cost to WFRA members will be £18 Non members £23

Please note that membership of Welsh Athletics is not the same as WFRA membership

Limited number of places, so to reserve your place send your details with cheque payable to

Welsh Fell Runners Association, asap to

Ross Powell, Pen y Buarth Farm, Upper Llandwrog Caernarfon LL54 7RD.

Tel 01286 881491 Email ross @wfra.co.uk. If possible, please provide an email address
for confirmation and final details

The course will probably be held in Petes Eats Meeting Room. Bunkhouse accommodation is
also available at very competitive rates, so why not make a weekend of it!