



Navigation Course for Fell Runners

The WFRA has organised a one day, highly practical navigation
course on **Saturday 15 March 2014**
in
Llangynidr, near Crickhowell (South Wales)

The course will, as in previous years, be led by one of the UK's leading orienteering coaches,
Mark Saunders.

The course will cover:

Map Interpretation

OS Grid System, Grid References and measuring distance
Map orientation
Basic contour interpretation

Compass Work

The compass and its main uses & taking bearings

Navigation Strategies

Rough & Fine Navigation
Route choice, Pace / distance judgement

The course will be a mix of classroom and practical outdoor exercises. It can be made easier or
harder depending on the experience of the group.

(Course will commence @ 09.00 and finish at dusk)

Course Fee: WFRA MEMBERS - £20, NON MEMBERS - £40

**To book your place, please send your details (name, address, e-mail, telephone contact
number - in the event of course cancellation, and WFRA membership number) together
with a cheque payable to
Andrew Blackmore, to:
23 Cowleaze, Magor, Monmouthshire NP26 3LE**

For General Enquiries, please e-mail me: andrew@wfra.org.uk

Please note: you will need to have some fell running experience, a basic understanding as to how to use a compass
and, as there will be a series of practical sessions in the hills, suitable kit/ equipment for fell running (including a
compass!).