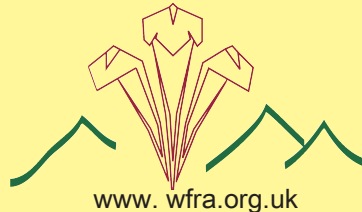


**CYMDEITHAS  
RHEDWYR  
MYNYDD  
CYMRU**



**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

# **Navigation Course '09**

**SUNDAY, 15th NOVEMBER**

A one day course has provisionally been arranged in

**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 £15      Non members £20

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

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