

## **Hillwalking Stage Seven**

### **Practical assignments for Mountain Skills Candidates**

#### ***Block one - Map Reading***

- Be able to identify all major map symbols
- Be able to set a map by linear features
- Understand the principles of contour lines & features
- Walk to a steep slope, assess the ground, and relate the ground to the map
- Walk to a shallow angled slope, assess the ground, and relate the ground to the map
- Walk to a spur, assess the ground, and relate the ground to the map
- Walk to a re-entrant, assess the ground, and relate the ground to the map
- Walk to a hilltop, assess the ground, and relate the ground to the map
- Choose a distant feature (500m-1 km), Calculate distance and estimate how long the journey might take. Walk & reassess.
- Self-location, a systematic approach. Analyse the ground using down slope, up Slope, to the left and to the right. Relate that information to the map.
- Choose a Col, 500m-1km distant, estimate distance, and estimate how long the journey might take. Walk & reassess.
- Stand on the Col, assess the ground, and relate the ground to the map.
- Introduction to the national grid, 1km on the side 1.5km on the diagonal.
- Practice rough distance measurement.
- Walk to a distinct change of slope, assess the ground, and relate the ground to the map
- Walk to a feature out of sight using a tick list to find the way. Choose a
- Collecting feature or a 'one feature too far'.

#### ***Block two Timing and Pacing***

- Pacing exercise on flat ground
- Measurement of distance using the roamer.
- Measure the distance to a feature on the hill; circa 200m-300m. Over easier Terrain. PACE. Instructor offers guidance to 'roughly what is 100 200 300
- Measure the distance to a feature on the hill; circa 200-300m, travelling Uphill. Compare to previous results
- Measure the distance to a feature on the hill; circa 200-300m, travelling down hill.
- Introduction to timing. Easier timed legs, more than 500m. Try to keep the height time much less than the distance time.
- Over lunch, introduction to the compass, initially map setting then taking basic bearings. There is no need to introduce magnetic variation at this stage.
- Navigating to features out of sight approx. 500m away using timing, Pacing, map setting using the compass and using a tick list.
- Navigating to features out of sight more than 500m away using timing, Pacing, following an elementary bearing and using a tick list. (General Direction not compass bearing)

## **Practical assignments for Mountain Skills candidates**

### ***Block three Compass work***

- Revision of map reading, self-location, timing and pacing.
- Revision of compass work, introduction to magnetic variation.
- Combined navigation techniques; choosing the correct technique for a given leg.
- Aiming off and collecting features.
- Converting magnetic bearings back to grid bearings
- Grid references

### ***Block four Night navigation***

- Simple legs, 300-500m. Clear and large objectives.
- Tick list, collecting features and elementary sweeping.

### ***Block five Steeper terrain and Macro Navigation***

- Walk climb uphill in craggy terrain making route choices
- Safeguard each other by spotting and by supporting.
- Traverse some craggy ground where route choices are necessary.
- Descend some craggy ground where spotting and supporting are Required.
- Navigate over a leg of at least 1.5Km
- Work out a route choice and time for a leg over three kilometres where ridges or valleys have to be crossed