



**Powder Mills
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2016

Navigation Training

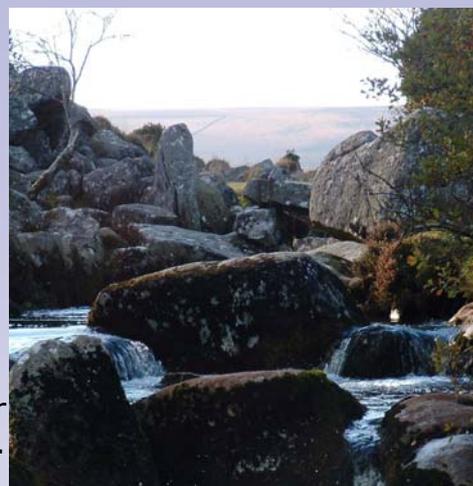
Spirit of Adventure's location enables you to learn to navigate in one of the UK's true wilderness areas.

Dartmoor may not have the high peaks and crags of other National Parks but it is certainly one of the most remote. When the mist and fog is down it can test the most experienced hill walker. What better environment can you have when being taught to navigate. During this weekend you will improve your navigation whilst discovering many of Dartmoor's hidden gems.

Navigation Training

We will assume that you know very little and start with the basics. We will spend an hour or so getting to know the map and compass before setting out onto the moor navigating. We will introduce you to walking speeds, pacing, and navigation in poor visibility as well as the techniques required to find yourself if you happen to become 'navigationally challenged'! You will also be able to look at and play with a hand held GPS. The first two days will teach you the basics and then you may wish to stay on for the optional third day which will be a full trek. No previous experience is necessary.

This weekend will be led by either John or Steve, but if they are not available they will be lead by a qualified mountain leader. Both John and Steve know the moor well, John is a member of the Association of Mountain Instructors and Steve is an International Mountain Leader and they both enjoy showing people that navigation, even in bad weather, is not a black art but can be fun.





2016 Navigation Training

Fun and recreation

Being able to navigate opens up a lot of doors when going onto the moors and hills. It will give you the confidence to get off the well trodden paths and explore for yourself places that you may not of otherwise thought possible to get to.

Accommodation

Somewhere, warm, friendly and helpful that provides good food is needed on these adventures, we have the contacts, and will be delighted to arrange your accommodation for you. Just let us know on booking! Local Hotel or B and B is available.

If you prefer something good but cheaper, try our self-catering Powder Mills bunkhouse. We have no television, or video but we do have open space, fresh clean air, direct access to the open moorland, well away from the busy hectic concrete world, computers and screens. Powder Mills Bunkhouse is comfortable and warm with excellent facilities. It is a converted granite barn situated in the heart of the Dartmoor National Park, with beautiful views across the North and South Moors. Warm and cosy, carpeted throughout with storage heaters in every room. Comfortable lounge with wood burning stove, tables chairs and sofas. Very efficient drying room with dehumidifier and fully equipped kitchen. You will need only to bring a sleeping bag or a duvet and a pillow if required. (We have some sleeping bags for hire if required.) Excellent showers work on a 20p meter, which gives plenty of time for a good shower.





2016 Navigation Training

Suggested Kit List

We will provide the following:

All specialist activity equipment

You will need to provide the following:

Full waterproofs

Warm hat / Sun hat

Warm jumper or fleece jacket

Walking trousers (no jeans please)

Walking shoes or boots

T-shirts plus a long sleeve shirt in case of sun burn

Socks

Wash kit / Towel

Sun protection cream

Torch and spare batteries

Small first aid kit

Insect repellent

Camera

Personal First Aid kit

Lunch box

Small day rucksack

Fact and Figures

2016

Navigation Training:

Self –catering, or B/B accommodation can be organised for you.

Ref. No.— Date

NAV161 20-21 Feb

NAV162 13-14 Aug

NAV163 15-16 Oct

No experience required

2016 Costs

Adults—£79 (two days)

Adults—£119 (three days)



www.spirit-of-adventure.com

