

## OTHER NAVIGATION COURSES

### NIGHT NAVIGATION:

A short evening course getting to grips with this potentially daunting situation before it happens for real. Operated on a non-residential basis from our Stirling base. Participants should be of around intermediate standard of navigation already.

**Grade:** 2    **Ratio:** 1:4

Course	2010 Dates	Price
Night Navigation	January 29	£35
Night Navigation	November 12	£35
Night Navigation	December 03	£35

### COACHING:

Prefer to learn at your own speed? Something particular you want to practise? Need to hone your skills for a special purpose? Possibly you'd benefit from personalised coaching. One of our sympathetic, skilled instructors will work with you to help you make progress towards your goal. Get in touch to fix a date.

**Price** – From £160 per day.

## OTHER WINTER COURSES

### SNOW HOLING:

This 4 days course designed is to give participants a chance to experience the challenge and adventure of spending a night out in a snow hole. If weather permits a mountain journey will be undertaken somewhere in the high Cairngorms, Glen Feshie or Monadhliath areas. Groups of 3.

Note: It is a pre-requisite of this course that participants have

1. done a winter skills course before
2. are regular current winter mountain walkers

**Grade:** 4    **Ratio:** 1:3

Course	2010 Dates	Price
Snow Holing	Dates to suit for 3s	£359 per person

### GROUP BOOKINGS / ALTERNATIVE DATES:

All our courses are available for group bookings on other dates by arrangement.

### ADDITIONAL COURSES / DATES:

Check out our website [www.cndoscotland.com](http://www.cndoscotland.com) for additional courses and dates during the year.

### Grades:

1. Easy pace, flattish terrain
2. Undulating ground, some off path
3. Moderate pace, lumpy
4. Hilly, possibly rough, purposeful

### How to book:

- ✉ Post using the enclosed booking form
- 💻 Online using our secure server
- ☎ Telephone (only if paying by credit or debit card)

Full payment required at the time of booking. See our Booking Conditions for cancellation policy.

### Payment Methods:

- Cheque / postal order payable to C~N~Do Scotland Ltd
- Visa / MasterCard credit cards - 1% surcharge if over £50
- Maestro (Switch) / Visa Debit (Delta) debit cards

### Ratio:

The number of participants per instructor.

### Participation Statement:

Outdoor activities are potentially hazardous, and although C~N~Do Scotland takes due care to minimise risk to client, a certain level of responsibility must fall on each participant for his/her own personal safety in the outdoors. In addition, it is your duty to dress appropriately, to inform the leader if concerned about any situation during the activity, or of any personal medical or health condition, which may be affected by being active, and to abide by the instructions of the leader during the course of the activity. We reserve the right to alter activities and locations for reasons of weather, safety or local access situations.

### Booking Conditions:

A copy of these can be found on the website or sent to you on request.

### Prices:

All prices include VAT. Up to the end of 2009 this is 15%. From the beginning of 2010 prices include VAT at 17.5%. If this changes the prices may change.

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# Skills for the Hills with C~N~Do 2010



## Navigation Awards Night Navigation Winter Skills Walking Group Leader

[www.cndoscotland.com](http://www.cndoscotland.com)  
**01786 445703**



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## NATIONAL NAVIGATION AWARD COURSES

The NNA scheme offers a systematic and progressive approach to finding your way around and opens up the possibility of independent walking with increased confidence. Each course has some theory but is mostly practical and there is a non-threatening assessment component. These courses are non-residential. Most courses are operated from our Stirling base with the occasional course being run from other locations within Scotland. The gold assessment course takes place in the afternoon and evening.

**NNA BRONZE LEVEL** - 2 days including assessment

**Assumes:** No previous knowledge.

**Covers:** The basic routine, scale, distance judgement, use of linear features, contour interpretation, environmental & first aid awareness.

**Grade:** 1 **Ratio** 1:6

**NNA SILVER LEVEL** - 2 days including assessment

**Assumes:** Already at the bronze standard

**Covers:** Simplification, taking bearings, more contour interpretation, relocation strategies, environmental and first aid awareness.

**Grade:** 2 **Ratio** 1:6

**NNA GOLD LEVEL** - 2 days training; afternoon/evening assessment

**Assumes:** Already at the silver level

**Covers:** Full range of interpretative skills and compass techniques for complex navigation on any terrain plus environmental & first aid awareness.

**Grade:** 3 (training) **Grade:** 4 (assessment) **Ratio** 1:4

Course	Dates	Location	Price
<b>2009 Dates</b>			
Bronze NNA	December 5 – 6	Stirling	£89
Silver NNA	November 21 – 22	Stirling	£94
<b>2010 Dates</b>			
Bronze NNA	January 30 - 31	Stirling	£94
Bronze NNA	February 20 - 21	Stirling	£94
Bronze NNA	March 13 - 14	Stirling	£94
Bronze NNA	April 7 - 8	Stirling	£94
Bronze NNA	May 22 - 23	Stirling	£94
Bronze NNA	June 26 - 27	Stirling	£94
Bronze NNA	July 17 - 18	Stirling	£94
Bronze NNA	August 28 - 29	Stirling	£94
Bronze NNA	September 11 - 12	Stirling	£94
Bronze NNA	October 9 - 10	Stirling	£94
Bronze NNA	November 13 - 14	Stirling	£94
Bronze NNA	December 4 - 5	Stirling	£94
Silver NNA	March 27 - 28	Stirling	£98
Silver NNA	April 24 - 25	Stirling	£98
Silver NNA	June 12 - 13	Stirling	£98
Silver NNA	September 25 - 26	Stirling	£98
Silver NNA	November 20 - 21	Stirling	£98
Gold NNA Training	May 1 - 2	Stirling	£124
Gold NNA Training	Oct 2 - 3	Stirling	£124
Gold NNA Assessment	April 10	Stirling	£75
Gold NNA Assessment	November 14	Stirling	£75

## Skills for the Hills 2010

### WINTER SKILLS COURSES

Learning the skills to move around securely on the winter hills in Scotland is an essential part in the development of personal outdoor skills. As with many aspirations, if you do not try it, you will never know what you are missing..... and it is great fun too!

#### WINTER SKILLS WEEKEND:

This is an ideal course for aspiring winter mountain walkers. This is a detailed, practical course on winter techniques which covers: practise in safe movement on snow slopes, use of an ice-axe for support and arresting a slip, step kicking and cutting, fitting and walking in crampons on a variety of terrain. Evening sessions cover topics like equipment, winter hazards, snow structure and avalanche awareness. Our residential courses take place in the Northern Cairngorm area.

#### Included in the price:

- 2 days practical instruction and 2 evening sessions
- 2 nights hostel accommodation
- Food for 2 breakfasts, 2 packed lunches and 1 evening meal
- Transport from and back to Stirling
- Transport from our accommodation to the practice area
- Free use of ice-axe, crampons and helmet

**Grade:** 4 **Ratio:** 1:6

Course	2010 Dates	Price
Winter Skills Weekend	January 15 - 17	£225
Winter Skills Weekend	February 5 - 7	£225
Winter Skills Weekend	March 12 - 14	£225

#### WINTER SKILLS DAY:

A 1 day absolute minimum course for those new to winter hill walking. It is also suitable as an annual refresher course for the more experienced. The courses take place at a suitable mountain location within a reasonable drive of Stirling e.g. – Ben Lawers, Ochils, Cruach Ardrain, Cairngorms, Meall a Buiridh, Glen Shee.

#### Included in the price:

- 1 day practical instruction
- Transport from and back to Stirling
- Free use of ice-axe, crampons and helmet

**Grade:** 4 **Ratio:** 1:6

Course	2010 Dates	Price
Winter Skills Day	January 20	£55
Winter Skills Day	January 30	£55
Winter Skills Day	February 4	£55
Winter Skills Day	February 27	£55
Winter Skills Day	March 3	£55

## WALKING GROUP LEADER AWARD

Taking responsibility for yourself is one thing, being responsible for others is something else. In your "duty of care" you owe it to your group that you are competent to take that responsibility. The UK Mountain Leader Training (MLT) Board has, over the years, developed an excellent range of training schemes for those who aspire to become leaders or instructors.

C~N~Do Scotland is authorised to deliver the Walking Group Leader (WGL) Award courses. This scheme is ideal for Ramblers, Countryside Rangers, Tourist Guides, Youth Workers, Duke of Edinburgh Award Supervisors, Teachers, Rambling Club Leaders etc. It aims to equip you with the skills required for leadership on uncomplicated, readily accessible and non-mountainous terrain.

Our courses are non-residential (apart from 1 night camping on the Training course) and operate from our base in Stirling.

The scheme has the following stages:

1. Register for the scheme with your national MLT board and be issued with a log book.
2. Take part in an approved training course
3. Consolidate training over an advised period of time
4. Take part in, and successfully complete, an approved assessment course
5. Have a valid first aid certificate
6. Continue with personal / professional development

**WGL TRAINING COURSE** - 4 days over 2 weekends

#### Entry Requirements:

- Age 18+
- Registered with a MLT Board
- At least 20 previous hill walks experience

**Grade:** 3 - 4 **Ratio** 1:6

**WGL ASSESSMENT COURSE** - 3 days

#### Entry Requirements:

- Have attended a WGL training course
- Hold a valid First Aid certificate
- Have a minimum experience of 40 Quality Hill Days

**Grade:** 4 **Ratio** 1:4

Course	2010 Dates	Price
WGL Training	April 10, 11, 17, 18	£275
WGL Training	Oct 16, 17, 23, 24	£275
WGL Assessment	March 29, 30, 31	£275
WGL Assessment	Oct 29, 30, 31	£275

It is **your responsibility** to ensure you meet the requirements of the scheme. You must provide us with your **candidate reference number** when you book your course. Contact our office on 01786 445703, or admin@cndoscotland.com, for further information or download full details from our web-site, www.cndoscotland.com.