MAP ACTIVE

MAP READING COURSE



WANT TO BECOME A CONFIDENT MAP READER WHILST GETTING ACTIVE?
LEARN NAVIGATION SKILLS FOR WALKING OR RUNNING?
BUILD CONFIDENCE TO EXPLORE NEW TRAILS, WOODS OR URBAN AREAS?

THIS MAP READING COURSE WILL SHOW YOU HOW

The course is for over 50's who are either complete beginners or already have some map reading experience and want to learn more advanced skills.

The programme will be held in and around Swansea and will be in two stages, each designed to progressively build competence and confidence in map reading and fundamental navigation. You will learn:

- Basic use of a compass
- Follow a route using paths, fences (line features) to find checkpoints
- Cut corners and use of attack points
- Distance and pacing
- Basic understanding of contours and land shapes

Each session will be held outdoor and last 2hrs. Refreshments will be available after each session - great for discussing how the session has gone and for meeting and making new friends.

Sessions are FREE and for Over 50's ~ Maximum number per session: 15

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BOOKING LINK

WayfindingWalks@gmail.com

SESSIONS RUN FROM 10:00 - 12:00
REFRESHEMNTS AVAILABLE POST SESSION

Sessions are designed to cater for all levels of fitness and enthusiasm. Offering a pathway for all to learn navigation skills to build confidence when out exploring new areas and green spaces.

Stage 1: ***Little or no prior map-reading experience needed***
14th January - Clyne Gardens
21st January - Singleton Park

Stage 2 - ***Some Orienteering map-reading experience needed, or stage 1 completed***
28th January - Penllergare Valley Woods
4th February - Clyne Valley Country Park
11th February - Whiteford Burrows

All sessions will be held outside, you will need clothing which is suitable for the weather on the day, shoes with good grip that don't mind getting wet and muddy ~ We'll supply the rest

BECOME A CONFIDENT MAP READER AND GET EXPLORING AT YOUR PACE!