



## **MCofS News Release**

7 October 2010

For immediate release

### **MCofS GPS Courses Boosted by Garmin Support**

The Mountaineering Council of Scotland (MCofS) will be able to improve provision of their GPS training courses thanks to a generous donation from GPS manufacturer Garmin, which has provided MCofS with 10 complimentary eTrex H GPS units.

The MCofS runs a regular series of GPS courses and these new units will make a tremendous difference as they will enable MCofS to run courses in more locations around Scotland. MCofS Chief Officer David Gibson said: "The MCofS is grateful to Garmin for this generous offer. We are committed to running first class courses relating to mountain skills and thanks to Garmin these new units will enable us to provide GPS courses closer to the main centres of population, starting with courses based near Edinburgh and Glasgow."

MCofS Mountain Safety Adviser Heather Morning said: "If you have a GPS and don't know much more than how to switch it on and get a grid reference then you should come along and join one of our courses. We have six courses to choose from in the month of October. Check out our website for further details."

Andrew Silver, Outdoor and Fitness Product Manager for Garmin said: "Garmin GPS handhelds are known for their reliability and accuracy – something that is essential when you're taking part in any outdoor activities such as hill walking, climbing or skiing. We would always stress that people have the relevant maps with them as well as the knowledge to use them, especially in unfamiliar or challenging terrain. However, GPS provides vital, accurate information on where you are, where you've been and helps you navigate the outdoors with more confidence."

The MCofS are running 6 one-day GPS courses this month.

9 and 10 October – Glenmore Lodge – One space left on each day.

16 and 17 October – Glenmore Lodge – Call 01738 493 942 to book a place.

30 and 31 October – Pentland Hills – Call 0131 445 3383 to book a place.

For further details visit: <http://www.mcofs.org.uk/navigation-courses-gps.asp>.

Perfect for outdoor enthusiasts on a budget, eTrex H has a high-sensitivity GPS receiver that even works under tree cover. You can operate the compact, yellow palm-sized eTrex H with one hand making it easy to find and use. It is waterproof, stores up to 500 waypoints, and has TrackBack® to help you find your way back.

For further information from the MCoFS contact Mike Dales on 01738 493 942 or go to the MCoFS website at: <http://www.mcofs.org.uk>.

For further information from Garmin contact Claire Haigh on 023 8052 4074.

Ends

**Notes for Editors:**

The Mountaineering Council of Scotland (MCoFS) acts to represent, support and promote Scottish mountaineering.

MCoFS is a membership organisation with 10,500 members representing hill walkers, climbers and mountaineers, funded through a combination of membership subscriptions, grants, and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain weather information services, mountain leader training and the development and promotion of mountaineering activities. MCoFS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.