



## MCofS News Release

8 August 2011

For immediate release

### MCofS Navigation Courses in the Campsies

Once again, this year's mountain rescue statistics highlighted the importance of having appropriate skills for the mountains, especially the ability to navigate.

Now is the right time to learn to read a map before the onset of winter. Hill walkers can do this, on hills within sight of Glasgow, with the Mountaineering Council of Scotland (MCofS).

The MCofS is taking bookings now for a couple of one-day Navigation courses in the Campsie Fells this September.

MCofS Mountain Safety Adviser Heather Morning said: "This is a great chance for hill walkers to brush up on their navigation skills as the days get shorter and the consequences of a navigational error on Scotland's mountains start to become more serious."

The MCofS navigation course provides a gentle introduction to the theory followed by a practical session on the hill. The MCofS uses experienced instructors and the minimum age is 18 years. Entrants will need to be equipped for a day out on the hill with food and drink, boots, gaiters, waterproof jacket and overtrousers, warm hat and gloves and a map case or clear poly bag. Maps and compasses will be provided.

Brush up on your Navigation Skills.

- Suitable as an introduction or refresher of essential navigation skills.
- Increase confidence in finding the way on and off the hill.
- Learn the essential skills of map reading and compass bearings.
- Pick up techniques to enable location on the hill in poor visibility.

The cost of the courses is £35 for MCofS members and £45 for non-members.

Visit <http://www.mcofs.org.uk/navigation-courses.asp> for further information from the MCofS website.

To make a booking call 01738 493 942.

For further information contact Heather Morning on [heather@mcofs.org.uk](mailto:heather@mcofs.org.uk) or 01479 861 241.

Ends

**Notes for Editors:**

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

MCofS is a membership organisation with 11,000 members representing hill walkers, climbers and mountaineers, funded through a combination of membership subscriptions; non-governmental 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.