



## **MCofS News Release**

1 July 2010

For immediate release

### **Mountain Rescue report highlights poor navigation skills as a significant factor contributing to mountain accidents**

The recently published report recording all Mountain Rescue Call outs in Scotland for 2009 highlights the importance of good navigation skills. The report published by the Mountain Rescue Committee of Scotland confirms that virtually half (49%) of all recorded incidents in the Scottish hills involved poor navigation, bad planning or poor timing by the persons involved in the incidents. There were a total of 402 recorded incidents in 2009 resulting in 27 fatalities and 228 injuries.

In response to this the Mountaineering Council of Scotland (MCofS) is running a series of one day Navigation courses in September. The first two courses will be held at Mill Cottage, Feshiebridge, followed a couple of weeks later with two courses in Braemar. The courses cost £25.

Mill Cottage - 11<sup>th</sup> September

Mill Cottage - 12<sup>th</sup> September

Braemar - 25<sup>th</sup> September

Braemar - 26<sup>th</sup> September

MCofS Mountain Safety Adviser, Heather Morning, said: "A one-day course in navigation isn't going to make you the best map reader in the world, but it might save your life one-day. In that respect a navigation course like this could be a very good investment as well as an enjoyable day out learning a new skill or brushing up on some skills that might have gone rusty."

For further details click on <http://www.mcofs.org.uk/navigation-courses.asp> or contact Heather Morning on 01479 861 241 or [heather@mcofs.org.uk](mailto:heather@mcofs.org.uk). To book a place on a course contact the MCofS office in Perth on 01738 493 942.

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.